

Live Your Dash Make Every Moment Matter Linda Ellis

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The Raven by Edgar Allan Poe 1883

The Story of the Good Little Boy Mark Twain
Alice in Wonderland Lewis Carroll
2009-01-01 Alice in Wonderland (also known as Alice's Adventures in Wonderland), from 1865, is the peculiar and imaginative tale of a girl who falls down a rabbit-hole into a bizarre world of eccentric and unusual creatures. Lewis Carroll's prominent example of the genre of "literary nonsense" has endured in popularity with its clever way of playing with logic and a narrative structure that has influence generations of fiction writing.

The Raven Edgar Allan Poe 1883

Be Here Now Ram Dass
2010 This book is enhanced with content such as audio or video, resulting in a large file that may take longer to download than expected. The enhanced edition of Be Here Now includes: Two guided video meditations, 30 minutes in length * Twenty minute video retrospective of Ram Dass' spiritual journey *The first chapter of Ram Dass' new book, Be Love Now

Cooking for Geeks Jeff Potter
2010-07-20 Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy.

Interpreter of Maladies Jhumpa Lahiri
1999 A debut collection of short fiction blends elements of Indian traditions with the complexities of American culture in such tales as "A Temporary Matter," in which a young Indian-American couple confronts their grief over the loss of a child, while their Boston neighborhood copes with a nightly blackout. Original. 20,000 first printing.

Dash And Lily's Book Of Dares (Dash & Lily, Book 1) Rachel Cohn
2012-10-01 A whirlwind romance from the New York Times bestselling authors of Nick & Norah's Infinite Playlist, now a Netflix original series! I've left some clues for you. If you want them, turn the page. If you don't, put the book back on the shelf, please.

The Midnight Library Matt Haig
2020-08-13 THE SUNDAY TIMES NUMBER ONE BESTSELLING WORLDWIDE PHENOMENON READERS' MOST LOVED BOOK OF 2021 WINNER OF THE GOODREADS CHOICE AWARD FOR FICTION
'BEAUTIFUL' Jodi Picoult, 'UPLIFTING' i, 'BRILLIANT' Daily Mail, 'AMAZING' Joanna Cannon, 'ABSORBING' New York Times, 'THOUGHT-PROVOKING' Independent
Nora's life has been going from bad to worse. Then at the stroke of midnight on her last day on earth she herself transported to a library. There she is given the chance to undo her regrets and try out each of the other lives she might have lived. Which raises the ultimate question: with infinite choices, what is the best way to live?

U.S. Health in International Perspective National Research Council
2013-04-12 The United States is among the wealthiest nations in the world, but it is far from the healthiest. Although life expectancy and survival rates in the United States have improved dramatically over the past century, Americans live shorter lives and experience more injuries and illnesses than people in other high-income countries. The U.S. health disadvantage cannot be attributed solely to the adverse health status of racial or ethnic minorities or poor people: even highly advantaged Americans are in worse health than their counterparts in other, "peer" countries. In light of the new and growing evidence about the U.S. health disadvantage, the National Institutes of Health asked the National Research Council (NRC) and the Institute of Medicine (IOM) to convene a panel of experts to study the issue. The Panel on Understanding Cross-National Health Differences Among High-Income Countries examined whether the U.S. health disadvantage exists across the life span, considered potential explanations, and assessed the larger implications of the findings. U.S. Health in International Perspective presents detailed evidence on the issue, explores the possible explanations for the shorter and less healthy lives of Americans than those of people in comparable countries, and recommends actions by both government and nongovernment agencies and organizations to address the U.S. health disadvantage.

