

Clarity

Booksmart meets *Never Have I Ever* in this Latinx road trip adventure—a big-hearted, voice-driven YA about two sisters who couldn't be more different, but become begrudging partners on their school's cross-country college trip—from debut author Angela Velez. Perfect for fans of Lilliam Rivera, Jenny Han, and Sandhya Menon. Overachiever Luz “Lulu” Zavala has straight As, perfect attendance, and a solid ten-year plan. First up: nail her interview for a dream internship at Stanford, the last stop on her school's cross-country college road trip. The only flaw in her plan is Clara, her oldest sister, who went off to college and sparked a massive fight with their overprotective Peruvian mom, who is now convinced that out-of-state-college will destroy their family. If Lulu can't fix whatever went wrong between them, the whole trip—and her future—will be a waste. Middle sister Milagro wants nothing to do with college or a nerdy class field trip. Then a spot opens up on the trip just as her weighty family expectations, uncover Clara's secrets, and maybe even discover the true meaning of sisterhood.

The book argues that clarity of responsibility increases accountability and decreases corruption levels in democracies. The authors provide a number of empirical tests of this argument using an original cross-national time-series dataset, mass survey data, and a survey experiment. The groundbreaking psychology and self development book with step-by-step plans to achieve emotional health and clarity. “Emotional Chaos to Clarity is a masterpiece. Be inspired by the possibilities it opens.” —Jack Kornfield, Ph.D., author of *The Wise Heart* Despite our best-laid plans, life is difficult, and we sometimes experience anger, anxiety, frustration, and doubt. This emotional chaos can negatively affect the way we live our lives. Yet, Phillip Moffitt shows us that by cultivating a responsive mind rather than a reactive one, we can achieve a state of emotional clarity that allows us to act with a calm mind and a loving heart. Drawing on both Western psychology and Buddhist philosophy, Moffitt’s step-by-step exercises help us to: • Know and act from our core values at all times • Gain wisdom from both pleasant and unpleasant experiences • Free ourselves from the past • Achieve a peaceful inner life, even if our outer life is filled with challenges “Deciding yes or not to motherhood can be fraught with confusion, pain, and loneliness. Many a woman is undecided about arguably the most important life-defining decision she’ll make in her lifetime. With the ‘Motherhood -- Is It for me?’ program, the authors of this book, both dedicated and seasoned psychotherapists, created a process that has helped countless women over the last 25 years. Finally available in print, this program is the perfect resource for closely examining ambivalence around this crucial life choice. Through precise steps, readers are guided on their own personal journeys toward deeper understanding and learn what they really want. The process even allows a woman who is experiencing extremely painful immobilization to find her way through to her true desire. The authors know from their professional experience that an analytical pros-and-cons approach often fails to successfully answer this most personal question. Interspersed throughout this book are twenty diverse stories of women who made conscious choices, half deciding yes and half deciding no. Their stories -- and sometimes advice -- create a valuable community that provides support to every reader, breaking the isolation they may feel.”--Book cover.

Chaos to Clarity Success Journal

Getting Started with Teacher Clarity

How to Use Science to Rewire Your Brain for Greater Wisdom, Fulfillment, and Joy

A Guide to Rhetorical Devices for Contemporary Writers

Build the Confidence and Courage You Need to Make Your Dreams Come Alive

Clarity

A Tibetan Buddhist Anthology of Mahamudra and Dzogchen

Chaos is the biggest thief in our lives. It robs us of our goals, it robs us of our dreams, it robs us of our true purpose--and of living the lives we were meant to live. Chaos to Clarity is a journal to help you achieve a greater sense of confidence, courage, and meaning in your life. The Chaos to Clarity Success Journal is designed to help you focus your thoughts in a whole, empowering way.

