

## Bulletproof

If you are a police officer, firefighter, EMT, ER nurse, or soldier, or you love one . . . This book can save your life Suicide, depression, anxiety, post-traumatic stress disorder (PTSD), substance abuse, and many more emotional and stress-related problems plague the first-responder community. Hundreds of thousands of these brave public servants have unwittingly become victims of the professions they once loved. However, the suffering that results from a professional life of sacrifice and service can be prevented and mitigated. As a law-enforcement veteran, police captain Dan Willis has witnessed the damage of emotional trauma and has made it his personal mission to safeguard and enhance the wellness and wholeness of police officers, firefighters, EMTs, emergency-room personnel, and soldiers. Bulletproof Spirit offers field-tested expertise designed to be used by all first responders — and their families — to heal themselves and continue serving with compassion and strength.

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.

There’s no doubt about it, today’s workplace is an uncertain and treacherous territory. Newspaper headlines are proclaiming near record-high levels of unemployment, and, in these tough times, companies are making swift judgments about human capital. The bottom line: No job is safe. But there are tried and true ways to fight off sudden unemployment successfully, and the number one weapon in your arsenal is workplace expert and television and radio personality Stephen Viscusi’s career manifesto, Bulletproof Your Job. Based on four simple strategies for dodging the layoff bullet and a long list of ways to implement these strategies, Bulletproof Your Job may save you from your worst enemy at work—which just so happens to be you. Quite simply, observe these imperative rules: Be visible. Be easy. Be useful. Be ready. With plenty of distinct action items, dozens of anecdotal illustrations and examples, and lists and tips for adapting bulletproof strategies to your own situation, Bulletproof Your Job will show you how to leverage the black-and-white stuff—your title, salary, and tenure—with the gray stuff—your relationship with coworkers, visibility in the workplace, and ability to make your boss look good—to ward off the pink stuff—the dreaded layoff notice. While you’re at it, you’ll be creating a long-term strategy for job security and career advancement that ensures you’ll never feel this vulnerable again.

Bulletproof wades through the fact and fiction of real life police work with no punches held back. It is raw, honest, humorous and gritty. It not only breaks down what we think is protecting us in life, it reveals the truth of what being bulletproof really means, how it makes life better and leaves you wondering, What if I was bulletproof? A heck of a ride] -Lt. Col. Dave Grossman Like watching an action film or a TV cop show]a must read. Jim Burgen, Pastor Flatirons Community Church ]gives a new meaning to the word bulletproof. Its lessons could change your life. Tim Hall, former U.S. Marine (Vietnam) ]a piercing look into the soul and for those who are worn down by the bullets of ambiguity, heartbreaking tragedy and cynicism. Mike O’Neill, Police Commander (ret.) ]a new found appreciation for body armor. Gino Geraci, Chaplain Denver F.B.I. Todd Gentry is a veteran street cop with over fifteen years of law enforcement experience. He works as a member of a specialized unit combating drugs, gangs and prostitution in some of the citys most dangerous areas. Among other achievements, he has been awarded the departments Distinguished Service Cross for apprehending a serial rapist that put an end to a series of violent attacks against women. For more, visit www.abulletprooflife.com.

The First Responder’s Essential Resource for Protecting and Healing Mind and Heart

Fifty Excuses (Not) to Do Bulletproof Estate Planning

Bulletproof Spirit

Bulletproof Problem Solving

Bulletproof Your Job

Accessing the Favor and Protection of God in the Secret Place

In The Bulletproof Diet, Dave Asprey turned conventional diet wisdom on its head, outlining the plan responsible for his 100-pound weight loss, which he came to by "biohacking" his body and optimizing every aspect of his health. The unconventional plan urges you to skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out less, sleep better, and add smart supplements. In doing so, Dave says you'll gain energy, build lean muscle, and watch the pounds melt off—just as he and so many others have. Bulletproof: The Cookbook picks up where the diet plan leaves off, arming you with 125 recipes to stay Bulletproof for life and never get bored. Famous for his butter-laden Bulletproof Coffee, Dave packs the book with the delicious, filling meals he uses to maintain his weight loss and sustain his boundless energy. Once you get your hands on these mouthwatering recipes, you'll be hungry for more—and this book is just what you'll reach for. The Bulletproof lifestyle is your blueprint to a supercharged life.