Archeology and History in Southern Nigeria Linda Ellis
1984

The Body Book Cameron Diaz
2015-12-29 Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, a #1 New York Times bestseller. Throughout her career, Cameron Diaz has been a role model for millions of women. By her own candid admission, though, this fit, glamorous, but down-to-earth star was not always health-conscious. Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron's hunger to educate herself about the best ways to feed, move, and care for her body. In *The Body Book*, she shares what she has learned and continues to discover about nutrition, exercise, and the mind/body connection. Grounded in science and informed by real life, *The Body Book* offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it's so important to embrace the instinct of hunger and to satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day. *The Body Book* does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

Redefining Diva Sheryl Lee Ralph
2012-03-13 Secrets about love, life, and Hollywood from the Tony Award-winning actress from the Broadway production of Dreamgirls—in the role recently made famous by Beyoncé—timed to coincide with the thirtieth anniversary of the original Broadway show. Sheryl Lee Ralph was the original Deena Jones in Broadway's production of Dreamgirls and the show was a Broadway sensation from its inception. Now, the star of film, television, and Broadway, known for her talent and fearlessness, shows readers how to find—and own—their inner divas. Sheryl rose to international fame after her performance in Dreamgirls, winning the Tony Award for Best Actress and going on to star in movies with Denzel Washington and Robert DeNiro and capture America's heart as television's favorite mom Die in the #1-rated series Moesha. . But it wasn't an easy task. From her legendary catfight with Diana Ross to her controversial exit from Moesha, Sheryl Lee Ralph is a woman who does not fade in the background—and she reveals how and why she has remained in the spotlight for decades. Sheryl is a hip, modern Miss Manners who inspires women with her wit, strength, and call-it-like-it-is courage. Using her own experiences as a guide—and dishing the truth behind all the rumors—Sheryl reveals her rules for living. This is Divahood A-Z—from the practical to the spiritual, featuring advice on everything from relationships to fashion to success in the business world. So, the next time someone calls you a diva, you'll just smile and say "Thank you!"

The Room on the Roof Ruskin Bond
2017-08-03 The Room on the Roof is a timeless coming-of-age novel that will resonate with a whole new generation of readers. Written by renowned author Ruskin Bond when he was just seventeen, it is the story of Rusty, a teenage Anglo-Indian boy who is orphaned and has to live with his English guardian in the stifling European quarter of Dehra Dun. Unhappy with the strict ways of his guardian, Rusty runs away from home to live with his Indian friends into the dream-bright world of the bazaars, Hindu festivals and all manner of Indian life. Rusty is enthralled, and is lost forever to the prim proprieties of the claustrophobic European community.

Your Body Matthew MacDonald
2009-07-21 What, exactly, do you know about your body? Do you know how your immune system works? Or what your pancreas does? Or the myriad -- and often simple -- ways you can improve the way your body functions? This full-color, visually rich guide answers these questions and more. Matthew MacDonald, noted author of *Your Brain: The Missing Manual*, takes you on a fascinating tour of your body from the outside in, beginning with your skin and progressing to your vital organs. You'll look at the quirks, curiosities, and shortcomings we've all learned to live with, and pick up just enough biology to understand how your body works. You'll learn: That you shed skin more frequently than snakes do Why the number of fat cells you have rarely changes, no matter how much you diet or exercise -- they simply get bigger or smaller How you can measure and control fat That your hair is made from the same stuff as horses' hooves That you use only a small amount of the oxygen you inhale Why blood pressure is a more important health measure than heart rate -- with four ways to lower dangerously high blood pressure Why our bodies crave foods that make us fat How to use heart rate to shape an optimal workout session -- one that's neither too easy nor too strenuous Why a tongue with just half a dozen taste buds can identify thousands of flavors Why bacteria in your gut outnumber cells in your body -- and what function they serve Why we age, and why we can't turn back the clock What happens to your body in the minutes after you die Rather than dumbed-down self-help or dense medical text, *Your Body: The Missing Manual* is entertaining and packed with information you can use. It's a book that may well change your life. Reader comments for *Your Brain: The Missing Manual*, also by author Matthew MacDonald: "Popular books on the brain are often minefields of attractive but inaccurate information. This one manages to avoid most of the hype and easy faulty generalizations while providing easy to read and digest information about the brain. It has useful tricks without the breathless hype of many popular books."-- Elizabeth Zwicky, *The Usenix Magazine* "...a unique guide that should be sought after by any who want to maximize what they can accomplish with their mental abilities and resources."-- James A. Cox, *The Midwest Book Review* - Wisconsin Bookwatch "If you can't figure out how to use your brain after reading this guide, you may want to return your brain for another."-- The Sacramento Book Review, Volume 1, Issue 2, Page 19 "It's rare to find a book on any technical subject that is as well written and readable as *Your Brain: The Missing Manual*. The book covers pretty much anything you may want to know about your brain, from what makes it up, through how it develops to how to mitigate the affects of aging. The book is easy reading, fact packed and highlighted notes and practical applications. So if you want to learn more about your brain, how it works, how to get the best out of it or just want to stave off the ravages of Alzheimers (see chapter ten for details of how learning helps maintain your brain) then I can't recommend this book highly enough."-- Neil Davis, *Amazon.co.uk* "MacDonald's writing style is perfect for this kind of guide. It remains educational without becoming overly technical or using unexplained jargon. And even though the book covers a broad scope of topics, MacDonald keeps it well organized and easy to follow. The book captures your attention with fun facts and interesting studies that any person could apply to their own understanding of human ability. It has great descriptions of the brain and its interconnected parts, as well as providing full color pictures and diagrams to offer a better explanation of what the author is talking about."-- Janica Unruh, *Blogcritics Magazine*

