

Amateur To Im Proven Ideas And Training Methods

Learn all about implementing a good gamification design into your products, workplace, and lifestyle Key Features Explore what makes a game fun and engaging Gain insight into the Octalysis Framework and its applications Discover the potential of the Core Drives of gamification through real-world scenarios Book Description Effective gamification is a combination of game design, game dynamics, user experience, and ROI-driving business implementations. This book explores the interplay between these disciplines and captures the core principles that contribute to a good gamification design. The book starts with an overview of the Octalysis Framework and the 8 Core Drives that can be used to build strategies around the various systems that make games engaging. As the book progresses, each chapter delves deep into a Core Drive, explaining its design and how it should be used. Finally, to apply all the concepts and techniques that you learn throughout, the book contains a brief showcase of using the Octalysis Framework to design a project experience from scratch. After reading this book, you'll have the knowledge and skills to enable the widespread adoption of good gamification and human-focused design in all of industries. What you will learn Discover ways to use gamification techniques in real-world situations Design fun, engaging, and rewarding experiences with Octalysis Understand what gamification means and how to categorize it Leverage the power of different Core Drives in applications Explore how Left Brain and Right Brain Core Drives differ in motivation and design methodologies Examine the fascinating intricacies of White Hat and Black Hat Core Drives Who this book is for Anyone who wants to implement gamification principles and techniques into their products, workplace, and lifestyle will find this book useful.

**** NEW YORK TIMES BESTSELLER! **** The Tonight Show Summer Reads Winner ****** A New York Times Notable Book of 2021 ****** "Insanely readable." —Stephen King Hailed as "breathtakingly suspenseful," Jean Hanff Korelitz's *The Plot* is a propulsive read about a story too good not to steal, and the writer who steals it. Jacob Finch Bonner was once a promising young novelist with a respectably published first book. Today, he's teaching in a third-rate MFA program and struggling to maintain what's left of his self-respect; he hasn't written—let alone published—anything decent in years. When Evan Parker, his most arrogant student, announces he doesn't need Jake's help because the plot of his book in progress is a sure thing, Jake is prepared to dismiss the boast as typical amateur narcissism. But then . . . he hears the plot. Jake returns to the downward trajectory of his own career and braces himself for the supernova publication of Evan Parker's first book, but it never comes. When he discovers that his former student has died, presumably without ever completing his book, Jake does what a self-respecting writer would do with a story like that—a story that absolutely needs to be told. In a few short years, all of Evan Parker's predictions have come true, but Jake is the author enjoying the wave. He is wealthy, famous, praised and read all over the world. But at the height of his glorious new life, an e-mail arrives, the first salvo in a terrifying, anonymous campaign: You are a thief, it says. As Jake struggles to understand his antagonist and hide the truth from his readers and his publishers, he begins to learn more about his late student, and he discovers both amazes and terrifies him. Who was Evan Parker, and how did he get the idea for his "sure thing" of a novel? What is the real story behind the plot, and who stole it from whom?

Is the universe actually a giant quantum computer? According to Seth Lloyd, the answer is yes. All interactions between particles in the universe, Lloyd explains, convey not only energy but also information—in other words, particles not only collide, they compute. What is the entire universe computing, ultimately? "Its own dynamical evolution," he says. "As the computation proceeds, reality unfolds." Programming

the Universe, a wonderfully accessible book, presents an original and compelling vision of reality, revealing our world in an entirely new Jose Raul Capablanca is renowned for his exquisite positional play and flawless endgame technique. But The Chess Machine was also a master of that other way to deliver mate: the attack on the enemy king. In this groundbreaking work, award-winning chess coach and a Frisco Del Rosario shines a long-overdue light on this neglected aspect of Capablanca's record. He illustrates how the Cuban genius used positional concepts to build up irresistible king hunts, embodying the principles of good play advocated by the unequalled teacher, C.J.S. Purdy. The author also identifies an overlooked checkmate pattern - Capablanca's Mate - that aspiring attackers can add to the standard catalogue in Renaud and Kahn's The Art of the Checkmate. As Del Rosario shows, Capablanca has inspired not only generations of players but also many of the classics of chess literature. Easy to read but chock-full of advice for study and practical play, Capablanca: A Primer on Checkmate fills a gaping hole in our understanding of the third World Champion.

