

Bulletproof Home Defense

Provides instructions and guidelines for creating security strategies to protect against a potential failure of civilization, and includes tips on perimeter security, house fortifications, firearms and weaponry, and security animals.

Winner of the National Book Award for Fiction "Redeployment is hilarious, biting, whipsawing and sad. It's the best thing written so far on what the war did to people's souls." —Dexter Filkins, The New York Times Book Review Selected as one of the best books of the year by The New York Times Book Review, Time, Newsweek, The Washington Post Book World, Amazon, and more Phil Klay's Redeployment takes readers to the frontlines of the wars in Iraq and Afghanistan, asking us to understand what happened there, and what happened to the soldiers who returned. Interwoven with themes of brutality and faith, guilt and fear, helplessness and survival, the characters in these stories struggle to make meaning out of chaos. In "Redeployment", a soldier who has had to shoot dogs because they were eating human corpses must learn what it is like to return to domestic life in suburbia, surrounded by people "who have no idea where Fallujah is, where three members of your platoon died." In "After Action Report", a Lance Corporal seeks expiation for a killing he didn't commit, in order that his best friend will be unburdened. A Mortuary Affairs Marine tells about his experiences collecting remains—of U.S. and Iraqi soldiers both. A chaplain sees his understanding of Christianity, and his ability to provide solace through religion, tested by the actions of a ferocious Colonel. And in the darkly comic "Money as a Weapons System", a young Foreign Service Officer is given the absurd task of helping Iraqis improve their lives by teaching them to play baseball. These stories reveal the intricate combination of monotony, bureaucracy, comradeship and violence that make up a soldier's daily life at war, and the isolation, remorse, and despair that can accompany a soldier's homecoming. Redeployment has become a classic in the tradition of war writing. Across nations and continents, Klay sets in devastating relief the two worlds a soldier inhabits: one of extremes and one of loss. Written with a hard-eyed realism and stunning emotional depth, this work marks Phil Klay as one of the most talented new voices of his generation.

A guide to financial planning tells how to protect one's investments; determine acceptable risk levels; invest in insurance, mutual funds, annuities, and hard assets; and save for retirement and college

WINNER OF THE EDGAR AWARD FOR BEST FIRST NOVEL The "gripping... page-turner" (Time) hitting all the best of summer reading lists, *Miracle Creek* is perfect for book clubs and fans of Liane Moriarty and Celeste Ng How far will you go to protect your family? Will you keep their secrets? Ignore their lies? In a small town in Virginia, a group of people know each other because they're part of a special treatment center, a hyperbaric chamber that may cure a range of conditions from infertility to autism. But then the chamber explodes, two people die, and it's clear the explosion wasn't an accident. A powerful showdown unfolds as the story moves across characters who are all maybe keeping secrets, hiding betrayals. Chapter by chapter, we shift alliances and gather evidence: Was it the careless mother of a patient? Was it the owners, hoping to cash in on a big insurance payment and send their daughter to college? Could it have been a protester, trying to prove the treatment isn't safe? "A stunning debut about

parents, children and the unwavering hope of a better life, even when all hope seems lost" (Washington Post), Miracle Creek uncovers the worst prejudice and best intentions, tense rivalries and the challenges of parenting a child with special needs. It's "a quick-paced murder mystery that plumbs the power and perils of community" (O Magazine) as it carefully pieces together the tense atmosphere of a courtroom drama and the complexities of life as an immigrant family. Drawing on the author's own experiences as a Korean-American, former trial lawyer, and mother of a "miracle submarine" patient, this is a novel steeped in suspense and igniting discussion. Recommended by Erin Morgenstern, Jean Kwok, Jennifer Weiner, Scott Turow, Laura Lippman, and more-- Miracle Creek is a brave, moving debut from an unforgettable new voice.

Dylan Prescott has all the answers, even when she doesn't know the questions. She's in her element cruising the singles scene and crushing cases as a newly minted NYPD detective. Equal parts free spirit and thrill seeker, catching bad guys and charming good girls are what she was born to do. Briana Logan doesn't play. A successful Assistant United States Attorney with several convictions on her résumé, she's a commanding presence in the courtroom. In any room, to be honest. Smart and sexy, she's got her work-life balance down. It's simple: career first, everything else second. That is, until Dylan Prescott is assigned to the team investigating a sophisticated narcotics ring. Their chemistry is undeniable, but the complicated NYC criminal justice system doesn't leave room for real feelings. Keeping their emotions in check isn't easy. Where the heart is concerned, no one is bulletproof.