Fahrenheit 451 Ray Bradbury
1968 A fireman in charge of burning books meets a revolutionary school teacher who dares to read. Depicts a future world in which all printed reading material is burned.

Mindset Carol S. Dweck
2006 Reveals how established attitudes affect all aspects of one's life, explains the differences between fixed and growth mindsets, and stresses the need to be open to change in order to achieve fulfillment and success.

The Road Cormac McCarthy
2010-12-10 The Road is the astonishing post-apocalyptic and Pulitzer Prize-winning modern classic by Cormac McCarthy. A father and his young son walk alone through burned America, heading slowly for the coast. Nothing moves in the ravaged landscape save the ash on the wind. They have nothing but a pistol to defend themselves against the men who stalk the road, the clothes they are wearing, a cart of scavenged food - and each other. 'So good that it will devour you. It is incandescent.' - Daily Telegraph

Rich Dad, Poor Dad Robert T. Kiyosaki
2016-04-27 Although we have been successful in our careers, they have not turned out quite as we expected. We both have changed positions several times-for all the right reasons-but there are no pension plans vesting on our behalf. Our retirement funds are growing only through our individual contributions. Michael and I have a wonderful marriage with three great children. As I write this, two are in college and one is just beginning high school. We have spent a fortune making sure our children have received the best education available. One day in 1996, one of my children came home disillusioned with school. He was bored and tired of studying. "Why should I put time into studying subjects I will never use in real life?" he protested. Without thinking, I responded, "Because if you don't get good grades, you won't get into college." "Regardless of whether I go to college," he replied, "I'm going to be rich."

Poems by Walt Whitman Walt Whitman
2016-04-22 Walt Whitman is widely regarded as one of the masters of American poetry. Here are collected his finest poems, a perfect companion for any fan of Whitman's work.

The Prophet Kahilil Gibran
2009-01-01 A prophet has is about to board a ship home after 12 years in exile, when he is stopped by a group of people. His teachings to them, discussing love, marriage, crime, freedom and law among many other aspects of everyday life, form the 26 poetic essays of Gibran's work. The work has been a bestseller since its first publication.

The Experience Economy B. Joseph Pine
1999 Future economic growth lies in the value of experiences and transformations--good and services are no longer enough. We are on the threshold, say authors Pine and Gilmore, of the Experience Economy, a new economic era in which all businesses must orchestrate memorable events for their customers. The Experience Economy offers a creative, highly original, and yet eminently practical strategy for companies to script and stage the experiences that will transform the value of what they produce. From America Online to Walt Disney, the authors draw from a rich and varied mix of examples that showcase businesses in the midst of creating personal experiences for both consumers and businesses. The authors urge managers to look beyond traditional pricing factors like time and cost, and consider charging for the value of the transformation that an experience offers. Goods and services, say Pine and Gilmore, are no longer enough. Experiences and transformations are the basis for future economic growth, and The Experience Economy is the script from which managers can begin to direct their own transformations.