Mastering the Endgame: Open and semi-open games

Viruses: Essential Agents of Life

The Cult of the Amateur

From Club Player to Master

The Proven Framework for Finding the Best Value Investments

I Hid My Voice

The Low-Risk Value Method to High Returns

"A British champion discusses the most common causes of disaster in chess"--Cover.

The old saying goes, "'To the man with a hammer, everything looks like a nail.'" But anyone who has done any kind of project knows a hammer often isn't enough. The more tools you have at your disposal, the more likely you'll use the right tool for the job - and get it done right. The same is true when it comes to your thinking. The quality of your outcomes depends on the mental models in your head. And most people are going through life with little more than a hammer. Until now. The Great Mental Models: General Thinking Concepts is the first book in The Great Mental Models series designed to upgrade your thinking with the best, most useful and powerful tools so you always have the right one on hand. This volume details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making, productivity, and how clearly you see the world. You will discover what forces govern the universe and how to focus your efforts so you can harness them to your advantage, rather than fight with them or worse yet- ignore them. Upgrade your mental toolbox and get the first volume today. AUTHOR BIOGRAPHY Farnam Street (FS) is one of the world's fastest growing websites, dedicated to

helping our readers master the best of what other people have already figured out. We curate, examine and explore the timeless ideas and mental models that history's brightest minds have used to live lives of purpose. Our readers include students, teachers, CEOs, coaches, athletes, artists, leaders, followers, politicians and more. They're not defined by gender, age, income, or politics but rather by a shared passion for avoiding problems, making better decisions, and lifelong learning. AUTHOR HOME Ottawa, Ontario, Canada

What's Old Is New - and Surprisingly Strong! The world's oldest opening variation, 3...Qd8 in the Scandinavian Defense, has resurfaced in the last decade to give players at all levels a winning edge. Whether you prefer a sharp tactical game or slower positional maneuvering, the 3...Qd8 Scandinavian provides a genuine alternative for club players and grandmasters seeking to play for a win from the outset. Elite players such as Michael Adams, Josif Dorfman, Kiril Georgiev and Julian Hodgson, among others, have successfully raised the banner of the 3...Qd8 Scandinavian. As the author demonstrates, this variation's doubtful reputation is undeserved. It is completely playable - and easy to learn! 3...Qd8 is not the ugly duckling sibling of 3...Qa5 and 3...Qd6 - it is a superb alternative. "Dan's a strong player, but he's an even stronger teacher. The book sparkles with practical insight, lucidly explained." International Grandmaster Zviad Izoria

By his early thirties, Paul Allen was a world-famous billionaire-and that was just the beginning. In 2007 and 2008, Time named Paul Allen, the cofounder of Microsoft, one of the hundred most influential people in the world. Since he made his fortune, his impact has been felt in science, technology, business, medicine, sports, music, and philanthropy. His passion, curiosity, and intellectual rigor-combined with the resources to launch and support new initiatives-have literally changed the world. In 2009 Allen discovered that he had lymphoma, lending urgency to his desire to share his story for the first time. In this classic memoir, Allen explains how he has solved problems, what he's learned from his many endeavors-both the triumphs and the failures-and his compelling vision for the future. He reflects candidly on an extraordinary life. The book also features previously untold stories about everything from the true origins of Microsoft to Allen's role in the dawn of private space travel (with SpaceShipOne) and in discoveries

at the frontiers of brain science. With honesty, humor, and insight, Allen tells the story of a life of ideas made real.