A New York Times Editors' Choice book The haunting story of a daughter's struggle to confront her father's turbulent-and often violent-legacy After a fourteen-year estrangement, Maria Venegas returns to Mexico from the United States to visit her father, who is living in the old hacienda where both he and she were born. While spending the following summers and holidays together, herding cattle and fixing barbed-wire fences, he begins sharing stories with her, tales of a dramatic life filled with both intense love and brutal violence-from the final conversations he had with his own father, to his extradition from the United States for murder, to his mother's pride after he shot a man for the first time at the age of twelve. Written in spare, gripping prose, Bulletproof Vest is Venegas's reckoning with her father's difficult legacy. Moving between Mexico and New York, between past and present, Venegas traces her own life and her father's as, over time, a new closeness and understanding develops between them. Bulletproof Vest opens with a harrowing ambush on Venegas's father while he's driving near his home in Mexico. He survives the assault-but years later the federales will find him dead near the very same curve, and his daughter will be left with not only the stories she inherited from him but also a better understanding of the violent undercurrent that shaped her father's life as well as her own.

Complex problem solving is the core skill for 21st Century Teams Complex problem solving is at the very top of the list of essential skills for career progression in the modern world. But how problem solving is taught in our schools, universities, businesses and organizations comes up short. In Bulletproof Problem Solving: The One Skill That Changes Everything you'll learn the seven-step systematic approach to creative problem solving developed in top consulting firms that will work in any field or industry, turning you into a highly sought-after bulletproof problem solver who can tackle challenges that others balk at. The problem-solving technique

outlined in this book is based on a highly visual, logic-tree method that can be applied to everything from everyday decisions to strategic issues in business to global social challenges. The authors, with decades of experience at McKinsey and Company, provide 30 detailed, real-world examples, so you can see exactly how the technique works in action. With this bulletproof approach to defining, unpacking, understanding, and ultimately solving problems, you'll have a personal superpower for developing compelling solutions in your workplace. Discover the time-tested 7-step technique to problem solving that top consulting professionals employ Learn how a simple visual system can help you break down and understand the component parts of even the most complex problems Build team brainstorming techniques that fight cognitive bias, streamline workplanning, and speed solutions Know when and how to employ modern analytic tools and techniques from machine learning to game theory Learn how to structure and communicate your findings to convince audiences and compel action The secrets revealed in *Bulletproof Problem Solving* will transform the way you approach problems and take you to the next level of business and personal success.

"At first glance, few would guess that Luna and Cullan Bodman are siblings. Cullan, efficient and serious, is rarely out of a business suit. Luna reads palms and tarot cards, and loves flowing skirts and dangling jewelry that matches her unconventional spirit. Still, her artistic eye is an asset to the family's furniture restoration business. When Cullan stumbles across something unexpected in a piece he just acquired, and a client of Luna's reveals more than they should in a reading, the two put aside their differences to right a wrong. At stake is the future of a billion-dollar corporation, and as Luna and Cullan quickly discover, there are people who will stop at nothing to get what they believe they're owed"--Provided by publisher.

In his mid-twenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to "hack" his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The *Bulletproof Diet*, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The *Bulletproof Diet* will challenge—and change—the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The *Bulletproof Diet* is your blueprint to a better life.

Jory Harcourt doesn't have to go looking for trouble. Wherever he goes, it seems to find him—particularly when his

partner, Sam Kage, is working undercover on a federal task force. After the recession forces him to close his business, Jory goes to work as a matchmaker and event planner. From there, it's only a matter of time before his big mouth and up-front attitude make him the rope in a tug-of-war between a trust fund baby and a drug-smuggling criminal. Then, as if that situation weren't delicate enough, Jory's undercover lover shows up working for the smuggler. Between the men who want him and the men who just want him dead, Chicago is getting a little crowded for Jory, so on the advice of his brother, his boyfriend, and the FBI task force, he heads for Hawaii... where a serious accident threatens his quality of life. Can Sam and Jory keep the faith and prove that their relationship really is bulletproof?

