

Its Our Ship The Nononsense Guide To Leadership

No-nonsense LeadershipIt's Our ShipExcellence WinsThe Bee Cottage StoryThe No-Nonsense Guide to Degrowth and SustainabilityThe Year of No NonsenseThe No-Nonsense Guide to Human RightsComplete Guide to Macrobiotic CookingNo-Nonsense LeadershipTrauma StewardshipThe No-nonsense Guide to the United NationsThe No-nonsense Guide to Born-digital ContentThe Founding Fathers on LeadershipThe No-Nonsense Guide to Global SurveillancePUNs and DENsThe No-Nonsense Home Organization PlanThe No-nonsense Guide to Leadership, Management and Team WorkingThe No-Nonsense Meditation BookFlexible Imputation of Missing Data, Second EditionThe No-Nonsense Guide to EqualityWorking MenIt's Your ShipEnvironmental Risk CommunicationCan I Have 5 Minutes of Your Time?AeroboxNo-Nonsense Classical MechanicsNo-Nonsense ManagementThe No-nonsense Guide to World FoodThe No-nonsense Guide to GlobalizationThe Existential LeaderThe Skincare BibleSuccess Is EasyThe Up-to-date Sandwich BookLincoln On LeadershipCoachingAI in HealthGet Your Ship TogetherLiteracy and Learning in the Content AreasThe No-nonsense Guide to Green PoliticsAccommodations in Higher Education Under the Americans with Disabilities Act (ADA)

No-nonsense Leadership

Globalisation has become one of the most used and encompassing words over the past decade, of undeniable influence in economics, politics and activism.

Globalisation is literally all around; every aspect of life is affected by a global structure of communication and economy. This fully revised and updated guide condenses this complex subject into clear, concise commentary. It examines the debt trap, the acceleration of neoliberalism, competition for energy resources, the links between the war on terror, the arms trade and the alternatives to corporate control.

It's Our Ship

A world tour of fast food, health food, junk food, school food, slow food and even more food. It shows how 'real food' has become increasingly hard to find, dominated in the West by agri-business and supermarkets. With a history of world food production and consumption, this Guide explains current debate and controversies and introduces the principle of 'food security', fast becoming a global movement to make food provision fair, safe and nutritious for all the world's population at all times.

Excellence Wins

'I now feel safe in the knowledge that I'm armed with the latest science-backed information about how to care for my skin' Chloe Brotheridge, author of *The Anxiety Solution* We all know that taking good care of our skin is the key to any effective health and beauty regime. But with so much conflicting information out there, the path to healthy skin can seem far from clear. Dr Anjali Mahto is one of the UK's leading consultant dermatologists. Equipped with years of expertise and the most up-to-date evidence, she sets out to cut through the noise and distinguish the nuggets from the nonsense. Chia seeds won't make your skin glow and lilac water is never going to reduce acne scarring. And, when it comes to the best products, high price doesn't necessarily mean high quality. Tackling common complaints such as acne and dryness, rosacea and aging, *The Skincare Bible* is your definitive companion to your body's biggest organ. Clear, concise and packed full of tips on the best products and routines, it will help you discover what works for you and find confidence in your own skin. This is your expert guide to great skin - pure and simple. 'A refreshing, fad-free guide to glowing skin. A must read for anyone struggling with their skin health' Dr Megan Rossi

The Bee Cottage Story

Rights are universal - that's the theory. How can this be transformed into reality for all?

The No-Nonsense Guide to Degrowth and Sustainability

Read this million-copy bestseller for leadership insights about top-down change to improve productivity in your business starting with the most important person: You. When Captain Abrashoff took over as commander of USS Benfold, it was like a business that had all the latest technology but only some of the productivity. Knowing that responsibility for improving performance rested with him, he realized he had to improve his own leadership skills before he could improve his ship. Within months, he created a crew of confident and inspired problem-solvers eager to take the initiative and responsibility for their actions. The slogan on board became "It's your ship," and Benfold was soon recognized far and wide as a model of naval efficiency. How did Abrashoff do it? Against the backdrop of today's United States Navy, Abrashoff shares his secrets of successful management including: See the ship through the eyes of the crew: By soliciting a sailor's suggestions, Abrashoff drastically reduced tedious chores that provided little additional value. Communicate, communicate, communicate: The more Abrashoff communicated the plan, the better the crew's performance. His crew eventually started calling him "Megaphone Mike," since they heard from him so often. Create discipline by focusing on purpose: Discipline skyrocketed when Abrashoff's crew believed that