Atomic Habits

Chess Master-- at Any Age

Seeing Like a State

Real Frank Zappa Book

The Seven Deadly Chess Sins

Tune Your Chess Tactics Antenna

The Dhandho Investor

From the international bestselling author of The Book of Fate comes the story, based on real events, of a four-year-old boy who cannot speak and the shame it brings upon his family in modern-day Iran. Four-year-old Shahaab has not started talking. The family doctor believes there is no cause for concern; nevertheless, Shahaab is ridiculed by others who call him "dumb." Young Shahaab doesn't understand what the word means and thinks it is a compliment, until one day his cousin plays a trick on him to prove to everyone that the boy truly is the neighbourhood idiot. When his mother recounts the incident to her husband, Shahaab is crushed to learn that his father also thinks the boy's speech impediment indicates that his son is an idiot and thus brings shame on the family. He begins to lash out, taking childish revenge on those around him, encouraged by his two imaginary friends, Esi and Bibi. No one in the family can understand Shahaab's wild behaviour except his maternal grandmother, who seems to possess the understanding and the kindness he so desperately craves. Their growing bond leads to a deep friendship in which Shahaab is able to experience some happiness and finally find his voice.

This is the third book in the highly acclaimed Lessons with a Grandmaster series. In this volume Gulko and Sneed focus on both strategic and tactical ideas, and how to successfully combine the two parts over the board.

Anyone who wants to change college teaching will have to start here.

Two instructional classics condensed into one practical volume! In 2014 the Russian Chess Federation started a wide-ranging programme aimed at the revival of chess in Russia. One of the first actions that were taken was commissioning legendary Belarusian chess coach Mikhail Shereshevsky to recapitulate and condense his famous training methods. In doing so Shereshevsky has created a totally reworked compendium of his acclaimed classics Endgame Strategy and The Soviet Chess Conveyor, with many new examples, exercises and discussions of various training methods. Furthermore, he has added a new and highly effective approach on how to calculate variations. Club players all over the world who wish to

improve their game now have access to Shereshevsky's famous training programme in one volume and can learn: How to build an opening repertoire How to study the chess classics to maximum benefit How to master the most important endgame principles How to effectively and efficiently calculate variations The Shereshevsky Method offers a unique opportunity to improve your game with one of the supreme examples of Russian chess training excellence. Studying this manual will enrich your understanding of chess enormously and help your progress on the way to chess mastery.

Fast and Flavorful Food for Athletes

Capablanca

Practical Endgame Play - Beyond the Basics

A Comprehensive Guide to Winning Chess for the Intermediate Player

Mind of the Raven

The Inner Game of Tennis

All the Everyman Chess books are organized in a structured style and are also presented in a series of levels. The styles encompass Openings (O); Games Collections ((G); and Training (T). The levels are arranged as follows: Children C]; Novice (N); Club (C); and Advanced (A).

Intended for all competitive players, particularly juniors, this text provides a guide to the Benoni and the Benko gambit. Following a new method of teaching the Openings, read and play as formulated by the authors, it explains strategic and tactical concepts, focusing on understanding and not memorizing the variations. The authors are both expert chess players. Robert Bellin is an International Master and Pietro Ponzetto is the Italian chess coach.

“One of the most profound and illuminating studies of this century to have been published in recent decades.”—John Gray, New York Times Book Review Hailed as “a magisterial critique of top-down social planning” by the New York Times, this essential work analyzes disasters from Russia to Tanzania to uncover why states so often fail—sometimes catastrophically—in grand efforts to engineer their society or their environment, and uncovers the conditions common to all such planning disasters. “Beautifully written, this book calls into sharp relief the nature of the world we now inhabit.”—New Yorker “A tour de force.”— Charles Tilly, Columbia University

The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this “vital, necessary, and beautiful book” (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and “allows us to understand racism as a practice not restricted to ‘bad people’ (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such

as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

Know When (and where!) to Look for Winning Combinations

How Certain Schemes to Improve the Human Condition Have Failed

The Definitive Guide to the Endgames That Really Matter

Idea Man

Programming the Universe

The Shereshevsky Method to Improve in Chess

A Quantum Computer Scientist Takes on the Cosmos

Any man in the street knows how to increase his physical strength, but among most chess players confusion reigns when it comes to improving their playing strength. Axel Smith's training methods have guided his friends, teammates and pupils to grandmaster norms and titles. Hard work will be required, but Axel Smith knows how you can Pump Up Your Rating. Every area of chess is covered - opening preparation, through middlegame play, to endgame technique. Smith delves into both the technical and psychological sides of chess, and shows how best to practise and improve.