A man's home is his castle, or so the saying goes, but could it withstand an attack by Attila and the Huns, Ragnar and the Vikings, Alexander and the Greeks, Genghis Khan and the Mongols, or Tamerlane and the Tartars? Backyard Ballistics author William Gurstelle poses this fascinating question to modern-day garage warriors and shows them how to build an arsenal of ancient artillery and fortifications aimed at withstanding these invading hordes. Each chapter introduces a new bad actor in the history of warfare, details his conquests, and features weapons and fortifications to defend against him and his minions. Clear step-by-step instructions, diagrams, and photographs show how to build a dozen projects, including "Da Vinci's Catapult," "Carpini's Crossbow," a "Crusader-Proof Moat," "Alexander's Tortoise," and the "Cheval-de-frise." With a strong emphasis on safety, the book also gives tips on troubleshooting, explains the physics behind many of the projects, and shows where to buy the materials. By the time they've reached the last page, at-home defenders everywhere will have succeeded in creating a fully fortified home.

"In *The New Superpower for Women*, Steve Kardian, a thirty-year veteran of law enforcement, FBI defense tactics instructor, and an expert on the criminal mind, demonstrates how to become a "hard target" and not a "soft target" by simply trusting your gut. Additionally, he shows how the habits of safety can become an integral part of your daily routine"--

Your Home, Your Fortress is Solutions From Science's latest offering in its preparedness library products. This book will show you how to turn your home into your own personal Fort Knox, with tips and ideas on protecting your home from robbers, looters, and murderers. By taking you through probable scenarios, *Your Home, Your Fortress* enables you to plan ahead for all eventualities and gives you the knowledge you need to protect your loved ones and possessions from the criminal element.

Simple steps to secure your home that anyone can follow.

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a

story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —*The New York Times* "Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank." —*USA Today* **DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.**

Advances the critical dialogue on the importance of women in international peace and security. Points out the importance of women in building and keeping peace. Brings together diverse voices from diplomats to military officials and from human rights activists to development professionals. "

The latest edition is packed with essential information including: Eleven new sample motions/petitions with arguments providing you with the most complete collection of DUI motions you are likely to find anywhere. Six common types of prosecutorial misconduct and how to deal with them. Analysis of the U.S. Supreme Court's decision in *Birchfield v. North Dakota* regarding implied consent laws and warrantless breath and blood tests. Two sample cross examinations: a destructive HGN cross examination and a cross-examination challenging blood draw procedures. Filing a writ to challenge a DMV hearing license suspension with a sample writ of mandate and a sample ex parte application for a stay of suspension. Co-Elution—the problem with single column chromatography. Operating the Drager Alcotest 7510®. Should the defense reanalyze the blood sample? Why you should try the case with a co-counsel. NHTSA's 465 page DWI Detection and SFST Training Manual on Digital Access. Eight key insights from the Manual.

In *Bulletproof Diva*, Lisa Jones brings the wit and candor of her infamous *Village Voice* column, "Skin Trade," to a much larger audience. Chock full of the "fierce black girl humor" that has made her column so popular, this provocative collection of essays and observations on race, sex, identity, and the politics of style speaks to a young generation of blacks who were raised in an integrated society and are now waiting for America to deliver on its promises of equality. The thirty-seven short pieces and six long essays in *Bulletproof Diva* cover a wide range of topics, many of them extremely controversial. Jones moves smoothly from issues of ethnicity in a changing America, challenging viewpoints on African-American and mixed race identity, to "butt theory" and the roller-coaster politics of black hair. Written in a style that is as appealing as it is unapologetic, *Bulletproof Diva* marks the debut of a genuinely gifted young writer with a distinctive voice and a fresh perspective on the black cultural scene.

The Petroff Defence is universally recognized as one of Black's soundest responses to 1.e4, having been tried and tested by a host of World Champions and other elite players. This book shows how you too can harness the power of this top-class opening. Playing the Petroff offers an ideal solution for practical players. GM Swapnil Dhopade presents a compact yet bulletproof repertoire for Black, drawing on the games of leading Petroff specialists such as Gelfand, Caruana and Kramnik. This book also provides guidance on how to deal with 1.e4 e5 games

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where White avoids 2.Nf3, with particular focus on 'Anti-Petroff ' lines such as 2.Bc4.If you want a world-class repertoire but lack a world-class memory, this is the book for you.