LEARN TO CLEAR YOUR MIND AND THINK LIKE A WINNER We all have so much going on. A million different projects, to-do lists longer than your arm. We all worry about things – money, deadlines. With all this buzzing around in our heads it’s often a nightmare trying to concentrate on one thing. What if someone could show you how to empty your mind of all the noise? If you could be shown how to de-clutter your mind and concentrate on one important thing? Well Jamie Smart, state-of-mind specialist, can do just that – with Clarity he will show you how to get real clarity of thought. You’ll learn how to clear your mind and become less stressed and more productive – and as a result, more confident in your abilities. Clarity will help you to:
• Greatly improve your concentration and ability to think clearly
• Reduce stress levels and increase productivity
• Grow your confidence and self-belief
• Find innovative solutions to problems and make progress on goals and dreams
• Trust your intuition and improve your decision-making
• Build stronger relationships through better communication
Praise for Clarity: “Thought-provoking, entertaining, and potentially life-changing – highly recommended!” Michael Neill, Radio Show Host and Author of *The Inside-Out Revolution*: “The only thing you need to know to change your life forever “A powerful, positive book that can help you to achieve more than you ever thought possible, in every area.” Brian Tracy, Author of *Goals and Eat That Frog* “I highly recommend this book to anyone trying to deal with life stressors and find true wisdom and well-being.” Mark Howard, Ph.D., Clinical Psychologist, *ThreePrinciplesInstitute.org* “Take your time reading this profound book. Jamie Smart is about to blow apart every circumstantial excuse you ever came up with. He’s about to put the steering wheel back in your hands.” Garret Kramer, Founder of Inner Sports and Author of *Stillpower* “The insights you’ll get whilst reading Clarity will resonate in how you manage day to day but, more importantly, provide a framework for refreshing your priorities, goals and drive.” Peter Lake, Group Business Development Director, JS Group “The world of leadership, sales and customer engagement has changed radically over the past ten years. People are more savvy, better informed and sick of the same old story. Jamie Smart cuts through the noise of the marketplace and shows you what really works. Profound, practical and instantly applicable; Clarity is essential reading if you want to make your mark in the 21st century.” Paul Charnatz, Former Managing Director, Camelot “Jamie, you really hit the bullseye with this brilliant book; it’s a must-read for everyone who wants clarity of mind.” Joe Stumpf, Founder of By Referral Only and Author of *Willing Warrior* “Jamie Smart takes an outdated paradigm of success and turns it on its head. Pull up a chair, get a copy of Clarity and discover how you can experience an exponential increase in clarity and quality of life.” Rich Litvin, co-author of *The Prosperous Coach* and Founder of *The Confident Woman’s Salon* “Jamie Smart is brilliant! In his book Clarity, he has unlocked an insight into the real-life matrix. Be ready to have your world turned inside-out because, as Jamie so effortlessly demonstrates, this is how it works.” Richard Enion, Dragon’s Den Winner, BassToneSlap.com and R

This paper examines whether the clarity of central bank communication about inflation has changed with the economic environment. We use readability statistics and content analysis to study the clarity of communication on the inflation outlook by seven central banks between 1997 and 2010. Overall, we find no strong indications that central banks were less clear in explaining their policies when faced with higher uncertainty or a less favorable inflation outlook. The global financial crisis, however, did have a negative impact on clarity of central bank communication.

When learning progressions and success criteria are clear, students achieve. It’s that simple—because it indicates that teachers are intentional and learners know both the why and the how behind every endeavor. With *The Teacher Clarity Playbook*, you now have the tools and templates to make it happen. Designed for PLCs or independent teacher use, it guides practitioners to align lessons, objectives, and outcomes of learning seamlessly, so that the classroom hours flow productively for everyone. Written by Douglas Fisher, Nancy Frey, Olivia Amador, and Joseph Assof, educators dedicated to making high-impact, research-based practices a part of every teacher’s repertoire.

Clarity & Connection

12 Steps to Finding Renewed Energy, Spiritual Fulfillment, and Emotional Healing

Keto Clarity Cookbook

The Path to Fearlessness

Corruption, Accountability, and Clarity of Responsibility

Choosing Clarity

Perfect Clarity

The Clarity of God's Existence examines the need for theistic proofs within historic Christianity, and the challenges to these since the Enlightenment. Historically (and scripturally), Christianity has maintained that unbelief is inexcusable. If failing to know God is a sin, the implication is that humans can and should know God. Humans should know God because his eternal power and divine nature are clearly revealed in the things that are made. And yet, Anderson argues, more time is spent on avoiding the need for clarity to establish inexcusability than on actually providing an argument or proof. Proofs that rely on Aristotle or Plato and that establish a *Prime Mover* or *designer* are thought to be sufficient. But the adequacy of these, not only to prove the God of theism, but also to prove anything at all, has been called into question by Enlightenment thinkers like David Hume. After considering the traditional proofs, and tracing the history of challenges to theistic proofs (from Hume to Kant and down to the twentieth century), Anderson argues that the standard methods of apologetics have failed to sufficiently respond. Classical Apologetics, Evidentialism, Presuppositionalism, Reformed Epistemology, and others fail to adequately answer the challenges of the Enlightenment. If this is the case, what is the outcome for Christianity? Anderson offers an explanation as to why traditional proofs have failed, and for what is necessary to offer a proof that not only responds to Hume and Kant but also establishes the clarity of God's existence. The traditional proofs failed precisely in not aiming at the clarity of God's existence, and they failed in this because of a faulty view of the goal of Christian life. If the blessed life is to be attained in a direct vision of God in heaven, then there is little to no reason to ask for more than the bare minimum required to get into heaven (justification). Furthermore, if the highest blessing is this direct vision, then the glory of God revealed in his work is considered as less important and even set aside. By way of contrast, if God's eternal power and divine nature are clearly revealed in his works, and the blessing comes in knowing God, then it is of the utmost importance for Christianity to demonstrate the clarity of God's existence.