Recounts the life and career of the inventive and controversial rock musician, and includes information on his philosophies on art, his opinions on the music industry, and his thoughts on raising children.

Reveals the proprietary framework used by an exclusive community of top money managers and value investors in their never-ending quest for untapped investment ideas Considered an indispensable source of cutting-edge research and ideas among the world's top investment firms and money managers, the journal The Manual of Ideas boasts a subscribers list that reads like a Who's Who of high finance. Written by that publication's managing editor and inspired by its mission to serve as an "idea funnel" for the world's top money managers, this book introduces you to a proven, proprietary framework for finding, researching, analyzing, and implementing the best value investing opportunities. The next best thing to taking a peek under the hoods of some of the most prodigious brains in the business, it gives you uniquely direct access to the thought processes and investment strategies of such super value investors as Warren Buffett, Seth Klarman, Glenn Greenberg, Guy Spier

and Joel Greenblatt. Written by the team behind one of the most read and talked-about sources of research and value investing ideas Reviews more than twenty pre-qualified investment ideas and provides an original ranking methodology to help you zero-in on the three to five most compelling investments Delivers a finely-tuned, proprietary investment framework, previously available only to an elite group of TMI subscribers Step-by-step, it walks you through a proven, rigorous approach to finding, researching, analyzing, and implementing worthy ideas

Leonid Kubbel (1891, St.Petersburg - 1942, Leningrad) was one of those who founded modern artistic study and, perhaps, the most prominent composer of the 1st third of 20th century. He produced 2784 works altogether, both studies and problems, in all styles and genres. The most characteristic for his creative work was his deep feeling of culmination in his studies. Therefore his compositions are always attractive and often are used as bright methodical examples. L. Kubbel discovered many original ideas, the most important are discovered attack, favorable exchange, queen sacrifice for enticing purposes. He was first in decoy in fighting with one piece against three, opportunities for combinations in the middlegame, echo-motives. White or black queen is often the main hero of his studies. A particular place in his legacy belongs to stalemate combinations, in which he is still incomparable with other composers. He discovered many stalemate positions and tricks, like a stalemate after moving away from the attacked black piece, or a stalemate with a pin after Black's zugzwang. His main preoccupation was the investigation and discover the principles that govern the beauty in studies, combinational sense of single moves that form a logical consequence on the background of impressive and dramatically fight.

Actionable Gamification

Batsford Chess Endings

Lessons with a Grandmaster III

The Amateur Hour

A Primer of Checkmate

Win at Chess

The Plot

Amateur to IMProven Ideas and Training Methods

A renaissance of virus research is taking centre stage in biology. Empirical data from the last decade indicate the important roles of viruses, both in the evolution of all life and as symbionts of host organisms. There is increasing evidence that all cellular life is colonized by exogenous and/or endogenous viruses in a non-lytic but persistent lifestyle. Viruses and viral parts form the most

numerous genetic matter on this planet.

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of “relaxed concentration” that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. “Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.”—from the Foreword by Pete Carroll

Here... at long last... we have it. A new type of endgame book. A book which explains how to handle those positions that frequently occur in practical play but, curiously, are hardly ever the subject of theoretical works. Most endgame books rely upon recycling established theory on basic positions, or concentrate on fantastical studies. This one is different. Well known Grandmaster and endgame expert Glenn Flear examines in depth all endgames which feature either two pieces for each side, or two pieces against one. Why is this an important subject? Because these situations arise surprisingly frequently in practical play. For example, an examination of any big database will reveal that the endgame of rook and minor piece versus rook and minor piece arises in nearly 20% of games. That means that if you open with 1 e4, you are more likely to reach one of these endgames than you are to face the French Defence. And overall, every time you sit down to play a game of chess, there is nearly a 50% chance that you will reach one of the endgames covered in this book. If you can handle such endgames well, your results will inevitably improve. This book will show you how.