A penetrating look at the company at the nexus of big business, government, and defense The Carlyle Group is one of the largest private equity firms in the world with over \$13 billion in funds. Carlyle's investments include everything from defense contractors to telecommunications and aerospace companies. But there is more to this company than meets the eye. Carlyle's executives include heavyweights from the worlds of business and politics, such as former secretary of defense and CIA deputy director Frank Carlucci, former secretary of state James Baker III, former President George Bush, former UK Prime Minister John Major, and former chairman of the SEC Arthur Levitt. Osama Bin Laden's estranged family was personally invested in the group until recently. In *The Iron Triangle*, journalist Dan Briody examines a company at the nexus of big business, government, and defense that, according to some sources, epitomizes corporate cronyism, conflicts of interest, and war profiteering. This fascinating examination leads readers into a world that few can imagine-full of clandestine meetings, quid pro quo deals, bitter ironies, and petty jealousies. And the cast of characters includes some of the most powerful men in the world. Strap in, because this ride could get a little bumpy. Dan Briody (New York, NY) is an award-winning business journalist whose Red Herring article "Carlyle's Way" broke the story on the inner workings of the Carlyle Group. Briody has appeared on numerous radio and television programs covering the Carlyle Group and has become a primary source for other journalists covering this story. Briody's articles have appeared in *Forbes*, *Red Herring*, and the *Industry Standard*.

This is the first book to finally address the umbrella term corporate defense, and to explain how an integrated corporate defense program can help an organization address both value creation and preservation. The book explores the value preservation imperative, which represents an organization's obligation to implement a comprehensive corporate defense program in order to deliver long-term sustainable value to its stakeholders. For the first time the reader is provided with a complete picture of how corporate defense operates all the way from the boardroom to the front-lines, and vice versa. It provides comprehensive guidance on how to implement a robust corporate defense program by addressing this challenge from strategic, tactical, and operational perspectives. This arrangement provides readers with a holistic view of corporate defense and incorporates the management of the eight critical corporate defense components. It includes how an organization needs to integrate its governance, risk, compliance, intelligence, security, resilience, controls and assurance activities within its corporate defense program. The book addresses the corporate defense requirement from various perspectives and helps readers to understand the critical interconnections and inter-dependencies which exist at strategic, tactical, and operational levels. It facilitates the reader in comprehending the importance of appropriately prioritizing corporate defense at a strategic level, while also educating the reader in the importance of managing corporate defense at a tactical level, and executing corporate defense activities at an operational level. Finally the book looks at the business case for implementing a robust corporate defense program and the value proposition of introducing a truly world class approach to addressing the value preservation imperative. Cut and paste this link (https://m.youtube.com/watch?v=u5R_eOPNHbl) to learn more about a corporate defense program and how the book will help you implement one in your organization.

The twenty-fifth Secretary of Defense takes readers behind the scenes to reveal the inner workings of the Pentagon, its vital mission, and what it takes to lead it. The Pentagon is the headquarters of the single largest institution in America: the Department of Defense. The D.O.D. employs millions of Americans. It owns and operates more real estate, and spends more money, than any other entity. It manages the world's largest and most complex information network and performs more R&D than Apple, Google, and Microsoft combined. Most

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important, the policies it carries out, in war and peace, impact the security and freedom of billions of people around the globe. Yet to most Americans, the dealings of the D.O.D. are a mystery, and the Pentagon nothing more than an opaque five-sided box that they regard with a mixture of awe and suspicion. In this new book, former Secretary of Defense Ash Carter demystifies the Pentagon and sheds light on all that happens inside one of the nation's most iconic, and most closely guarded, buildings. Drawn from Carter's thirty-six years of leadership experience in the D.O.D., this is the essential book for understanding the challenge of defending America in a dangerous world—and imparting a trove of incisive lessons that can guide leaders in any complex organization. In these times of great disruption and danger, the need for Ash Carter's authoritative and pragmatic account is more urgent than ever.

Inside secure command centers, military officials make life and death decisions-- but the Pentagon also offers food courts, banks, drugstores, florists, and chocolate shops. It is rather symbolic of the way that the U.S. military has become our one-stop-shopping solution to global problems. Brooks traces this seismic shift in how America wages war, and provides a rallying cry for action as we undermine the values and rules that keep our world from sliding toward chaos.