Are you confused by what your cholesterol levels really say about your health?Don't wish someone could just spell it out in simple, easy-to-understand language and tell you what, if anything, you need to do about your cholesterol? Good news! That's precisely what Cholesterol Clarity is designed to do. Jimmy Moore, a prominent and highly respected health blogger and podcaster, has teamed up with Dr. Eric Westman, a practicing internist and nutrition researcher, to bring you one of the most unique books you'll ever read on this subject, featuring exclusive interviews with twenty-nine of the world's top experts from various fields to give you the complete lowdown on cholesterol. If you're worried about any confusing medical jargon in this book, don't be--this critical information is broken down for you to grasp what is really important and what is not.You won't find this kind of comprehensive, cutting-edge, expert-driven cholesterol information all in one place anywhere else. Has your doctor told you your total and/or LDL cholesterol is too high and thus requires you to take immediate action to lower it? Has the solution to your "high cholesterol" been to cut down on your saturated fat intake, eat more "healthy" whole grains and vegetable oils, and possibly even take a prescription medication like a statin to lower it to "desirable" levels? If so, then this is the book for you. Learn what the real deal is from some of the leading experts on the subject. Not only will Cholesterol Clarity tell you what your cholesterol tests--LDL, HDL, triglycerides, and other key cholesterol markers--really mean, but it will also arm you with nutritional guidance that will lead you to optimal health. Are you ready to find out what the HDL is wrong with your numbers?Within the pages of this book you'll learn invaluable lessons, including:•Why your LDL-C and total cholesterol numbers may not be as important in determining your health as your doctor may think•The undeniable negative role that chronic inflammation plays in your health•Why cholesterol-lowering statin drugs don't necessarily solve your heart health concerns•Why your doctor should be testing for LDL particles and particle size when measuring cholesterol•Why HDL and triglycerides are far more predictive of health concerns than LDL-C and total cholesterol numbers•Why consuming foods with saturated fat is good for you, and why carbohydrate-based foods can be detrimental to attaining the best cholesterol numbers•Why a growing number of physicians, researchers, and nutritionists believe treating cholesterol numbers is virtually irrelevantContributing Experts Include:Cassie Bjork, RD/Phillip Blair, MD/Donny Bowden, PhD/John Briffa, BSc, MB, BDomino D'Agostino, PhD/William Davis, MD/Thomas Dayspring, MDDavid Diamond, PhDRon Ehrlich, BSc, FACNEM/Jeffrey N. Gerber, MDDavid Gillespie/Diane Graveline, MDPaul Jamniet, PhD/Malcolm Kendrick, MDRonald Krauss, MDRFred Kummerow, PhD/Dwight C. Lundell, MDRobert Lustig, MD/Chris Masterjohn, PhD/Donald Miller, MDRakesh "Rocky" Patel, MDRed Pescatore, MD/Use Ravnasov, MD, PhD/Stephanie Seneff, PhD/Cate Shanahan, MD/Ken Sikaris, BSc, MBBS, FRCPA, FRCB, FRCPathy Siri-Tarino, PhD/Mark Sisson/Gary Taubes