Get Free Its Our Ship The Nononsense Guide To Leadership

what they were doing was important. Listen aggressively: After learning that many sailors wanted to use the GI Bill, Abrashoff brought a test official aboard the ship and held the SATs forty miles off the Iraqi coast. From achieving amazing cost savings to winning the highest gunnery score in the Pacific Fleet, Captain Abrashoff's extraordinary campaign sent shock waves through the U.S. Navy. It can help you change the course of your ship, no matter where your business battles are fought.

The Year of No Nonsense

A public meeting with angry residents and eager reporters is a common feature on the local news. Whether addressing environmental, or other issues, the experience for the board members, consultants, and specialists at these meetings ranges from uncomfortable to nightmarish. The issues discussed in these meetings usually stem from years of community disappointment, mistrust, fears, factions, political or social positioning, or all of the above. Industry faces a labyrinth of environmental and business regulations, and unique challenges in dealing with the public and the media. Environmental Risk Communication serves as a guide to understanding and complying with the Federal Risk Management Program and applying risk management and communication principles to daily plant operations. This book also helps Risk Management Plan (RMP) facilities successfully meet the new Federal requirements for public disclosure of RMP offsite consequence analysis

Get Free Its Our Ship The Nononsense Guide To Leadership

results and provides techniques for communicating effectively during environmental emergencies. Written in a straight-forward, no-nonsense style the book presents concise informative chapters, flow diagrams, checklists, and a thorough index. The authors present step-by-step instruction on developing a principled plan of action that generates open communications. CEOs, Corporate Communications Specialists, Plant Managers, Environmental Compliance Supervisors, Health and Safety Officers, Environmental Scientists and Engineers, and Consultants will benefit from Environmental Risk Communication.

The No-Nonsense Guide to Human Rights

This book offers a comprehensive, entry-level guide for librarians and archivists who have found themselves managing or are planning to manage born-digital content. Libraries and archives of all sizes are collecting and managing an increasing proportion of digital content. Within this body of digital content is a growing pool of 'born-digital' content: content that has been created and has often existed solely in digital form. The No-nonsense Guide to Born-digital Content explains step by step processes for developing and implementing born-digital content workflows in library and archive settings of all sizes and includes a range of case studies collected from small, medium and large institutions internationally. Coverage includes: the wide range of digital storage media and the various sources of born-digital content a guide to digital information basics selection, acquisition,

Get Free Its Our Ship The Nononsense Guide To Leadership

accessioning and ingest description, preservation and access methods for designing & implementing workflows for born-digital collection processing a comprehensive glossary of common technical terms strategies and philosophies to move forward as technologies change. This book will be useful reading for LIS and archival students and professionals who are working with, or plan to work with, born digital content. It will also be of interest to museum professionals, data managers, data scientists, and records managers.

Complete Guide to Macrobiotic Cooking

With the introduction of yearly appraisals and revalidation every general practitioner needs to be armed with a good Personal Development Plan. This book provides the information needed to create just that. Guiding the reader through the consultation looking for Patient's Unmet Needs (PUNs) and the Doctor's Educational Needs (DENs), it focuses on those learning needs that help to provide competent care for patients. All general practitioners will find this book a straightforward, no nonsense, practical approach to help them incorporate their learning needs into the realities of everyday practice.