In his midtwenties, 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.

Former Secret Service agent and star of Bravo’s Spy Games Evy Poumpouras 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 Poumpouras—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. Poumpouras 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, Poumpouras demonstrates how to heighten our natural instincts to employ all these qualities and move from fear to fearlessness.

\*\*\* NOW A NEW YORK TIMES BESTSELLER \*\*\* Maci Bookout was just a normal, slightly overachieving high school girl in Chattanooga, Tennessee. But then she got pregnant, and everything turned upside down. Even as she rose to fame on MTV’s hit series Teen Mom, Maci was struggling to balance life as a single teen mom with her own hopes and dreams...all while honoring her own sense of independence. This is the true story of how she took charge of the unexpected to build a life for herself and her son Bentley, and managed not to go crazy in the process. Because sometimes growing up is an act of will...and Maci’s will is bulletproof.

The One Skill That Changes Everything

Lose Up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life

The Power of Disability in Young Adult Narratives

Bulletproof Diva

Bulletproof Ajax

Bulletproof

Would you like to have the confidence, the kind of driving purpose, that shuts out all fear? Do you want your life to be filled with adventure? There are many kinds of soldiers, and the ones that this book is written for don’t necessarily wear a uniform. The missions these soldiers undertake have more than just political or historical significance—they are impacting eternity. Bulletproof is a field manual for the Christian soldier. It addresses the issues of fear and risk from a Christian perspective, using primarily military examples and analogies. Holton teaches believers how to overcome fear and join the ranks of the army of God. Terrorism. Murder. Disease. Job Loss. Road Rage. Weapons of Mass Destruction. Environmental Disaster. What Are You Scared? By every sense of reason, you should be. By faith, you don’t have to be. God’s soldiers are issued body armor:

Peace that surpasses understanding. But you must choose to put it on. Chuck Holton reveals how to claim this peace of mind and rest in the sovereignty of God’s plan while stationed in our dangerous world. Not denying legitimate causes for fear, Holton’s balanced perspective to living boldly as a Christian today offers refreshing hope in the midst of rampant anxiety. Because when you begin seeing things from the Commander’s perspective, you won’t have to dodge bullets. Until your mission is complete, you are bulletproof. Story Behind the Book “In October 2002, a sniper started killing people at random in the area where I live. The community almost ground to a standstill, with people refusing to leave their homes, drive the streets, or send their children to school until the killer was found. What disturbed me most was the reaction of many of my fellow Christians—one of fear just like their unsaved neighbors. I felt we were passing up a perfect opportunity to model the peace that passes all understanding to a very needy audience. Since then I have come to realize that the Bible, almost in its entirety, tells us over and over again that we should not be afraid. A life lived trusting God is a fearless, confident life that will draw others to it.”

"Guerrilla Marketing for a Bulletproof Career" is an honest, practical, and hard-hitting guide for career success in perpetually uncertain times. It provides a road map to advance your career and prosper without being blindsided by overnight industry collapses, potential layoffs, economic shocks, corporate scandals, international competition, or technological disruptions. You will gain an entirely new perspective on what it means to be combat ready in this economy, including how to achieve your career goals in creative ways while making more money and spending less time working. You will discover the secrets to getting into the opportunity flow so that the best opportunities come to you first, before others find out about them. "Guerrilla Marketing for a Bulletproof Career" is the only book that marries the timeless philosophy of Guerrilla Marketing--being resourceful, doing more with less, thinking like an entrepreneur, and developing street smarts--with the chaotic realities of today’s career landscape. Get started today and never worry about gut-wrenching economic times again.

Relapse can attack and ruin your recovery like the bullets from a drive-by shooting. Fifty percent of all people who attempt recovery from addictive behavior relapse. How do you sustain sobriety? Bad ideas lead to good people dying. Not because ideas kill, but because bad ideas die-hard and these ideas form the hot beds for addictions to thrive. Addictions kill People dont realize they have killer ideas floating around in their heads.