Leading health blogger Jimmy Moore and researcher and internist Dr. Eric C. Westman join forces again to explain the powerful therapeutic effects of a ketogenic diet—one that combines a customized carbohydrate restriction, moderation of protein intake, and real food-based fats—which is emerging in the scientific literature as a means for improving a wide range of diseases, from Type 2 diabetes to Alzheimer’s and more. Simply eating a low-carb diet alone isn’t enough, and Moore and Westman tell you why. Have you looked at a low-carb diet simply as a means to lose weight? What if you learned that combining a low-carb nutritional approach with a high fat intake produces a powerful therapeutic effect on a wide variety of health conditions that most people think requires medication to control? That’s what Keto Clarity is all about. Jimmy Moore, the world’s leading low-carb diet blogger and podcaster, has reunited with his Cholesterol Clarity coauthor Dr. Eric C. Westman, a practicing internist and low-carb diet researcher, to bring you the crystal-clear information you need to understand what a ketogenic diet is all about and why it may be the missing element in your pursuit of optimal health. This book includes exclusive interviews from twenty of the world’s foremost authorities from various fields bringing their depth of expertise and experience using this nutritional approach. Moore and Westman clearly explain why ketosis is normal, how this nutritional approach is being used therapeutically by many medical professionals, a step-by-step guide to help you produce more ketones and track your progress, real life success stories of people using a ketogenic diet, and more. The solid evidence for nutritional ketosis in dealing with many of the chronic health problems of our day is plentiful, including: epilepsy, Type 2 diabetes, obesity, cardiovascular disease, metabolic syndrome, polycystic ovarian syndrome (PCOS), irritable bowel syndrome (IBS), heartburn (GERD), nonalcoholic fatty liver disease (NAFLD). The good evidence for ketogenic diets is also shared in dealing with Alzheimer’s Disease (AD), Parkinson’s Disease, dementia, mental illness, schizophrenia, bipolar, depression, narcolepsy, and sleep disorders. Plus, you’ll get the details on the emerging science it is showing great promise in treating cancer, autism, migraines, chronic pain, brain injury, stroke, kidney disease and so much more. Keto Clarity is your definitive guide to the benefits of a low-carb, high-fat diet. Full details on Jimmy Moore’s yearlong n=1 scientific experiment of nutritional ketosis, in which he used sophisticated blood testing technology to track and monitor his production of ketones and blood sugar to achieve rather remarkable effects on his weight and health, is also presented as well as food shopping lists, 25+ low-carb, high-fat recipes, and a 21-day meal plan to get you going on your ketogenic lifestyle change. Keto Clarity gives you a whole new perspective on the work that the late, great Dr. Robert C. Atkins started in earnest with his promotion of the low-carb approach beginning in the 1960s. That revolution continues boldly in this book designed to shift your paradigm on diet and health forever!

When you can see things others can't, where do you look for the truth? This paranormal murder mystery will have teens reading on the edge of their seats! Clarity "Clare" Fern sees things. Things no one else can see. Things like stolen kisses and long-buried secrets. All she has to do is touch a certain object, and the visions come to her. It's a gift. And a curse. When a teenage girl is found murdered, Clare's ex-boyfriend wants her to help solve the case but Clare doesn't want to get involved. Then Clare's brother becomes the prime suspect, and Clare can no longer look away. Teaming up with Gabriel, the smoldering son of the new detective, Clare must venture into the depths of fear, revenge, and lust in order to find the killer.

A Flicker in the Clarity

Clarity for Learning

How to Prioritize and Do Less So Students Understand More

Clarity of Central Bank Communication About Inflation

Ready-to-Use Research-Based Strategies to Develop Learning Intentions, Foster Student Autonomy, and Engage Students

Luminous Clarity

The Teacher Clarity Playbook

AN ESSENTIAL RESOURCE FOR STUDENT AND TEACHER CLARITY With the ever-changing landscape of education, teachers and leaders often find themselves searching for clarity in a sea of standards, curriculum resources, and competing priorities. Clarity for Learning offers a simple and doable approach to developing clarity and sharing it with students. Are both teachers and students clear about what must be learned, why students are learning it, and how they can be successful? Are students able to determine their next steps in learning through quality feedback and assessment? Have teachers had the time and support to collaborate around clarity to ensure an aligned approach within your school system? This book offers five powerful practices that include: Gaining clarity Sharing clarity Feedback with clarity Assessing with clarity Collaborating with clarity In addition, the book is chock-full of examples from teachers and leaders across North America who have shared their journey, struggles, and successes to provide examples, exemplars, and models for readers to use to propel their own work forward. This is a don't-miss resource!

The Keto Diet has never been more clear and exciting as Jimmy Moore endores his bestselling Keto Clarity with The Keto Clarity Cookbook. This time, Jimmy has partnered with Heather Rushin, a world-class food blogger and recipe writer to bring you over 150 mouthwatering keto-friendly recipes to complement Jimmy’s narrative. Jimmy draws upon his years of research, self-experimentation and success with helping others to deliver the most up to date science on the ketogenic diet. The Keto Clarity Cookbook breaks down the keto diet in Jimmy’s signature conversational and easy to understand format and offers easy-to-follow recipes and meal plans to help you get started.. The Keto Clarity Cookbook is complete with breakfasts, lunch, dinner, appetizers, desserts, sides and condiments and will have options for slow cooker, 30 minutes or less, make-ahead and Instapot and includes a getting started guide, shopping lists and tips on how to transform your kitchen into the perfect keto kitchen. Sample Recipes Include: Keto White Pizza Fried Cuban Sandwich Rollup Country Style Ribs Chicken Bacon Ranch Stuffed Peppers Cinnamon “Bread” and more!