The title of this book: CAN I SEE YOUR HANDS refers to one of the key outcomes of this book-- being able to tell whether or not people want to cause us harm. To put it very simply, if you can see someone's hands and they are not concealing them, holding a weapon or positioning to strike you, one's levels of trust and confidence can increase. This simple example can serve as a reminder to all of us in many of the complex moments we have to deal with, and difficult decisions we have to make, in everyday life.

Explains what your body is "thinking" and tells you why your genes actually want you to be fat, and that by deactivating these "killer genes," you can reprogram your body for the health, life, looks, and longevity you desire. Reprint.

A riveting, deeply personal account of history in the making—from the president who inspired us to believe in the power of democracy #1 NEW YORK TIMES BESTSELLER • NAACP IMAGE AWARD NOMINEE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • Jennifer Szalai, The New York Times • NPR • The Guardian • Marie Claire In the stirring, highly anticipated first volume of his presidential memoirs, Barack Obama tells the story of his improbable odyssey from young man searching for his identity to leader of the free world, describing in strikingly personal detail both his political education and the landmark moments of the first term of his historic presidency—a time of dramatic transformation and turmoil. Obama takes readers on a compelling journey from his earliest political aspirations to the pivotal Iowa caucus victory that demonstrated the power of grassroots activism to the watershed night of November 4, 2008, when he was elected 44th president of the United States, becoming the first African American to hold the nation's highest office. Reflecting on the presidency, he offers a unique and thoughtful exploration of both the awesome reach and the limits of presidential power, as well as singular insights into the dynamics of U.S. partisan politics and international diplomacy. Obama brings readers inside the Oval Office and the White House Situation Room, and to Moscow, Cairo, Beijing, and points beyond. We are privy to his thoughts as he assembles his cabinet, wrestles with a global financial crisis, takes the measure of Vladimir Putin, overcomes seemingly insurmountable odds to secure passage of the Affordable Care Act, clashes with generals about U.S. strategy in Afghanistan, tackles Wall Street reform, responds to the devastating Deepwater Horizon blowout, and authorizes Operation Neptune's Spear, which leads to the death of Osama bin Laden. A Promised Land is extraordinarily intimate and introspective—the story of one man's bet with history, the faith of a community organizer tested on the world stage. Obama is candid about the balancing act of running for office as a Black American, bearing the expectations of a generation buoyed by messages of “hope and

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change,” and meeting the moral challenges of high-stakes decision-making. He is frank about the forces that opposed him at home and abroad, open about how living in the White House affected his wife and daughters, and unafraid to reveal self-doubt and disappointment. Yet he never wavers from his belief that inside the great, ongoing American experiment, progress is always possible. This beautifully written and powerful book captures Barack Obama’s conviction that democracy is not a gift from on high but something founded on empathy and common understanding and built together, day by day.

This thoughtful, practical guide shows readers a way through the minefield of condemnation and persecution faced by gay, lesbian, bisexual, and transgender Christians and helps foster a faith that is bulletproof—impervious to attacks, yet loving and savvy in its approach. *Bulletproof Faith* is filled with useful insights and proven spiritual practices that deflect attacks and enhance and strengthen faith by turning attacks into opportunities for spiritual growth. Praise for *Bulletproof Faith* "Gay and lesbian Christians are constantly demoralized and told they are not children of God. In *Bulletproof Faith*, Chellew-Hodge reassures gays and lesbians that God loves them just as they were created and teaches them how to stand strong, with compassion and gentleness, against those who condemn them." —Archbishop Emeritus Desmond Tutu "It is an amazing truth that gay and lesbian Christians need to develop a bulletproof faith in order to survive the attack of other Christians. That, however, is the experience of many homosexual persons. Candace Chellew-Hodge has in this book committed herself to the task of making that survival a reality. I salute her and her work." —John Shelby Spong, author, *Jesus for the Non-Religious* "We know the Religious Right is wrong about same-sex relationships and it's time to move on. But how to withstand their relentless attacks and find lasting peace of soul? Candace Chellew-Hodge offers a practical guide. It met me right where I am. It will touch and help heal many others, too." —Daniel A.