However, if you attempt recovery from addiction and achieve sobriety, you will quickly run into these bad ideas. Certain bad ideas must die so sobriety can live. Examples of Bulletproof thinking that counteract bad ideas: Bad Idea: Staying sober has little to do with the shape you or your life is in. Just use your program and you will be okay. Bulletproof Idea: The better shape you are in, the better your recovery program will work for you.

Bad Idea: What you feel is what is real. Bulletproof Idea: Thoughts are as important as feelings to sustain recovery. Bad Idea: Pain can kill you. Bulletproof Idea: Pain cannot kill you. What you do about pain can. Nothing dies harder than a bad idea! Bulletproof Recovery gives you the keys and step-by-step direction to cure stinking thinking and stay sober from any addiction. The formula is based on this fact: addiction thrives in the lives of people who take poor care of themselves. Chapter 6, The Seven Highly Successful Keys To Sustained Sobriety, starts to fill your recovery tool box. Your thinking changes with chapter 8, From Selfish to Self Care and gets you ready To Prevent Relapse, Put Yourself In Hospital and Stay There (chapter 10). In chapter 13, you learn You Cant Cure an Addiction, But You Can Outgrow One and chapter 15 gives you insight into Balance:

Living In the Eye of the Hurricane. Be good to yourself. Get Bulletproof Recovery and stop addiction forever!

It is hard to believe that the huge whale shark, the largest fish on Earth, eats only tiny animals, such as krill and plankton. It is also hard to believe that this fish has such thick skin, it is virtually bulletproof! Readers will learn key life-science concepts as they satisfy their curiosity about this giant shark and its superpowers.

Becoming Bulletproof

Whale Sharks: Bullet-Proof!

I Am Bulletproof

Bulletproof!

Lose Up to a Pound a Day, Increase Your Energy, and End Food Cravings for Good

Creating Quality Through Testing

No matter how visually appealing or content-packed a Web site may be, if it's not adaptable to a variety of situations and reaching the widest possible audience, it isn't really succeeding. In Bulletproof Web Desing, author and Web designer extraordinaire, Dan Cederholm outlines standards-based strategies for building designs that provide flexibility, readability, and user control--key components of every successful site. Each chapter starts out with an example of an unbulletproof site one that employs a traditional HTML-based approach which Dan then deconstructs, pointing out its limitations. He then gives the site a make-over using XHTML and Cascading Style Sheets (CSS), so you can see how to replace bloated code with lean markup and CSS for fast-loading sites that are accessible to all users. Finally, he covers several popular fluid and elastic-width layout techniques and pieces together all of the page components discussed in prior chapters into a single-page template.

Take the reins of your financial future with this powerful and insightful new resource In Bulletproof Investing, real estate expert, investor, entrepreneur, and author James Fitzgerald, delivers a collection of personal stories and experiences that will show how you too can gain and retain financial control of your life. You ' ll learn how to spend less than you earn, find a mentor, identify a purpose for your financial wellbeing, and, ultimately, learn to achieve financial independence. This important book shows you how to: Improve your mental health by removing the stress and anxiety of financial insecurity Familiarise yourself with the right tools to control your financial destiny Minimise and manage risk, rather than trying fruitlessly to eliminate it Take advantage of the miracle of compound growth and watch your investment portfolio flourish Stop working hard and start working smart, letting your money do much of the work for you Perfect for millennials, adults with children, and those nearing retirement aiming for financial control and stability, Bulletproof Investing will also earn a place in the libraries of anyone hoping to gain a firmer grasp of their financial reality and investment portfolio.