Parenting Matters National Academies of Sciences, Engineering, and Medicine
2016-12-21 Decades of research have demonstrated that the parent-child dyad and the environment of the familyâ€”which includes all primary caregiversâ€”are at the foundation of children’s well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child’s brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents’ lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the

context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents’ use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

If - Rudyard Kipling
1918

Wellbeing: The Five Essential Elements Tom Rath
2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

Butterfly Effect Andy Andrews
2011-06-01 Speaker and New York Times best-selling author Andy Andrews shares a compelling and powerful story about a decision one man made over a hundred years ago, and the ripple effect it's had on us individually, and nationwide, today. It's a story that will inspire courage and wisdom in the decisions we make, as well as affect the way we treat others through our lifetime. Andrews speaks over 100 times a year, and *The Butterfly Effect* is his #1 most requested story.

Why I Write George Orwell
2021-01-01 George Orwell set out 'to make political writing into an art', and to a wide extent this aim shaped the future of English literature - his descriptions of authoritarian regimes helped to form a new vocabulary that is fundamental to understanding totalitarianism. While 1984 and Animal Farm are amongst the most popular classic novels in the English language, this new series of Orwell's essays seeks to bring a wider selection of his writing on politics and literature to a new readership. In *Why I Write*, the first in the Orwell's Essays series, Orwell describes his journey to becoming a writer, and his movement from writing poems to short stories to the essays, fiction and non-fiction we remember him for. He also discusses what he sees as the 'four great motives for writing' - 'sheer egoism', 'aesthetic enthusiasm', 'historical impulse' and 'political purpose' - and considers the importance of keeping these in balance. *Why I Write* is a unique opportunity to look into Orwell's mind, and it grants the reader an entirely different vantage point from which to consider the rest of the great writer's oeuvre. 'A writer who can - and must - be rediscovered with every age.' — Irish Times

Eats, Shoots & Leaves Lynne Truss
2004-04-12 We all know the basics of punctuation. Or do we? A look at most neighborhood signage tells a different story. Through sloppy usage and low standards on the internet, in email, and now text messages, we have made proper punctuation an endangered species. In *Eats, Shoots & Leaves*, former editor Lynne Truss dares to say, in her delightfully urbane, witty, and very English way, that it is time to look at our commas and semicolons and see them as the wonderful and necessary things they are. This is a book for people who love punctuation and get upset when it is mishandled. From the invention of the question mark in the time of Charlemagne to George Orwell shunning the semicolon, this lively history makes a powerful case for the preservation of a system of printing conventions that is much too subtle to be mucked about with.

Sophie's World Jostein Gaarder
2010-07-15 The international bestseller about life, the universe and everything. When 14-year-old Sophie encounters a mysterious mentor who introduces her to philosophy, mysteries deepen in her own life. Why does she keep getting postcards addressed to another girl? Who is the other girl? And who, for that matter, is Sophie herself? To solve the riddle, she uses her new knowledge of philosophy, but the truth is far stranger than she could have imagined. A phenomenal worldwide bestseller, SOPHIE'S WORLD sets out to draw teenagers into the world of Socrates, Descartes, Spinoza, Hegel and all the great philosophers. A brilliantly original and fascinating story with many twists and turns, it raises profound questions about the meaning of life and the origin of the universe.

The Little Prince Antoine de Saint-Exupéry
2018-05-19 First published in 1943, *The Little Prince* by Antoine de Saint-Exupéry has been translated into more than 250 languages, becoming a global phenomenon. The Sahara desert is the scenery of Little Prince's story. The narrator's plane has crashed there and he has scarcely some food and water to survive. Trying to comprehend what caused the crash, the Little Prince appears. The serious blonde little boy asks to draw him a sheep. The narrator consents to the strange fellow's request. They soon become friends and the Little Prince informs the pilot that he is from a small planet, the asteroid 325, talks to him about the baobabs, his planet volcanoes and the mysterious rose that grew on his planet. He also talks to him about their friendship and the lie that evoked his journey to other planets. Often puzzled by the grown-ups' behavior, the little traveler becomes a total and eternal symbol of innocence and love, of responsibility and devotion. Through him we get to see how insightful children are and how grown-ups aren't. Children use their heart to feel what's really important, not the eyes. Heart-breaking, funny and thought-provoking, it is an enchanting and endlessly wise fable about the human condition and the power of imagination. A book about both childhood and adulthood, it can be read as a parable, a war story, a classic children's fairy-tale, and many more things besides: *The Little Prince* is a book for everyone; after all, all grown-ups were children once.