Helminiak, professor of psychology, University of West Georgia, and author, *What the Bible Really Says About Homosexuality*

From bestselling author Xavier Neal comes an all-new, witty, forced-proximity romantic suspense standalone novel... The assignment is simple. Don't let the client die. Don't let her get kidnapped. Don't sleep with her. It's the last part that unexpectedly complicates things for me after I'm introduced to the most beautiful and brilliant woman I could've ever envisioned. And it only gets worse when we have to stash ourselves away in a small town where our calculated cover is to be a recently engaged couple. My new mission is now significantly harder. Don't let her hate what's for dinner. Don't let anyone else make her laugh more than I do. And, most importantly, don't let myself actually fall for someone again. After all, my job isn't to love my boss's sister. It's to stop an unidentified threat from taking her - or die trying.

When life deals you a particularly difficult blow or a staggering loss, how do you handle it? If you're like most, you might think Why me?, struggle to find your way, or lash out at those around you. But there are a select few who seem emotionally hardier, who are able to face life's physical, emotional, and financial hits undeterred and perhaps even forge ahead, empowered in the face of adversity. These people aren't more deserving or luckier than the rest of us; they simply think differently—they are connected with their steady inner self and find strength where others might see meaninglessness; they make life-affirming choices instead of defeatist ones. In short, they are spiritually bulletproof. They face as many of life's slings and arrows as the rest of us, but they don't succumb to hardship or misfortune. And you can be one of them. In *The Secrets of the Bulletproof Spirit*, renowned peace activist Azim Khamisa and inspirational speaker Jillian Quinn reveal the thirty essential keys to emotional and spiritual resiliency. Based upon their own experiences with heart-wrenching loss, the strategies they present may seem simple, but their advice can open up a whole new way of thinking. Khamisa and Quinn will help you discover • that your thoughts help to create your reality, and that you can use them to take control of your life • the potentially damaging mental routines you're running on autopilot • the vital connections between your upbringing and your "resiliency quotient" • spiritually affirming thoughts that may

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help you make more spiritually empowering choices “What lies within you really is more powerful than any hit you may take physically, emotionally, or materially,” the authors write. With their help, readers will find themselves more confident and secure in a volatile and uncertain world. When you learn to identify most strongly with that invincible core—your bulletproof spirit—you tap into the truest source of security available to you. And while there’s no foolproof way to stay out of the proverbial line of fire, the information, inspiration, and tools in this book will provide you with an emotional bulletproof vest, a way to take hits and come out on top. From the Hardcover edition.

HARDCORE SELF-DEFENSE is totally unlike any other martial-arts book you've ever read. It is the result of a lifetime of experience by one who walks the Warrior's Path. Jam-packed with useful information, no space is wasted with "filler material" like training methods, foreign terminology, or photographs of the author pretending to spar. No, this book gets right to the point and tells you the best ways to defend oneself, as well as commonly taught nonsense that will not work against a real opponent. This book is heavy on combat psychology and weaponscraft, and is intended for those who are truly serious about protecting themselves and their loved ones. Be warned, this book is **NOT FOR THE MEEK!**

This is the essential guide for anyone looking to get ahead in the warzone that is often the workplace. However good you are, there are always times you come under fire at work. But how do you turn a crisis into an opportunity, and make yourself bulletproof? In *Be Bulletproof*, business trainers James and Simon Brooke reveal the top practical solutions for strengthening your resilience – so you can bounce back from every setback, rejection or criticism. You’ll learn to be confident, positive and self-assured in the face of any office adversity. Arm yourself against workplace hazards like: - Harsh criticism and hostile colleagues - Company politics and bad bosses - Rejection and failure - Redundancy or losing your job - And – dare we say it? – your own mistakes

Former Secret Service agent and star of Bravo’s *Spy Games* Evy Poupouras shares lessons learned from protecting presidents, as well insights and skills from the oldest and most elite security force in the world to help you prepare for stressful situations, instantly read people, influence how you are perceived, and live a more fearless life. *Becoming Bulletproof* means transforming yourself into a stronger, more confident, and more powerful person. Evy Poupouras—former Secret Service agent to three presidents and one of only five women to receive the Medal of Valor—demonstrates how we can overcome our everyday fears, have difficult conversations, know who to trust and who might not have our best interests at heart, influence situations, and prepare for the unexpected. When you have become bulletproof, you are your best, most courageous, and most powerful version of you. Poupouras shows us that ultimately true strength is found in the mind, not the body. Courage involves facing our fears, but it is also about resilience, grit, and having a built-in BS detector and knowing how to use it. In *Becoming Bulletproof*, Poupouras demonstrates how to heighten our natural instincts to employ all these qualities and move from fear to fearlessness.