Mastering the Modern Benoni and the Benko Gambit

Proven Ideas and Training Methods

Development of a Grandmaster

Amateur to IM

White Fragility

Secrets of Pawnless Endings

How Blogs, MySpace, YouTube, and the Rest of Today's User-generated Media are Destroying Our Economy, Our Culture, and Our Values

As soon as Seneca Frazier sees the post on the Case Not Closed website about Helena Kelly, she's hooked. Helena's high-profile disappearance five years earlier is the one that originally got Seneca addicted to true crime. It's the reason she's a member of the

site in the first place. So when Maddy Wright, her best friend from the CNC site, invites Seneca to spend spring break in Connecticut looking into the cold case, she immediately packs her bag. But the moment she steps off the train in trendy, glamorous Dexby, things begin to go wrong. Maddy is nothing like she expected, and Helena's sister, Aerin Kelly, seems completely hostile and totally uninterested in helping with their murder investigation. But when Brett, another super user from the site, joins Seneca and Maddy in Dexby, Aerin starts to come around. The police must have missed something, and someone in Dexby definitely has information they've been keeping quiet. As Seneca, Brett, Maddy, and Aerin begin to unravel dark secrets and shocking betrayals about the people closest to them, they seem to be on the murderer's trail at last. But somewhere nearby the killer is watching . . . ready to do whatever it takes to make sure the truth stays buried. First in a new series by the #1 New York Times best-selling author of the *Pretty Little Liars* series, Sara Shepard, *The Amateurs* is packed with the twists and turns, steamy romance, and stunning revelations that her fans have been waiting for.

A Silicon Valley insider offers a provocative look at the dark side of the new digital revolution, Web 2.0, and its detrimental influence on modern-day culture, society, and business, explaining the devastating repercussions of this cult of the amateur and offering concrete solutions for countering its impact on modern life. Reprint. 17,500 first printing.

Grandmaster Repertoire is a new series of high quality chess books based on the main lines, written by strong grandmasters. The aim is to provide the reader with a complete repertoire at a level good enough for elite tournaments, and certainly also for the club championship. Grandmaster Repertoire provides a repertoire to last a lifetime. Top GM Boris Avrukh charts a course towards an advantage with 1.d4. Avrukh is used to facing the best players in the world. In this book he presents an improved version of the repertoire that elevated him to the top 50, focussing on main lines with a kingside fianchetto. "1.d4 Volume One" covers the openings after 1.d4 d4 2.c4, particularly the Catalan, Queen's Gambit Accepted, Semi-Slav, Slav, and other Queen's Gambit lines. *The Feed Zone Cookbook* offers 150 athlete-friendly recipes that are simple, delicious, and easy to prepare. When Dr. Allen Lim left the lab to work with pro cyclists, he found a peloton weary of food. For years the sport's elite athletes had been underperforming on bland fare and processed bars and gels. Science held few easy answers for nutrition in the real world, where hungry athletes must buy ingredients; make meals; and enjoy eating before, during, and after each workout, day after day. So Lim set out to make eating delicious and practical. His journey began with his mom, took him inside the kitchens of the Tour de France, and delivered him to a dinner party where he met celebrated chef Biju Thomas. Chef Biju and Dr. Lim vetted countless meals with the world's best endurance athletes in the most demanding test kitchens. In *The Feed Zone Cookbook: Fast and Flavorful Food for Athletes*, Thomas and Lim share their energy-packed, wholesome recipes to make meals easy to prepare, delicious to eat, and better for performance. *The Feed Zone Cookbook* provides 150 delicious recipes that even the busiest athletes can prepare in less time than it takes to warm up for a workout. With simple recipes requiring just a handful of ingredients, Biju and Allen show how easy it is for athletes to prepare their own food, whether at home or on the go. *The Feed Zone Cookbook* strikes the perfect balance between science and practice so that athletes will change the way they think about food, replacing highly processed food substitutes with real, nourishing foods that will satisfy every athlete's cravings. *The Feed Zone Cookbook* includes 150 delicious recipes illustrated with full-color photographs Breakfasts, lunches, recovery meals, dinners, snacks, desserts Dr. Allen Lim's take on the science and practice of food Portable real food snacks, including Lim's

famous rice cakes Dozens of quick-prep meals for before and after workouts Shortcuts, substitutions, and techniques to save time in the kitchen Over 100 gluten-free and vegetarian alternatives to favorite dishes

A Novel

Beyond Points, Badges, and Leaderboards

The Amateurs

The Classic Guide to the Mental Side of Peak Performance

Michael Adams

Endgame Strategy

Pump Up Your Rating

The endgame is the final phase of a game of chess, in which very little material is left on the board and the weaknesses forced earlier in the game can be exploited. Theory, while not changing as rapidly as in the openings, is no less important, and many games are won or lost because one player knew the winning plan and the other didn't.