No-Nonsense Leadership

Get Free Its Our Ship The Nononsense Guide To Leadership

This book provides a straight forward and pragmatic guide to leadership, management and team working in contemporary library and information services. Contemporary managers and leaders in library and information services are working in a challenging context; dealing with multiple demands on their time, expertise and resources. This book translates theories in team work, management and leadership into practical guidance backed up with examples and case studies from current library and information workers globally. There is a focus on attitudes, values and practices that make for good leadership and management. The book covers: -analysing your environment, understanding culture and developing strategies -working in the senior team and making an impact -confident leadership and management, decision making, problem solving and managing crises -leading, managing and supervising your team, establishing working practices and conflict management -delegation, dealing with overload and evaluating outcomes -managing large and small projects and the people side of projects -innovation and management of the change process -communications, managing e-mails and text messages and effective use of social media -recruitment and selection and performance management -managing and leading complex teams including collaborative, multi-professional, partnership and virtual teams -budgeting, managing finances, tendering, crowdfunding and taking part in audits -managing work/life balance, coaching and mentoring, emotional intelligence, resilience and mindfulness. The No-Nonsense Guide to Leadership, Management and Teamwork is a book that a new or aspiring manager or team leader will use to guide them

through the first few years in their new role. It will also provide guidance and support to new or aspiring directors of library services and help them to navigate their way through decision making and problem solving at senior levels. In addition, individual practitioners who are struggling to understand the management and leadership practices that they are experiencing may find that it helps them to make sense of their current environment.

Trauma Stewardship

Praise for the first edition: “As interest in coaching grows, I think Flaherty’s book will come to stand out as a definitive work.” – Peter M. Senge Coaching: Evoking Excellence in Others proposes rigorous methods of practice and self-observation in a relationship of mutual trust, respect and freedom of expression. It will probe you to rethink and possibly undo how you relate to your clients, your partner, your staff, your friends, and how you produce long-term excellent performance in yourself. This 2nd edition includes new chapters on working with the body and what to do when we find ourselves stuck in our coaching efforts. These chapters, have been included to expand the coaches repertory and readiness to step into wider areas of engagement with clients. As with the previous edition these chapters have annotated bibliographies at their conclusion that will assist the reader in continuing their study. The appendix also has expanded list of self-observation exercises and practices as well as additional material that can be used

Get Free Its Our Ship The Nononsense Guide To Leadership

in assessment. This book will act as a learning guide for new coaches and master coaches who want to challenge their methods of partnering with clients. It is also applicable to managers intending to include coaching in their developmental roles with team members. The author has led workshops in coaching, communication, leadership, and project management for more than 12,000 people. These have included participants from many Fortune 500 companies such as AT&T, FMC, Chrysler, Ernst & Young, Cargill, Levi Strauss and Coopers & Lybrand.

The No-nonsense Guide to the United Nations

Give your home (and yourself) space to breathe with this easy plan. Clutter invades your personal space--and your mental space. The No-Nonsense Home Organization Plan helps you quickly and sustainably transform your home into a calm, orderly safe haven. The seven-week plan walks you through your residence room by room, breaking the work into small daily tasks to make the process simple. No need to buy or prep anything upfront--you'll learn to maximize the space you already have, set up organization systems to put things back where they belong, and donate or sell what you don't need. The No-Nonsense Home Organization Plan includes: For every space--This organization system works for any kind of dwelling, from a 6,000 square foot house to a 300 square foot studio. Customize at will--The organization plan can be adapted to your environment and schedule: Take extra time on an area, or skip what isn't relevant to your home.

Get Free Its Our Ship The Nononsense Guide To Leadership

Step-by-step guide--Get specific guidance on the organization of backyard clutter, shower supplies, wall decor, kids' toys, and other tricky items. Start feeling good the moment you walk in your door--The No-Nonsense Home Organization Plan will show you how.

The No-nonsense Guide to Born-digital Content

The Founding Fathers on Leadership

The prevailing model of endless economic growth is unsustainable. This book unpicks the idea of degrowth and explores alternative visions.

The No-Nonsense Guide to Global Surveillance

"Horst Schulze created a culture of service that should be a role model for all of us. By committing to the highest standards of professionalism - and creating the right systems to achieve them - he inspired thousands of people to embrace and embody the core ideal of sheer unadulterated excellence. With this profoundly useful book, Schulze now shares his story, and his methods, so that the rest of us can be uplifted and taught by the master himself." -Jim Collins, author of Good to

Get Free Its Our Ship The Nononsense Guide To Leadership

Great, co-author of Built to Last "Horst Schulze's influence on my family and our business is undeniable. His approach to customer service revolutionized the hotel industry and set a high bar for all of us. His new book, Excellence Wins, weaves Horst's personal story with the practical wisdom he's gleaned from an incredible career of servant leadership. It's a must read for leaders and anyone passionate about serving people." -Dan Cathy, chairman and CEO, Chick-fil-A *** CEOs.