This Clumsy Living Bob Hicok
2006-01-21 Winner of the 2008 Bobbit National Poetry Prize. "Few others in contemporary poetry are so brilliantly able to combine wit and weight, to charge the language so it virtually glows in the dark. Hicok's poems just plain rock. They rock because they are gorgeous. They rock because they are sad and turn on the radio. They dance our 'clumsy living' with our shadows and our isolations to a music that always, always remembers the original delight in which "the feel of things, if [we] cherish, helps [us] live / more like a minute than a clock.'"--Beckian Fritz Goldberg

The Merchant of Venice William Shakespeare
2003-05-01 The Merchant of Venice has been performed more often than any other comedy by Shakespeare. Molly Mahood pays special attention to the expectations of the play's first audience, and to our modern experience of seeing and hearing the play. In a substantial new addition to the Introduction, Charles Edelman focuses on the play's sexual politics and recent scholarship devoted to the position of Jews in Shakespeare's time. He surveys the international scope and diversity of theatrical interpretations of *The Merchant* in the 1980s and 1990s and their different ways of tackling the troubling figure of Shylock.

Make Time Jake Knapp
2018-09-27 'If you want to achieve more (without going nuts), read this book!' - Charles Duhigg, bestselling author of *The Power of Habit* and *Smarter Faster Better*
'Make Time is essential reading for anyone who wants to create a happier, more successful life.' - Gretchen Rubin, author of *The Happiness Project*

Most of our time is spent by default. We all wish for more hours in the day. We all struggle to make time for what matters. Help is here. Productivity experts Jake Knapp and John Zeratsky have created a four-step framework that anyone can use, packed with more than 80 tactics to help you design your day around the things that matter. Tactics such as:
· Choose a daily highlight
· Be the boss of your phone
· Stay out of social media infinity pools
· Slow your inbox
· Make TV a 'sometimes treat'
· Exercise every day (but don't be a hero)
· Eat without screens
· Go off grid
· Spend time with your tribe
· Make your bedroom a bed room
With tips and tricks to help you change your life, it's time to stop daydreaming about projects and activities that you'll get to 'someday', and start that someday today.

Regulation of Tissue Oxygenation, Second Edition Roland N. Pittman
2016-08-18 This presentation describes various aspects of the regulation of tissue oxygenation, including the roles of the circulatory system, respiratory system, and blood, the carrier of oxygen within these components of the cardiorespiratory system. The respiratory system takes oxygen from the atmosphere and transports it by diffusion from the air in the alveoli to the blood flowing through the pulmonary capillaries. The cardiovascular system then moves the oxygenated blood from the heart to the microcirculation of the various organs by convection, where oxygen is released from hemoglobin in the red blood cells and moves to the parenchymal cells of each tissue by diffusion. Oxygen that has diffused into cells is then utilized in the mitochondria to produce adenosine triphosphate (ATP), the energy currency of all cells. The mitochondria are able to produce ATP until the oxygen tension or PO2 on the cell surface falls to a critical level of about 4-5 mm Hg. Thus, in order to meet the energetic needs of cells, it is important to maintain a continuous supply of oxygen to the mitochondria at or above the critical PO2 . In order to accomplish this desired outcome, the cardiorespiratory system, including the blood, must be capable of regulation to ensure survival of all tissues under a wide range of circumstances. The purpose of this presentation is to provide basic information about the operation and regulation of the cardiovascular and respiratory systems, as well as the properties of the blood and parenchymal cells, so that a fundamental understanding of the regulation of tissue oxygenation is achieved.

The Dash Linda Ellis
2012-04 Present the full text of, and commentary on, the poem "The Dash," exploring how it has inspired people to make a difference, respect others, and show love and appreciation.