Presents a collection of endgames that will help chess players become better practical players and develop a deeper understanding of chess.

A comprehensive value investing framework for the individual investor In a straightforward and accessible manner, The Dhandho Investor lays out the powerful framework of value investing. Written with the intelligent individual investor in mind, this comprehensive guide distills the Dhandho capital allocation framework of the business savvy Patels from India and presents how they can be applied successfully to the stock market. The Dhandho method expands on the groundbreaking principles of value investing expounded by Benjamin Graham, Warren Buffett, and Charlie Munger. Readers will be introduced to important value investing concepts such as "Heads, I win! Tails, I don't lose that much!," "Few Bets, Big Bets, Infrequent Bets," Abhimanyu's dilemma, and a detailed treatise on using the Kelly Formula to invest in undervalued stocks. Using a light, entertaining style, Pabrai lays out the Dhandho framework in an easy-to-use format. Any investor who adopts the framework is bound to improve on results and soundly beat the markets and most professionals.

This instructive book for competitive players, based on Edmar Mednis classic Practical Endgame Lessons, provides the reader with a wealth of useful instruction in endgame play, reinforced by a series of tests presented as simulations of tournament play. Explains the fundamental principles of endgame play . Deals with all standard types of endgame: pawn endings, bishop endings, rook endings, etc . Contains more that twenty test endings to help develop your skills . Uses many examples by the world s leading endgame exponents: Smyslov, Karpov, Korchnoi, etc. Grandmaster Edmar Mednis is one of the world s leading endgame exerts.He is a regular contributor to Chess Life magazine and is author of How to be a complete Tournament Player, From Opening to the Endgame and From the Middlegame into the Endgame.

International Master Colin Crouch is one of England's most highly regarded analysts and writers."

The Feed Zone Cookbook

Grandmaster Repertoire 1

The Great Mental Models: General Thinking Concepts

A History of College Teaching in America

The Manual of Ideas

Simple and Strong

150 Endgame Studies

If only real life were like a book on chess tactics! But during a game you are on your own, and nobody will whisper in your ear that you have reached a position that is, in fact, a tactical puzzle and all you have to do is solve it. What you need, discovered Emmanuel Neiman in his long career as a chess trainer, is a way to read the signals which indicate that, somewhere in the position you are looking at, there is a tactical blow. What you need is a Chess Tactics Antenna! This trailblazing book by award-winning author Neiman provides a set of tools that enables the average club player to determine the moment he needs to look for win.

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Heinrich involves us in his quest to get inside the mind of the raven. But as animals can only be spied on by getting quite close, Heinrich adopts ravens, thereby becoming a "raven father," as well as observing them in their natural habitat. He studies their daily routines, and in the process, paints a vivid picture of the ravens' world. At the heart of this book are

Heinrich's love and respect for these complex and engaging creatures, and through his keen observation and analysis, we become their intimates too. Heinrich's passion for ravens has led him around the world in his research. Mind of the Raven follows an exotic journey—from New England to Germany, and from Montana to Baffin Island in the high Arctic—offering dazzling accounts of how science works in the field, filtered through the eyes of a passionate observer of nature. Each new discovery and insight into raven behavior is thrilling to read, at once lyrical and scientific.

Investigations and Adventures with Wolf-Birds

The 3...Qd8 Scandinavian

Rate Your Endgame

Why It's So Hard for White People to Talk About Racism

1. D4 Volume One

A Memoir by the Cofounder of Microsoft

Strategic and Tactical Ideas in Modern Chess