Leaders without titles. Startups. Corporations. For-profits. Nonprofits. It doesn't matter who you are or what you do - you want to become the best. You want to win, every time. Horst Schulze knows how to win. In Excellence Wins, Schulze, in his absolute no-nonsense approach, shares the visionary and disruptive principles that have produced immense global successes over the course of his still-prolific fifty-year career. As the co-founder and former president of Ritz-Carlton Hotel Co., Schulze fearlessly led the company to unprecedented multi-billion dollar growth, setting the business vision and people-focused standards that made the Ritz-Carlton brand globally elite. Schulze's principles are both versatile and utterly practical to leaders of every age, career stage, and industry. You don't need a powerful title or a line of direct reports - you have everything you need to use them right now. If you're searching for the blueprint to beating the competition and out-performing everyone around you, look no further than Excellence Wins. Schulze pulls no punches as a masterful guide to becoming the very best in a world of routine compromise. Unleash the disruptive power of your true potential, own your career trajectory, and experience the game-changing proof firsthand:

Excellence Wins.

PUNs and DENs

Missing data pose challenges to real-life data analysis. Simple ad-hoc fixes, like deletion or mean imputation, only work under highly restrictive conditions, which are often not met in practice. Multiple imputation replaces each missing value by multiple plausible values. The variability between these replacements reflects our ignorance of the true (but missing) value. Each of the completed data set is then analyzed by standard methods, and the results are pooled to obtain unbiased estimates with correct confidence intervals. Multiple imputation is a general approach that also inspires novel solutions to old problems by reformulating the task at hand as a missing-data problem. This is the second edition of a popular book on multiple imputation, focused on explaining the application of methods through detailed worked examples using the MICE package as developed by the author. This new edition incorporates the recent developments in this fast-moving field. This class-tested book avoids mathematical and technical details as much as possible: formulas are accompanied by verbal statements that explain the formula in accessible terms. The book sharpens the reader's intuition on how to think about missing data, and provides all the tools needed to execute a well-grounded quantitative analysis in the presence of missing data.

The No-Nonsense Home Organization Plan

The No-nonsense Guide to Leadership, Management and Team Working

Fourteen incisive short stories bring to life characters who speak in a rich variety of voices, New England Yankees and Southern aristocrats, gay and straight, serious and joyful. Reprint.

The No-Nonsense Meditation Book

Stop Dreaming. Start Doing. "Success Is Easy is a practical, powerful and inspiring book for anyone who is ready to shift to a new level of fulfillment and mastery in business. Debbie Allen has written an important and insightful guide containing many treasures of advice and wisdom to help you create the success you deserve." DR. BARBARA DE ANGELIS • NEW YORK TIMES BESTSELLING AUTHOR AND TRANSFORMATIONAL TEACHER "If you are ready for more success and achievement in your life, Success Is Easy is a MUST read! This book will become your go-to guide for years because it's full of golden nuggets of how-to strategies that really work." T. HARV EKER • NEW YORK TIMES BESTSELLING AUTHOR OF

Get Free Its Our Ship The Nononsense Guide To Leadership

SECRETS OF THE MILLIONAIRE MIND "I know Debbie and LOVE her books! She's a street-smart genius! Dreams do come true and success really can become easy when you take the right action. Start now by reading this powerful new book!" DR. JOE VITALE • AUTHOR OF ATTRACT MONEY NOW AND ZERO LIMITS Every small business starts with a spark, an idea, a vision. But as doubt, fear, and real-world roadblocks get in the way, that reach-for-the-stars idea seems far-fetched. Motivational speaker, entrepreneur, and success expert Debbie Allen is here to prove that your dream is not nearly as far as you think. With actionable strategies and unapologetic advice, *Success Is Easy* is your ultimate guide to taking the leap, overcoming obstacles, and earning success on your own terms. You'll learn how to: Take the right risks and earn big rewards Escape the "Flip-Flop Zone" and make quality decisions Craft your personal action plan for success Tell which opportunities will help you or hurt you Harness your confidence to become a shameless self-promoter Stop self-sabotage and limiting beliefs in their tracks Speak your mind and stick to it Transform failures into progress Conquer procrastination and make things happen Get out of your own way and take the first step towards turning your dream into a reality with this book.