Bulletproof Trilogy, Book 1 “This book is my idea of the perfect vacation read — a fast-paced thriller mixed with a dash of romance.”—*First for Women Magazine* Virgil Skinner served fourteen years for a murder he didn’t commit. He’s finally been exonerated, but he can’t escape the gang he joined in order to survive. They’ll do anything to keep him from telling what he knows. And if they can’t get to Virgil they’ll go after his sister and her kids. The California Department of Corrections needs someone to infiltrate another gang, one that’s taking control of the state’s most notorious supermax. Virgil agrees to do it under an alias—in exchange for his sister’s protection. Chief Deputy Warden Peyton Adams is opposed to having Virgil in her prison.

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How will she protect him if things go bad? Besides, she's far too attracted to him; she might even be falling in love with him. That makes her all the more desperate to keep him safe—and it gives him someone else to lose. Originally published in 2011 The founder of Blackwater offers the gripping true story of the world's most controversial military contractor. In 1997, former Navy SEAL Erik Prince started a business that would recruit civilians for the riskiest security jobs in the world. As Blackwater's reputation grew, demand for its services escalated, and its men eventually completed nearly 100,000 missions for both the Bush and Obama administrations. It was a huge success except for one problem: Blackwater was demonized around the world. Its employees were smeared as mercenaries, profiteers, or worse. And because of the secrecy requirements of its contracts with the Pentagon, the State Department, and the CIA, Prince was unable to correct false information. But now he's finally able to tell the full story about some of the biggest controversies of the War on Terror, in a memoir that reads like a thriller.

Break the rules, not the fast with world-renowned biohacker and New York Times bestselling author Dave Asprey. For more than a decade, the Bulletproof founder Dave Asprey has shared his unique point of view and expertise to help fans become the best versions of themselves. From living longer to getting smarter, maximizing performance to practicing mindfulness, Dave's followers look to him for his take on the most effective techniques to become healthier and more powerful than most doctors think is possible. Asprey has been fasting for years, long before it gained widespread popularity, and if you're a fan of Bulletproof coffee and The Bulletproof Diet, you have been enjoying some of the benefits of Intermittent Fasting too. In *Fast This Way*, Dave asks readers to forget everything they think they know about the ancient practice and takes them on a journey through cutting-edge science to examine the ways novice fasters and Intermittent Fasting loyalists can up-end their relationship with food and upgrade their fasting game beyond calorie restriction. What IF eating the right foods at the right time can actually enhance your fast? What IF how you work out and sleep could trick your body into thinking you are fasting? What IF it were easy to skip a meal, or two, or three? What IF fasting is different for women, can be personalized to your genes, and can impact your mental health? What IF all fasts could be created equal? *Fast This Way* is a compelling read through the latest thinking on fasting and gives readers the manual and toolkit to make the most of their fasts and their personal biology.

Contrary to popular belief, there has never been any shortage of Macintosh-related security issues. OS9 had issues that warranted attention. However, due to both ignorance and a lack of research, many of these issues never saw the light of day. No solid techniques were published for executing arbitrary code on OS9, and there are no notable legacy Macintosh exploits. Due to the combined lack of obvious vulnerabilities and accompanying exploits, Macintosh appeared to be a solid platform. Threats to Macintosh's OS X operating system are increasing in sophistication and number. Whether it is the exploitation of an increasing number of holes, use of rootkits for post-compromise concealment or disturbed denial of service, knowing why the system is vulnerable and understanding how to defend it is critical to computer security. Macintosh OS X Boot Process and Forensic Software All the power, all the tools, and all the geekery of Linux is present in Mac OS X. Shell scripts, X11 apps, processes, kernel extensions...it's a UNIX platform....Now, you can master the boot process, and Macintosh forensic software Look Back