An essential resource for student and teacher clarity With the ever-changing landscape of education, teachers and leaders often find themselves searching for clarity in a sea of standards, curriculum resources, and competing priorities. Clarity for Learning offers a simple and doable approach to developing clarity and sharing it with students through five essential components: crafting learning intentions and success criteria co-constructing learning intentions and success criteria with learners creating opportunities for students to respond effectively to feedback and for learning intentions and teachers sharing learning and progress. The book is full of examples from teachers and leaders who have shared their journey, struggles, and successes for readers to use to propel their own work forward.

For courses in English and Writing. Emphasizes the importance of style in writing for a global audience Style: Lessons in Clarity and Grace asserts that style is a matter of making informed choices in the service of one’s readers. While writers know best what they want to say, readers ultimately decide if they’ve said it well. This flagship text builds on that premise, with updates on subjects such as gender-neutral writing and writing for global audiences. It brings the authors’ innovative approach to the needs of today’s students, while maintaining that writing with style is a civic and ethical virtue. Also available with Pearson Writer Pearson Writer is a revolutionary digital tool for writers at all levels. Built for mobile devices, it streamlines the tedious and time-consuming aspects of writing, so that students can focus on developing their ideas. Pearson Writer makes it easy to stay organized, track tasks, and stay on top of writing projects. Students can set milestones prior to the due date, manage their sources, organize their notes visually in the Notebook, and even get automatic feedback on their prose. Pearson Writer is now available with Noteclipper, which allows students to save online sources quickly and easily. Features of Pearson Writer: Writing, Grammar, and Research Guide is a go-to resource any time students have a question or need help. Automatic Writing Review checks prose for possible spelling, grammar, and style errors, while offering grammar lessons and suggestions for revising and editing. Citation generator keeps track of every source throughout students’ research process and builds a bibliography in the background, taking care of those formatting details. Research Database and NoteClipper make searching for and managing source materials easier. Project Manager and Notebook help students stay on top of multiple projects and make organizing ideas and sources less cumbersome. Note: You are purchasing a standalone product. Pearson Writer does not come packaged with this content. Students, if interested in purchasing this title with Pearson Writer, ask your instructor for the correct package ISBN and Course ID. Instructors, contact your Pearson representative for more information. If you would like to purchase both the physical text and Pearson Writer, search for: 013415083X / 9780134150833 Style: Lessons in Clarity and Grace Plus Pearson Writer -- Access Card Package Package consists of: 032197235X / 9780321972354 Pearson Writer -- Standalone Access Card 0134080416 / 9780134080413 Style: Lessons in Clarity and Grace

A Quick Guide to Focus and Declutter Your Mind

Obscurity and Clarity in the Law

Lulu and Milagro's Search for Clarity

The Little Book of Clarity

Calm Clarity

Prospects and Challenges

The secret to clarity (spiritual, emotional, physical, and financial) is about more than clearing out closets, drawers, and boxes of debris. From Clutter to Clarity will help you clean house—inside and out. Questions for personal reflection or group discussion included.

Writing with Clarity and Style, 2nd Edition, will help you to improve your writing dramatically. The book shows you how to use dozens of classical rhetorical devices to bring power, clarity, and effectiveness to your writing. You will also learn about writing styles, authorial personas, and sentence syntax as tools to make your writing interesting and persuasive. If you want to improve the appeal and persuasion of your speeches, this is also the book for you. From strategic techniques for keeping your readers engaged as you change focus, down to the choice of just the right words and phrases for maximum impact, this book will help you develop a flexible, adaptable style for all the audiences you need to address. Each chapter now includes these sections: Style Check, discussing many elements of style, including some enhanced and revised sections Define Your Terms, asking students to use their own words and examples in their definitions. It’s in the Cloud, directing students to the Web to locate and respond to various rhetorically focused items, including biographies and speeches. Salt and Pepper, applying the study of rhetoric by stretching students’ thinking about how their writing can be improved, sometimes by attending to details such as punctuation, and sometimes by exploring the use of unusual techniques such as stylistic fragments. Review Questions, providing an end-of-chapter quiz to help cement the chapter ideas in long-term memory. Questions for Thought and Discussion, a set of questions designed for either in-class discussion or personal response. New to the Second Edition Additional examples of each device, including from world personalities and the captains of industry More and longer exercises, with a range of difficulty Advice from classical rhetoricians including Aristotle, Horace, Longinus, Cicero, and Quintilian.