Flexible Imputation of Missing Data, Second Edition

Provides an overview of the United Nations, including its history, structure, and organization; successes and failures; and suggestions for reform to address some

of its limitations.

The No-Nonsense Guide to Equality

We are in the early stages of the next big platform shift in healthcare computing. Fueled by Artificial Intelligence (AI) and the Cloud, this shift is already transforming the way health and medical services are provided. As the industry transitions from static digital repositories to intelligent systems, there will be winners and losers in the race to innovate and automate the provision of services. Critical to success will be the role leaders play in shaping the use of AI to be less "artificial" and more "intelligent" in support of improving processes to deliver care and keep people healthy and productive across all care settings. This book defines key technical, process, people, and ethical issues that need to be understood and addressed in successfully planning and executing an enterprise-wide AI plan. It provides clinical and business leaders with a framework for moving organizations from the aspiration to execution of intelligent systems to improve clinical, operational, and financial performance.

Working Men

In the vein of *Girl, Wash Your Face* and *How to Stop Feeling Like Sh*t*, a practical

Get Free Its Our Ship The Nonsense Guide To Leadership

guide to acknowledging and getting rid of the nonsense and bs in your life Exhausted and overworked lawyer, triathlete, wife, and mom Meredith Atwood decided one morning that she'd had it. She didn't take her kids to school. She didn't go to work. She didn't go to the gym. When she pulled herself out of bed hours later than she should have, she found a note from her husband next to two empty bottles of wine and a stack of unpaid bills: You need to get your sh*t together. And that's what Meredith began to do, starting with identifying the nonsense in her life that was holding her back: saying "yes" too much, keeping frenemies around, and more. In *The Year of No Nonsense*, Atwood shares what she learned, tackling struggles with work, family, and body image, and also willpower and time management. Ultimately, she's the tough-as-nails coach /slash/ best friend who shares a practical plan for identifying and getting rid of your own nonsense in order to move forward and live an authentic, healthy life. From recognizing lies you believe about yourself and your abilities, to making a "nonsense" list and developing a "no nonsense blueprint," this book walks you through reclaiming yourself with grit and determination, step by step. With targeted, practical chapters to help you stop feeling stuck and get on with your life, *The Year of No Nonsense* is equal parts girlfriend and been-there-done-that. The best part? Like any friend, she helps you get to the other side.

It's Your Ship

A wide-ranging exploration of why inequality persists and what can be done about it.

Environmental Risk Communication

Offers those who care for others and the planet a way to stay engaged, hopeful, balanced, and healthy when dealing with hardship, suffering, and trauma • Deepens readers' understanding of the many ways they and their organizations may be impacted by dealing with trauma and suffering • Uses moving first-person interviews and even cartoons to illuminate the idea of trauma stewardship Working to make the world a more hopeful and sustainable place often means having to confront pain, suffering, crisis, and trauma head-on, day in and day out. Over months and years this takes an enormous emotional, psychological, and physical toll, one that we're often not even fully aware of until the day we feel like we just can't go on anymore. And our well-being and the work we're doing are too important to risk that happening. This book is for all those who notice that they are not the people they once were or who are being told that by their families, friends, colleagues, or pets. Laura van Dernoot Lipsky takes a deep and sympathetic look at the many ways the stress of dealing with trauma manifests itself: feelings of helplessness and hopelessness, diminished creativity, chronic exhaustion, cynicism, and a dozen more. To keep from being overwhelmed, we need to respond to suffering in a thoughtful, intentional way—not by hardening our hearts

or by internalizing others' struggles as our own but by developing a quality of compassionate presence. This is trauma stewardship. To help achieve this, Lipsky offers a variety of simple and profound practices, drawn from modern psychology and a range of spiritual traditions, that enable us to look carefully at our reactions and motivations and discover new sources of energy and renewal. She includes interviews with successful trauma stewards from different walks of life and even uses New Yorker cartoons to illustrate her points. "We can do meaningful work in a way that works for us and for those we serve," Lipsky writes. "Taking care of ourselves while taking care of others allows us to contribute to our societies with such impact that we will leave a legacy informed by our deepest wisdom and greatest gifts instead of burdened by our struggles and despair."