Before the Flood and Forward Through the 21st Century Threatscape Back in the day, a misunderstanding of Macintosh security was more or less industry-wide. Neither the administrators nor the attackers knew much about the platform. Learn from Kevin Finisterre how and why that has all changed! Malicious Macs: Malware and the Mac As OS X moves further from desktops, laptops, and servers into the world of consumer technology (iPhones, iPods, and so on), what are the implications for the further spread of malware and other security breaches? Find out from David Harley Malware Detection and the Mac Understand why the continuing insistence of vociferous Mac zealots that it "can't happen here" is likely to aid OS X exploitatong Mac OS X for Pen Testers With its BSD roots, super-slick graphical interface, and near-bulletproof reliability, Apple's Mac OS X provides a great platform for pen testing WarDriving and Wireless Penetration Testing with OS X Configure and utilize the KisMAC WLAN discovery tool to WarDrive. Next, use the information obtained during a WarDrive, to successfully penetrate a customer's wireless network Leopard and Tiger Evasion Follow Larry Hernandez through exploitation techniques, tricks, and features of both OS X Tiger and Leopard, using real-world scenarios for explaining and demonstrating the concepts behind them Encryption Technologies and OS X Apple has come a long way from the bleak days of OS9. There is now a wide array of encryption choices within Mac OS X. Let Gareth Poreus show you what they are. Cuts through the hype with a serious discussion of the security vulnerabilities of the Mac OS X operating system Reveals techniques by which OS X can be "owned" Details procedures to defeat these techniques Offers a sober look at emerging threats and trends

An instant #1 New York Times bestseller. The definitive behind-the-scenes story of Trump's final year in office, by Phil Rucker and Carol Leonnig, the Pulitzer-Prize winning reporters and authors of A Very Stable Genius. "Chilling." – Anderson Cooper "Jaw-dropping." – John Berman "Shocking." – John Heilemann "Explosive." – Hallie Jackson "Blockbuster new reporting." – Nicolle Wallace "Bracing new revelations." – Brian Williams "Bombshell reporting." – David Muir The true story of what took place in Donald Trump's White House during a disastrous 2020 has never before been told in full. What was really going on around the president, as the government failed to contain the coronavirus and over half a million Americans perished? Who was influencing Trump after he refused to concede an election he had clearly lost and spread lies about election fraud? To answer these questions, Phil Rucker and Carol Leonnig reveal a dysfunctional and bumbling presidency's inner workings in unprecedented, stunning detail. Focused on Trump and the key players around him—the doctors, generals, senior advisers, and Trump family members— Rucker and Leonnig provide a forensic account of the most devastating year in a presidency like no other. Their sources were in the room as time and time again Trump put his personal gain ahead of the good of the country. These witnesses to history tell the story of him longing to deploy the military to the streets of American cities to crush the protest movement in the wake of the killing of George Floyd, all to bolster his image of strength ahead of the election. These sources saw firsthand his refusal to take the threat of the coronavirus seriously—even to the point of allowing himself and those around him to be infected. This is a story of a nation sabotaged—economically, medically, and politically—by its own leader, culminating with a groundbreaking, minute-by-minute account of exactly what went on in the Capitol building on January 6, as Trump's supporters so easily breached

the most sacred halls of American democracy, and how the president reacted. With unparalleled access, Rucker and Leonnig explain and expose exactly who enabled—and who foiled—Trump as he sought desperately to cling to power. A classic and heart-racing work of investigative reporting, this book is destined to be read and studied by citizens and historians alike for decades to come.

In *The Lost Ways* you'll find the long forgotten secrets that helped our ancestors survive famines, wars, economic crises, diseases, droughts, and anything else life threw at them.

The shocking and affecting memoir from a gold-star widow searching for the truth behind her Green Beret husband's death, this book bears witness to the true sacrifices made by military families. When Green Beret Bryan Black was killed in an ambush in Niger in 2017, his wife Michelle saw her worst nightmare become a reality. She was left alone with her grief and with two young sons to raise. But what followed Bryan's death was an even more difficult journey for the young widow. After receiving very few details about the attack that took her husband's life, it was up to Michelle to find answers. It became her mission to learn the truth about that day in Niger--and *Sacrifice* is the result of that mission. In this heartbreaking and revelatory memoir, Michelle uses exclusive interviews with the survivors of her husband's unit, research into the military leadership and accountability, and her own unique vantage point as a gold-star widow to tell a previously unknown story. *Sacrifice* is both an honest, emotional look inside a military marriage and a searing investigation of the people and decisions at the heart of the US military.

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