Time for pessimism or optimism? Precarious times will progressively become more perilous as the Day of the Lord draws near. But God assures your safety and security! In light of increased worldwide terrorism, pandemics, and political unrest, believers have no need to live afraid. Psalm 91 directs you to the secret place and assures you of safety in the face of danger, disease, and widespread destruction. Bulletproof outlines the benefits and promises of Psalm 91 and teaches you how to access them for your family, your community and your future. Paul the apostle predicted society becoming more crude, cruel, profane, savage, slanderous, cynical, rebellious, money-hungry, self-absorbed, and pregnant with lust before Christ ’ s appearance. Yet as stewards of a fallen planet, we are not left without hope. Psalm 91 is a timeless anchor of assurance for the righteous. Bulletproof unearths the secrets to securing the protection and favor of God that promises deliverance from disease, famine, terrorism, and war. This is your moment in history. You are called to thrive, survive, and live to revive others. Let this promise of being Bulletproof become your prophetic pledge--may it catapult you into great exploits.

Object Lessons is a series of short, beautifully designed books about the hidden lives of ordinary things. "Nothing's bulletproof," the salesman said. "The thing's only bullet resistant." The New York Times journalist Kenneth R. Rosen had just purchased his first bulletproof vest and was headed off on assignment. He was travelling into Mosul, Iraq, when he realized that the idea of a bulletproof vest is more effective than the vest itself. From its very inception, poly-paraphenylen terephthalamide, or Kevlar, was meant for tires. Its humble roots and mundane applications are often lost, as it is now synonymous with body armor, war zones, and domestic terrorism. What Rosen learned through intimate use of his vest was that it acts as a metaphor for all the precautions we take toward digital, physical, and social security. Bulletproof Vest is at once an introspective journey into the properties and precisions of a bulletproof vest on a molecular level and on the world stage. It's also an ode to living precariously, an open letter that defends the notion that life is worth the risk. A portion of the author’s proceeds will be donated to RISC, a nonprofit that provides emergency medical training to freelance conflict journalists. For more information, go to www.risctraining.org. Object Lessons is published in partnership with an essay series in the The Atlantic.

Gaining Financial Control in Uncertain Times

The First Responder ’ s Essential Resource for Protecting and Healing Mind and Heart

Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life

The Secrets of the Bulletproof Spirit

Bulletproof Vest

Bulletproof UNIX

*Written in a personal style that guides the reader through the learning process, this stand alone tool for the learning of UNIX presents topics in the order users need to understand them logically and develop a cohesive picture of covered concepts. Professionals will enjoy a large number of illustrations showing HOW the commands work, and testing their knowledge by trying the command series to see if they get the same results. Chapter topics cover getting started; file handling in UNIX; file matching metacharacters, commands, and history; Editing 101—meet ed; Editing 102—ed’s big brother ex; visual editing with vi; interesting commands; tools and concepts; process control; regular expressions and the grep sisters; types of text processing; awk; and shell scripting. For anyone who uses UNIX, and anyone who needs to become a proficient UNIX user.*

*Step-by-step guide reveals best practices for enhancing Web sites with Ajax A step-by-step guide to enhancing Web sites with Ajax. Uses progressive enhancement techniques to ensure graceful degradation (which makes sites usable in all browsers). Shows readers how to write their own Ajax scripts instead of relying on third-party libraries. Web site designers love the idea of Ajax--of creating Web pages in which information can be updated without refreshing the entire page. But for those who aren't hard-core programmers, enhancing pages using Ajax can be a challenge. Even more of a challenge is making sure those pages work for all users. In Bulletproof Ajax, author Jeremy Keith demonstrates how developers comfortable with CSS and (X)HTML can build Ajax functionality without frameworks, using the ideas of graceful degradation and progressive enhancement to ensure that the pages work for all users. Throughout this step-by-step guide, his emphasis is on best practices with an approach to building Ajax pages called Hijax, which improves flexibility and avoids worst-case scenarios.*

*Trading can be intensely rewarding. But it is also one of the most mentally and emotionally challenging activities anyone can pursue. As in other high-performance domains, those who are serious about mastering their craft and staying in the game spend serious time working on their game, including training their mind and body. Steve Ward has spent the last 15 years working as a performance coach with financial traders and investors at some of the biggest and most successful investment banks, hedge funds, asset managers, commodities trading houses and proprietary trading groups across the globe, helping them to perform at their best, to navigate the highs and lows of trading and investing in the markets, and to sustain high performance for the long run. As one hedge fund client put it to him, “It’s about becoming bulletproof”. Becoming a bulletproof trader is forged over time through experience, and by applying the latest insights from biological and psychological sciences, the best that practical philosophy can teach us, and a healthy dose of pragmatism - doing what actually works in the real world of trading the markets. This book brings together all of Steve’s latest insights into how to deal with stresses and setbacks and sustain high performance in a*