Can I Have 5 Minutes of Your Time?

Green issues and politics are no longer separate entities, and as environmental issues will only become more pertinent in the future, it will dominate the political spectrum. From climate chaos to consumerism, the crisis facing human civilisation is clear. Yet the response from politicians at present is still inadequate and environmental activists focus on single campaigns rather than electoral politics. The new addition to the No-Nonsense Guides measures the rising tide of eco-activism and awareness and explains why it heralds a new political era worldwide.

Aerobox

This practical manual offers essential information and guidance for anyone involved with ADA issues in higher education settings. Fundamental principles and actual clinical and administrative procedures are outlined for evaluating, documenting, and accommodating a wide range of mental and physical impairments. Contributors draw upon extensive hands-on experience with managing ADA issues to supply helpful diagnostic roadmaps, sample reports, and resource listings. Cutting through the morass of confusion surrounding current disability mandates, this book fills a vital need for mental health clinicians, learning disabilities and rehabilitation specialists, administrators in postsecondary institutions and testing organizations, and legal professionals.

No-Nonsense Classical Mechanics

Captain D. Michael Abrashoff, legendary commander of the USS Benfold, continues in the same vein of his bestselling book IT'S YOUR SHIP with the knowledge he's gained from his speaking to and advising some of the top business minds in the world. The story of Captain Abrashoff and his command of USS Benfold has become legendary inside and outside the Navy. By governing his ship with his unique management techniques, Abrashoff turned the Benfold into a model of

Get Free Its Our Ship The Nononsense Guide To Leadership

naval efficiency, with amazing cost savings, the highest gunnery score in the Pacific Fleet, and a highly motivated and top performing crew. In IT'S YOUR SHIP, he first demonstrated how to bring his successful management techniques from the ship to the boardroom. Now, in his newest book IT'S OUR SHIP, in the same rugged, can-do voice, Abrashoff will focus on the leadership, motivational, and management insights and tips that he has learned from his last six years of addressing business and corporate audiences. Abrashoff's timely advice will be eminently prescriptive, and will feature anecdotes and insights from leaders of businesses large and small and from public and non-profit sectors.

No-Nonsense Management

There are plenty of books and theories about leadership. What these rarely describe, though, is HOW to manage effectively. This book fills that void. Often find yourself explaining to your employees how they should do their jobs? Tend to duck difficult conversations? Sometimes at a loss when trying to deal with complaining, quarrelling, or underachieving employees? Need some guidance on how to support employees who want to develop? No-Nonsense Leadership helps you adopt a confident, coaching leadership style. Coaching leadership is a surprisingly effective leadership style. Your employees will take more responsibility, allowing you more time and energy for important management tasks. This book helps you recognize and bypass your reflexes and pitfalls, and teaches you coaching skills and easy-to-

Get Free Its Our Ship The Nononsense Guide To Leadership

use conversation techniques. The practical pointers and countless real-life examples in this book enable you to immediately put it all into practice. You will soon notice that you are getting more out of your people - and out of yourself. Nadia van der Vlies is the co-owner of the NONONS training institute. She has held management positions at various organizations, develops leadership programs and trains managers to become more effective by adopting a coaching mindset. 'Instantly applicable in my day-to-day work. Highly relatable and a must-read for any manager who wants to save time and get the most out of themselves and their team.' Joris Herremans, Manager Digital Grandvision Benelux 'This book is an engaging combination of self-reflection and useful stepping stones.' Hugo de Koning, founder Young Capital