ClarityClear Mind, Better Performance, Bigger ResultsJohn Wiley & Sons

"People in all stages of life can be adrift, overwhelmed, distracted, or just plain stuck which can keep them from reaching their full potential. Steve Cesari understands that developing CLARITY, then making proper adjustments is the first step towards leading a happier and healthier life. In his new book Cesari draws on his own personal and professional experiences to help others realize their full potential by empowering, encouraging, and developing a clear vision to achieve desired results. Each chapter is like illuminating a lightbulb within, helping readers allow them to see and think clearly, in turn igniting their motivation, to take action. Take control and improve your life. In this inspiring and motivating page-turner, Steve Cesari will encourage you to evaluate your life through action items and exercises, enabling you to gain a better understanding of things in your life that might not be working, and develop the CLARITY you need to make appropriate personal and professional changes."--

A Commentary on Karma Chagme's Union of Mahamudra and Dzogchen

The Breakthrough Strategy to Unleash People, Profit, and Performance

Your Definitive Guide to Cooking Low-Carb, High-Fat Meals

Writing with Clarity and Style

Keto Clarity

Cholesterol Clarity

A Novel

This jargon-free guide clarifies principles for applying copyright law to 21st-century education, discusses what is permissible in the classroom, and explores the fair use of digital materials.

NEW YORK TIMES BESTSELLER Inward comes a new collection of poetry and short prose focused on understanding how past wounds impact our present relationships. In *Clarity & Connection*, Yung Pueblo describes how intense emotions accumulate in our subconscious and condition us to act and react in certain ways. In his characteristically spare, poetic style, he guides readers through the excavation and release of the past that is required for growth. To be read on its own or as a complement to *Inward*.

Yung Pueblo's second work is a powerful resource for those invested in the work of personal transformation, building self-awareness, and deepening their connection with others.

Perfect Clarity is an anthology of essential writings on Mahamudra and Dzogchen for the student of Tibetan Buddhism. Mahamudra, a meditation practice focusing on the nature of mind, and Dzogchen, a body of teachings aimed at realizing the "great perfection" or natural, primordial state, are central to Vajrayana practitioners today. Translator Erik Pema Kunsang has selected works by legendary masters both ancient and modern. From the distant, mythic past come teachings from Guru Rinpoche (also known as Padmasambhava), the tantric master who established Vajrayana Buddhism in Tibet in the ninth century, his consort Yeshe Tsoygal, and the famous yogis Milarepa (1040-1123), and Longchenpa (1308-1363). More recent teachers included in this collection are Dilgo Khyentse Rinpoche (1910-1991), and Khenpo Ganshar, the root guru of Chogyam Trungpa, and Nyoshul Khen Rinpoche. The writings are in a variety of forms reflecting the genius of each contributor: chapters of detailed meditation instructions, inspired poems, and parable-like stories.

This beloved classic brings together in one volume all the major themes of the Dalai Lama's teachings. Drawn from the lectures he gave during his first three visits to North America, the book covers the core subject matter of Tibetan Buddhism, as presented for the first time to an English-speaking audience. The chapters are arranged developmentally from simple to complex topics, which include the luminous nature of the mind, the four noble truths, karma, the common goals of the world's religions, meditation, deities, and selflessness.

Central to all these teachings is the necessity of compassion—which the Dalai Lama says is "the essence of religion" and "the most precious thing there is."

Leading Clarity

Howto Get It. How to Keep It & How to Use It to Balance Your Life

A Hands-On Guide to Creating Learning Intentions and Success Criteria for Organized, Effective Instruction

A Photographic Dive Into Lake Tahoe's Remarkable Water

How Fair Use Supports Digital Learning

Simplifying Life from the Inside Out

Kindness, Clarity, and Insight

The water is so clear and filled with so much color, it's like splashing liquid glass.Lake Tahoe is legendary for its crystal-clear turquoise waters. Even Mark Twain commented on its "dazzling" and "brilliant" clarity. This is the first book of underwater photography from America's most famous lake, which stretches over 191 square miles on the California-Nevada state line. The camera lens captures bizarre and fluid shapes that form faster than the eye can see or the mind can comprehend. More than 180 images show Tahoe's breathtaking submarine scenery, from its teal shallows, rounded boulders, and swirling compositions to the surreal still lifes in its clear, quiet depths. For everyone who loves Lake Tahoe, the images are a lasting reminder of its singular beauty--and a call to help preserve its health.

Award-winning author Amy McNamara explores the emotional fallout after a girl cuts ties with her best friend. Perfect for fans of Jandy Nelson and Jennifer Niven. Evie and Emma are inseparable. Two halves of a whole, they balance each other until Evie makes a flip decision that gets Emma in serious trouble. Feeling the sting of betrayal, Emma freezes Evie out. Evie is full of regret, desperately sorry, sad, and—for the first time in her life—entirely alone. Then Evie meets Theo, a boy who offers her a view of the world through a different lens. Just as she lets herself fall for Theo, Emma resurfaces—but not without consequence. Emma’s erratic behavior, drunken mishaps, and panicked phone calls leave Evie afraid there’s something deeper going on. Evie wants to help Emma, but Emma is bent on self-destruction. All Evie wanted was her friend back—but can you help someone who doesn't want to be saved?