**comprehensive, accessible and unmissable book, so that you too can become a bulletproof trader. Don't trade without it.**

**Investing do's and don'ts from some of the most recognizable voices in personal finance It's been a tough year for investors. Many have seen their retirement accounts dwindle dramatically and are looking for a safe way to protect what they have and make back some of what they've lost. That's why the bestselling author team of Ben Stein and Phil DeMuth have created The Little Book of Bulletproof Investing: Do's and Don'ts to Protect Your Financial Life. When you invest, there are essential things you should do and many things you shouldn't. The Little Book of Bulletproof Investing: Do's and Don'ts to Protect Your Financial Life addresses this issue and shows you how to utilize the fundamentals of finance to achieve success in today's market. This practical guide contains proven advice on navigating today's treacherous financial landscape and will put you in a better position to make more informed investment decisions. Includes street-smart advice for the individual investor uncertain about their investment and retirement portfolios Written by a experienced team of bestselling authors whose investment advice is accessible to everyone Outlines the steps you must take to protect yourself from the financial calamities of modern life The Little Book of Bulletproof Investing: Do's and Don'ts to Protect Your Financial Life offers quick, easy-to-follow, and entertaining advice for anyone looking to get back on the right investment track.**

**How to Bounce Back from Life's Hardest Hits**

**Rural Law Enforcement Assistance Act of 1997 and Bulletproof Vest Partnership Grant Act of 1997**

**Bulletproof Recovery**

**A Bulletproof Life**

**Bulletproof Spirit, Revised Edition**

*In The Bulletproof Diet, Dave Asprey turned conventional diet wisdom on its head, outlining the plan responsible for his 100-pound weight loss, which he came to by "biohacking" his body and optimizing every aspect of his health. Asprey urges you to skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out less, sleep better, and add smart supplements. In doing so, he promises, you'll gain energy, build lean muscle, and watch the pounds melt off--just as he and so many of his devoted followers already have. Bulletproof: The Cookbook picks up where the diet plan leaves off, arming you with 125 recipes to stay bulletproof for life and never get bored. Famous for his butter-laden Bulletproof Coffee, Asprey packs the book with the other delicious, filling meals he uses to maintain his weight loss and sustain his vibrant health.*

*Write the proposal that gets you published & break;& break;Is writing a book proposal actually harder than writing the book itself? Not if you have Bulletproof Book Proposals. & break;& break;In the first part of the book, agent Pam Brodowsky and author Eric Neuhaus simplify the proposal-writing process with clear instructions and exercises that will help you start and finish your own book proposal. With their unique ten-step approach, you'll learn how to: & break;& break; Craft an overview that's engaging and to the point& break; Conduct a thorough competitive-book analysis& break; Define your target market and secondary markets& break; Write chapter outlines and summaries & break;& break;Then, in the second part, Brodowsky and Neuhaus give you twelve real-life proposals that successfully sold book projects along with commentary from the authors of the proposals and the agents and editors that took on the projects. Plus, they provide thorough comments on each proposal, pointing out what details make them effective and how you can emulate their success. You'll: & break;& break; Discover how to model your proposal by studying a variety of strong approaches& break; Find out what really gets editors and agents hooked& break; Learn how different formats can be used to best suit your needs& break; And much, much more! & break;& break;Bulletproof Book Proposals leaves you with no excuses. Now there is nothing stopping you from selling your book!*