The No-nonsense Guide to World Food

The 3rd Edition of Literacy & Learning in the Content Areas helps readers build the knowledge, motivation, tools, and confidence they need as they integrate literacy into their middle and high school content area classrooms. Its unique approach to teaching content area literacy actively engages preservice and practicing teachers in reading and writing and the very activities that they will use to teach literacy to their own students in middle and high school classrooms. Rather than passively learning about strategies for incorporating content area literacy activities, readers get hands-on experience in such techniques as mapping/webbing, anticipation

Get Free Its Our Ship The Nononsense Guide To Leadership

guides, booktalks, class websites, and journal writing and reflection. Readers also learn how to integrate children's and young adult literature, primary sources, biographies, essays, poetry, and online content, communities, and websites into their classrooms. Each chapter offers concrete teaching examples and practical suggestions to help make literacy relevant to students' content area learning. Author Sharon Kane demonstrates how relevant reading, writing, speaking, listening, and visual learning activities can improve learning in content area subjects and at the same time help readers meet national content knowledge standards and benchmarks.

The No-nonsense Guide to Globalization

These "Pull no Punches" strategies act as a fired manual to develop yourself, others and your organization to its full potential. This book is based on "real world" experience and results, without fluff on theory.

The Existential Leader

The Skincare Bible

Get Free Its Our Ship The Nononsense Guide To Leadership

Inspired by Frances Schultz's popular House Beautiful magazine series on the makeover of her East Hampton house, Bee Cottage, what began as a decorating book evolved into a memoir combining the best elements of both: beautiful photos and a compelling personal story. Schultz taps into what she learned during her renovations of Bee Cottage—determining how each area in the house and garden would be used and furnished—to unravel the question of how a mature, intelligent, successful woman could have made such a mess of her personal life. As she figures out each room over a period of years, Frances finds a new path in life, also a continual process. She comes to learn that, like decorating a home, our lives must adapt to who we are and what we need at different points along the way. The Bee Cottage Story is part memoir, part home decorating guide. Frances discusses the kinds of useful, commonsense design issues that professionals take for granted and the rest of us just may not think of, prompting the reader to examine and discover her own “truth” in decorating—and in her life.

Success Is Easy

A former U.S. Navy commander draws on interviews with leaders from every branch of the U.S. military and the business world to discuss how to honor agreements with a staff, develop employees, and work on one's own terms.

The Up-to-date Sandwich Book

Becker understands that hard work, common sense, and close attention to customer needs are trademarks of a good salesperson. His book echoes that same insight for those who want to achieve sales success.

Lincoln On Leadership

Designed by a former world-class middleweight boxer, here is the fitness crossover sensation of the '90s--a cardiovascular and toning exercise program that channels the aerobic intensity of a boxer's workout into an exhilarating non-contact fitness program.

Coaching

The Existential Leader: An Authentic Leader For Our Uncertain Times invites us to reconsider our preconceptions about leadership, introducing a new model more in line with our uncertain times: existential leadership. Monica Hanaway presents an illuminating overview of existential thinking and describes how an understanding of philosophy can improve leadership, drawing on existing leadership theories to show how this new model is more fitting for the challenges of today. The approach

Get Free Its Our Ship The Nononsense Guide To Leadership

is primarily philosophical, rather than systemic or behavioural. It invites us to re-examine what we think about leaders, whether we really need leaders at all, and, if so, which existential concerns leaders must address. The book offers an introduction to the development of existential thinking and main concerns, including meaningfulness, anxiety, loneliness, freedom, choice and responsibility, authenticity, and values and beliefs. These are explored in the leadership context, with practical approaches for using these in everyday leadership dilemmas. Unique and accessible, *The Existential Leader* paves a way for modern leadership perfectly suited to the challenging times we live in. Innovative, theoretical and applicable to our changing world landscape, this book will appeal to coaches, HR and L&D professionals, executives, business consultants, and current and future leaders. It will also be of interest to academics and students of coaching psychology, applied philosophy and psychology.