How to Win Friends and Influence People Dale Carnegie
1981

Hagakure Yamamoto Tsunetomo
2012-05-15 Living and dying with bravery and honor is at the heart of Hagakure, a series of texts written by an eighteenth-century samurai, Yamamoto Tsunetomo. It is a window into the samurai mind, illuminating the concept of bushido (the Way of the Warrior), which dictated how samurai were expected to behave, conduct themselves, live, and die. While Hagakure was for many years a secret text known only to the warrior vassals of the Nabeshima clan to which the author belonged, it later came to be recognized as a classic exposition of samurai thought. The original Hagakure consists of over 1,300 short texts that Tsunetomo dictated to a younger samurai over a seven-year period. William Scott Wilson has selected and translated here three hundred of the most representative of those texts to create an accessible distillation of this guide for samurai. No other translator has so thoroughly and eruditely rendered this text into English. For this edition, Wilson has added a new introduction that casts Hagakure in a different light than ever before. Tsunetomo refers to bushido as "the Way of death," a description that has held a morbid fascination for readers over the years. But in Tsunetomo's time, bushido was a nuanced concept that related heavily to the Zen concept of muga, the "death" of the ego. Wilson's revised introduction gives the historical and philosophical background for that more metaphorical reading of Hagakure, and through this lens, the classic takes on a fresh and nuanced appeal.

Locksley Hall Alfred Tennyson
Baron Tennyson
1869

Good to Great Jim Collins
2011-07-19 The Challenge Built to Last, the defining management study of the nineties, showed how great companies triumph over time and how long-term sustained performance can be engineered into the DNA of an enterprise from the verybeginning. But what about the company that is not born with great DNA? How can good companies, mediocre companies, even bad companies achieve enduring greatness? The Study For years, this question preyed on the mind of Jim Collins. Are there companies that defy gravity and convert long-term mediocrity or worse into long-term superiority? And if so, what are the universal distinguishing characteristics that cause a company to go from good to great? The Standards Using tough benchmarks, Collins and his research team identified a set of elite companies that made the leap to great results and sustained those results for at least fifteen years. How great? After the leap, the good-to-great companies generated cumulative stock returns that beat the general stock market by an average of seven times in fifteen years, better than twice the results delivered by a composite index of the world's greatest companies, including Coca-Cola, Intel, General Electric, and Merck. The Comparisons The research team contrasted the good-to-great companies with a carefully selected set of comparison companies that failed to make the leap from good to great. What was different? Why did one set of companies become truly great performers while the other set remained only good? Over five years, the team analyzed the histories of all twenty-eight companies in the study. After sifting through mountains of data and thousands of pages of interviews, Collins and his crew discovered the key determinants of greatness -- why some companies make the leap and others don't. The Findings The findings of the Good to Great study will surprise many readers and shed light on virtually every area of management strategy and practice. The findings include: Level 5 Leaders: The research team was shocked to discover the type of leadership required to achieve greatness. The Hedgehog Concept (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence. A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology. The Flywheel and the Doom Loop: Those who launch radical change programs and wrenching restructurings will almost certainly fail to make the leap. "Some of the key concepts discerned in the study," comments Jim Collins, "fly in the face of our modern business culture and will, quite frankly, upset some people." Perhaps, but who can afford to ignore these findings?

Make Your Bed William H. McRaven
2017-06-15 'A book to inspire your children and grandchildren to become everything that they can' - The Wall Street Journal
'Superb, smart, and succinct' - Forbes
THE INCREDIBLE No. 1 New York Times BESTSELLER _____
If you want to change the world, start off by making your bed. On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin in their Commencement day. Taking inspiration from the university's slogan, "What starts here changes the world," he shared the ten principles he learned during Navy Seal training that helped him overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves-and the world-for the better Begin each day with a simple task - Help one another you through life - Respect everyone - Know that your life won't be fair - That you will fail often - Take risks - Step-up when times are tough - Face-down the bullies - Lift-up the downtrodden - And never ever give up Do these things and we will live in a far better world than the one before it. Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honour, and courage. _____ Told with great humility and optimism, this timeless book provides simple and universal wisdom, practical advice, and words of encouragement that will inspire readers to achieve more, even in life's darkest moments.

Live Your Dash Linda Ellis
2014-05-06 Sharing her messages of joy, hope and positive energy, the author of the internationally acclaimed poem "The Dash", presents inspirational stories, essays and poetry on how to live life to the fullest, along with tales of people who have been "touched by the dash".