*In this eBook, you will understand why your marriage is failing and why your wife behaves the way she does. You will also learn powerful techniques that will very likely change the way she feels about you for good. Some of the concepts in this eBook may seem counterintuitive at first and may even go against everything you've been taught as a kid by your parents and peers. However, you must understand that the material you are about to learn is very powerful and works extraordinarily well. If you're looking to save your marriage, I have a quick question for you: Do any of the following sound familiar? "No matter how nice I am to my wife, it seems as though she's losing interest in me" "I feel like my wife is always nagging me and never happy with what I do" "All we do is fight and I can't remember the last time I had a good time with her" If you said "Yes" to any of the above, block out one hour and read this entire eBook. Why? Would you believe me if I said that it wasn't your fault? Already interested? Then I've got great news. The only guide you'll ever need is right here, and I promise it will help you understand everything you need to know to get save your marriage. You see, trying to work out your differences is the EXACT opposite of what you should be doing. The key to saving your marriage is to RE-ATTRACT your wife, I repeat, the key is to RE-ATTRACT her. This complete step by step, easy-to-read guide will outline every step you need take to save your marriage. It will also show you all the things you might be doing that could hurt your chances of saving it in the long run. I should warn you though, do not buy this eBook if you're looking for a quick fix without having to do any work. The strategies in this book require a time investment on your part, but I can guarantee you one thing, they work. DISCLAIMER: This eBook is not for women trying to get their husbands back. This eBook is strictly for men."*

*Suicide, depression, anxiety, post-traumatic stress disorder (PTSD), substance abuse, and many more emotional and stress-related problems plague the first-responder community. Hundreds of thousands of these brave public servants have unwittingly become victims of the professions they once loved. However, the suffering that results from a professional life of sacrifice and service can be prevented and mitigated. As a thirty-year law-enforcement veteran, retired police captain, and police academy instructor, Dan Willis has witnessed the damage of emotional trauma and has made it his personal mission to safeguard and enhance the wellness and wholeness of police officers, firefighters, EMTs, emergency-room personnel, and soldiers. Bulletproof Spirit offers field-tested expertise designed to be used by all first responders — and their families — to heal themselves and continue serving with compassion and strength.*

*Bulletproof Web Design*

*Do's and Don'ts to Protect Your Financial Life*

*From Wallflowers to Bulletproof Families*

*How to Save Your Marriage*

*Hearing Before the Subcommittee on Crime of the Committee on the Judiciary, House of Representatives, One Hundred Fifth Congress, Second Session, on H.R. 1524 and H.R. 2829, March 19 and 25, 1998*

*Stop Addiction Forever!*

**The Bulletproof Way of Life: More Butter, Less Exercise and Better Sleep for the Body and Brain You Deserve** In his #1 New York Times bestseller, The Bulletproof Diet, Dave Asprey shows how ditching traditional “diet” thinking can help you lose weight, boost your IQ and increase your energy. From Silicon Valley to Hollywood to New York City, hundreds of thousands of Americans start their day with Bulletproof Coffee and have embraced the Bulletproof way as a blueprint for a better life. Now, in his companion cookbook, Asprey provides over one hundred easy and delicious recipes to help you shed pounds, reduce inflammation, build lean muscle and feel better than ever.

In this much-needed guide, an award-winning technical writer and documentation tester thoroughly explains how anyone can improve technical and end-user documentation through testing. Comprehensive coverage of how to perform tests, as well as an illuminating discussion of the role of document testers, is included.

**BulletproofThe Making of an Invincible MindMultnomah**

If you don't want a stranger to get control over you and all of your assets then this book about the 50 most common excuses for not doing bullet proof estate planning is for you. This is not the kind of estate planning that you can get just anywhere. This is expert planning that is specifically designed to keep your life out of the practically insurmountable control of the court. However, if you are like most people, you don't have this kind of estate plan - even if you think you have one already. Your justifications for this unwitting mistake just might cost you everything.

**Summary of Dave Asprey's The Bulletproof Diet by Milkyway Media**

**Bulletproof: The Cookbook**

**Bulletproof Trader**

**Bulletproof: A Midcoast Maine Mystery**

**Improving flexibility and protecting against worst-case scenarios with XHTML and CSS, Second Edition**

**Protect Yourself, Read People, Influence Situations, and Live Fearlessly**

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 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.