AI in Health

INTERNATIONAL BESTSELLER 'Steven Laureys' book opens up exciting perspectives.' – Matthieu Ricard, Buddhist monk & translator of the Dalai Lama
'Clear, lively, rigorous and authentic [The] book we have been waiting for.' - Dr Ilios Kotsou, mindfulness and wellbeing expert
'Not reading this book is self-defeating' - Paul Witteman
Rigorously researched and deeply illuminating, world-leading neurologist Dr Steven Laureys works with celebrated meditators to scientifically

Get Free Its Our Ship The Nononsense Guide To Leadership

prove the positive impact meditation has on our brains. Dr Steven Laureys has conducted ground-breaking research into human consciousness for more than 20 years. For this bestselling book, Steven to explores the effect of meditation on the brain. He uses hard science to explain the benefits of a practice that was once thought of as purely spiritual. The result is a highly accessible, scientifically questioning guide to meditation, designed to open the practice to a broader audience. A mix of fascinating science, inspiring anecdote and practical exercises, this accessible book offers scientific evidence that meditation can have a positive impact on all our lives.

Get Your Ship Together

Learning classical mechanics doesn't have to be hard What if there was a way to learn classical mechanics without all the usual fluff? What if there were a book that allowed you to see the whole picture and not just tiny parts of it? Thoughts like this are the reason that No-Nonsense Classical Mechanics now exists. What will you learn from this book? Get to know all fundamental mechanics concepts — Grasp why we can describe classical mechanics using the Lagrangian formalism, the Newtonian formalism, or the Hamiltonian formalism and how these frameworks are connected. Learn to describe classical mechanics mathematically — Understand the meaning and origin of the most important equations: Newton's second law, the Euler-Lagrange equation and Hamilton's equations. Master the most important

Get Free Its Our Ship The Nononsense Guide To Leadership

classical mechanics systems — Read fully annotated, step-by-step calculations and understand the general algorithm we use to describe them. Get an understanding you can be proud of — Learn about beautiful and deep insights like Noether's theorem or Liouville's theorem and how classical mechanics emerges in a proper limit of special relativity, quantum mechanics and general relativity. No-Nonsense Classical Mechanics is the most student-friendly book on classical mechanics ever written. Here's why. First of all, it's is nothing like a formal university lecture. Instead, it's like a casual conversation with a more experienced student. This also means that nothing is assumed to be "obvious" or "easy to see". Each chapter, each section, and each page focuses solely on the goal to help you understand. Nothing is introduced without a thorough motivation and it is always clear where each equation comes from. The book contains no fluff since unnecessary content quickly leads to confusion. Instead, it ruthlessly focuses on the fundamentals and makes sure you'll understand them in detail. The primary focus on the readers' needs is also visible in dozens of small features that you won't find in any other textbook. In total, the book contains more than 100 illustrations that help you understand the most important concepts visually. In each chapter, you'll find fully annotated equations and calculations are done carefully step-by-step. This makes it much easier to understand what's going on in. Whenever a concept is used that was already introduced previously there is a short sidenote that reminds you where it was first introduced and often recites the main points. In addition, there are summaries at the beginning of each chapter that make sure you won't get lost.

Literacy and Learning in the Content Areas

Extracts valuable lessons on business leadership from the story of the Founding Fathers' struggle to create a new nation. Shows how figures such as Thomas Paine, James Madison, and Benjamin Franklin faced challenges and dissension in their own ranks with a vision from which they would not stray. Includes checklists of organizational, management, strategic, and leadership lessons learned from the leaders of the American Revolution. Annotation c. by Book News, Inc., Portland, Or.

The No-nonsense Guide to Green Politics

Accommodations in Higher Education Under the Americans with Disabilities Act (ADA)

In the world of CCTV, email and DNA, this book shows the extent to which Big Brother is watching us.

Get Free Its Our Ship The Nononsense Guide To Leadership

[ROMANCE](#) [ACTION & ADVENTURE](#) [MYSTERY & THRILLER](#) [BIOGRAPHIES & HISTORY](#) [CHILDREN'S](#) [YOUNG ADULT](#) [FANTASY](#) [HISTORICAL FICTION](#) [HORROR](#) [LITERARY FICTION](#) [NON-FICTION](#) [SCIENCE FICTION](#)