Sixteen-year-old Clara Fern, a member of a family of psychics, helps the mayor and a skeptical detective solve a murder in a Cape Cod town during the height of tourist season—with her brother a prime suspect.

Help elementary school students engage in the learning process and achieve their goals in the classroom with the effective and proven principles of teacher clarity. Clear communication between students and teachers is crucial for effective learning. When students understand the why and how of learning (aka “teacher clarity”), it’s so much easier for them to fully comprehend and engage with the material. But it can be hard to ensure good communication while also juggling curriculums, state standards, grading, and the other elements of teaching in an elementary school classroom. That’s where *Getting Started with Teacher Clarity* comes in. This friendly, all-in-one guide breaks down the basic elements of teacher clarity, gives advice on how to incorporate those elements into the school day, and even provides classroom-ready activities for busy teachers to implement right away. This book not only explains the importance of the shared learning progressions between the student and the teacher, but also offers effective teaching practices for classroom settings, including:
• Deconstructing state standards to develop learning intentions and objectives
• Developing success criteria to support new learning
• Building student awareness through structured language talk
• Embedding self-assessment checks for students to assess their levels of understanding throughout a lesson
• And much more! Through the research-based methods of teacher clarity, educators will understand the importance of partnership between students and teachers, which in turn fosters improved student success.

Your Definitive Guide to the Benefits of a Low-Carb, High-Fat Diet

The Clarity of God's Existence

CLARITY

What Matters MOST in Learning, Teaching, and Leading

Vision, Clarity, Support: A Leadership Crash Course on the 3 Pillars of Success

Style

Lessons in Clarity and Grace

Exploring the intricate and multi-dimensional conception of clarity and obscurity in law, this volume presents and examines the most recent research and theories. It provides practical guidance on how to avoid obscurity in legal drafting, as well as legal interpretation at both the national and international levels.

A simple system that makes you feel better about yourself and your life.

NEW YORK TIMES BESTSELLER Clarity is the key to success in business and life. Clarity is the key to success in business. While energy swirls around both traditional and new measures of success, there is one stronghold that is consistently underrated - CLARITY. Clarity is an accelerating business tool, and when missed, often results in a loss of time, money, and effort. The process of clarity is being shared for the first time outside the Deutser client population. It provides an amazing blueprint for creating clarity and has been shown to improve performance, profitability, and ultimately, the viability of the company. When clarity is actively pursued it gives everybody a place to unite, creating employees who are better performing, more engaged and happier and increasingly committed. Clarity is what brings the other pieces together and provides the glue that helps individuals and organizations both survive and thrive.

Shared knowledge between educators breeds success in all systems and schools
Comprehensive in scope, CLARITY illustrates how system and school leaders must come together to boost student achievement and build teacher capacity to learn, teach and lead. By emphasizing collaborative processes, Lyn Sharratt's detailed design demonstrates how shared knowledge, equity and expertise can make every classroom more impactful and every teacher more empowered. Readers will uncover these 'Big Ideas': 14 essential Parameters to guide system and school leaders toward building powerful

collaborative learning cultures Case studies, vignettes and firsthand accounts from gifted teachers and leaders bring important theories and practices to life From all points in the organization, a 'line-of-sight' directly to students' FACES in every classroom to ensure continuous improvement Data-driven tasks and tools to tackle solutions needed in all facets of education With more than four decades of research, writing and practical experience in system, school, and classroom improvement, Sharatt provides a 'why-and-how-to guide' to assist educators across the globe as they solve 21st century-created problems and identify the much-needed learning critical to the success of our future citizens.

Five Essential Practices That Empower Students and Teachers

Clear Mind, Better Performance, Bigger Results

Move from the Chaos of the Reactive Mind to the Clarity of the Responsive Mind

The Ethics of Belief After the Enlightenment

Copyright Clarity

Emotional Chaos to Clarity

Using the Human Sciences to Solve Your Toughest Business Problems

Imagine what you could achieve if you could only clear your mind The Little Book of Clarity shows you how to clear your head and get things done. Based on bestselling book, Clarity, this new edition has been distilled to the essentials, getting right to the point. With no vague theory or superfluous anecdotes, this book gets you right to work reducing stress and boosting productivity by uncovering your mind's in-built "self-clearing" capacity. As you begin to understand the concept of innate thinking, the benefits will start emerging in every corner of your life. As you think less, you'll win more — at work, at home, and at the game of life as a whole. You'll rid your mind of clutter for good as you focus on what matters, and finally free up the time you need to pursue your dreams. Life's constant bombardment of "to-do" and "urgent!" pushes your own priorities clear off the radar. Before you know it, you're always busy, but not getting very much accomplished. Personal goals fall by the wayside as you struggle just to keep up with day-to-day life. This book shows you how to cut the noise and clear the fog, and start working on what matters to you. Harness the power of insight and principles Discover your true identity and innate wisdom Build better relationships and stronger connections Discard toxic goals and pursue authentic desires Clarity is the mind's natural state, a state to which it will always return if given the chance. Although it's evident in children, most adults have had this ability conditioned out of them by our "go-go-go" society, leaving them mentally muddy, stressed, and ineffectual. The Little Book of Clarity helps you erase that conditioning and gain the peace of mind to live a life you love — permanently.