Apostle Bryan Miranda is a Marine, a former drug addict, and a former mafia member with a violent, detailed history of prison life. He was wrapped up in darkness of the worst kind. After being locked up for the majority of the 90s, he found himself facing two life sentences in 2002 after an aggravated robbery charge. Bryan found himself face-to-face with Jesus Christ in a "road to Damascus" experience. After two weeks of God revealing his life to him in visions on the jail cell walls, he gave his life to him and has never looked back. Bryan, along with his wife, Melody, has planted and pastored numerous churches and men's homes from Dallas to San Diego, where he currently resides with his beautiful wife and family. Fire and Water International Ministries is an apostolic and prophetic ministry called to the reformation and revival of the Church.

Caught between an ambitious Major Fenwick, commander of Fort Hughes, and Chief Horse Who Runs On Tiptoes, leader of a small band of renegade Cheyenne, Casey Beymer is forced to teach those Cheyenne how to play baseball in order to save his own neck. At first the Indians are reluctant to learn the white mans game, but then Casey finds the secret to arousing their boundless enthusiasm. When the Fort Hughes team succumbs to smallpox just before a high-stakes Fourth of July game in Denver, the Cheyenne, and Casey, are drafted to replace them--with startling results.

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.

**Bulletproof Asset Protection**

**Evidence-based strategies for overcoming setbacks and sustaining high performance in the markets**

**The Making of an Invincible Mind**

**The Bulletproof Diet**

**Excuses That Just Might Cost You Everything**

**The Bulletproof Strategy: For Men Only**

**Uses of disability in literature are often problematic and harmful to disabled people. This is also true, of course, in children's and young adult literature, but interestingly, when disability is paired and confused with adolescence in narratives, compelling, complex arcs often arise. In From Wallflowers to Bulletproof Families: The Power of Disability in Young Adult Narratives, author Abbye E. Meyer examines different ways authors use and portray disability in literature. She demonstrates how narratives about and for young adults differ from the norm. With a distinctive young adult voice based in disability, these narratives allow for readings that conflate and complicate both adolescence and disability. Throughout, Meyer examines common representations of disability and more importantly, the ways that young adult narratives expose these tropes and explicitly challenge harmful messages they might otherwise reinforce. She illustrates how two-dimensional characters allow literary metaphors to work, while forcing texts to ignore reality and reinforce the assumption that disability is a problem to be fixed. She sifts the freak characters, often marked as disabled, and she reclaims the derided genre of problem novels arguing they empower disabled characters and introduce the goals of disability-rights movements. The analysis offered expands to include narratives in other media: nonfiction essays and memoirs, songs, television series, films, and digital narratives. These contemporary works, affected by digital media, combine elements of literary criticism, narrative expression, disability theory, and political activism to create and represent the solidarity of family-like communities.**

**When Oliver Wendell moved to Maine ten years ago, he planned to leave the past behind. Then his old friend and former co-worker, computer genius Frank Carlson, dies and Oliver learns the past is harder to put aside than he thought, especially when a cold-blooded killer decides to use him as the pawn in a deadly game.It starts when Oliver agrees to spend a couple of weeks tying up some loose ends leftover from Frank's death. All too soon, he and his friend Sarah Cassidy find themselves trapped in the cross-hairs of a ruthless computer tycoon, an over-zealous government agent, and a vengeful widow as the pair struggle with pirates and hit squads to track down a murderer.**

**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.**

**In The Bulletproof Diet: Lose Up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life (2014), entrepreneur and health guru Dave Asprey explains how he shed 100 pounds, increased his muscle mass, and improved his mental performance by developing a diet that's high in healthy fats and low in carbohydrates and sugars. Asprey's diet boosts health by avoiding common toxins found in foods; these include mycotoxins, which are found in mold... Purchase this in-depth summary to learn more.**

**Bulletproof Investing**

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**4 Simple Strategies to Ride Out the Rough Times and Come Out On Top at Work**

**Protecting Our Nation's Law Enforcement Officers : Hearing Before the Committee on the Judiciary, United States Senate, One Hundred Tenth Congress, Second Session, May 13, 2008**

**How to Attract Ongoing Opportunities in Perpetually Gut-Wrenching Times, for Entrepreneurs, Employees, and Everyone in Between**

**The Little Book of Bulletproof Investing**