From the podcast to the page, Lorenzo Flores—co-creator and co-host of the instant success Hacking Your Leadership—finally shares the philosophy that's made him an authority in retail leadership and management. Vision, Clarity, Support: A Leadership Crash Course on the Three Pillars of Success meets all leaders where they stand today and propels them to the next level using the skills and resources that are already within their grasp. A quick reference ready to be implemented immediately, you'll learn how to: Connect people. Celebrate the journey. Be on the same page. Build confidence. Create a team that's empowered and respected. In return, you'll see your work environment transform and begin emanating the credibility, productivity, and on-going success you've always envisioned. No corporate talk or memorizing acronyms, just real-life examples and thoughts from someone with twenty years of experience who has been through it all, made mistakes, learned lessons, found success, and wants to share their journey to help others. This is the book for leaders, by a leader.

Businesses need a new type of problem solving. Why? Because they are getting people wrong. Traditional problem-solving methods taught in business schools serve us well for some of the everyday challenges of business, but they tend to be ineffective with problems involving a high degree of uncertainty. Why? Because, more often than not, these tools are based on a flawed model of human behavior. And that flawed model is the invisible scaffolding that supports our surveys, our focus groups, our R&D, and much of our long-term strategic planning. In The Moment of Clarity, Christian Madsbjerg and Mikkel Rasmussen examine the business world's assumptions about human behavior and show how these assumptions can lead businesses off track. But the authors chart a way forward. Using theories and tools from the human sciences—anthropology, sociology, philosophy, and psychology—The Moment of Clarity introduces a practical framework called sensemaking. Sensemaking's nonlinear problem-solving approach gives executives a better way to understand business challenges involving shifts in human behavior.

This new methodology, a fundamentally different way to think about strategy, is already taking off in Fortune 100 companies around the world. Through compelling case studies and their direct experience with LEGO, Samsung, Adidas, Coloplast, and Intel, Madsbjerg and Rasmussen will show you how to solve problems as diverse as setting company direction, driving growth, improving sales models, understanding the real culture of your organization, and finding your way in new markets. Over and over again, executives say the same thing after engaging in a process of sensemaking: "Now I see it. . ." This experience—the moment of clarity—has the potential to drive the entire strategic future of your company. Isn't it time you and your firm started getting people right? Learn more about the innovation and strategy work of ReD Associates at: redassociates.com

For fans of Black Mirror and True Detective, a visceral, high-concept thriller about a psychologist who must protect the life of an eleven-year-old girl whose ability to remember past lives makes them both targets of a ruthless assassin. Dr. Matilda Deacon is a psychologist researching how memories are made and stored when she meets a strange eleven-year-old girl named Ashanique. The girl claims to harbor the memories of the last soldier killed in World War I and Matilda is skeptical. But when Ashanique starts talking about being chased by the Night Doctors—a term also used by an unstable patient who was later found dead—Matilda can't deny that the girl might be telling the truth. Matilda soon learns that Ashanique and her mother have been on the run their whole lives from a monstrous assassin named Rade. Rade is seeking a certain component ingrained solely in memories, and has left a bloody trail throughout the world. Matilda realizes that Ashanique is in unimaginable danger and that her unique ability comes with a deadly price. "A taut, riveting thriller, a perfect balance of scientific speculation and storytelling"

(James Rollins, New York Times bestselling author), The Clarity is a compelling take on the possibilities of reincarnation and life after death.

From Clutter to Clarity

Motherhood ? Is It for Me?

The Clarity

Teaching with Clarity

The Clarity Cleanse

The Moment of Clarity

Feeling overwhelmed—constantly, on a daily basis—has unfortunately become the status quo among educators. But it doesn't have to be. Schools need to stop adding more programs, strategies, activities, resources, projects, assessments, and meetings. Though they are often implemented with the best intentions, these things ultimately end up as clutter—that which inhibits our ability to help students learn. Instead, teachers need more clarity, which emerges when we prioritize our efforts to do less with greater focus. This isn't simply a matter of teachers doing less. Rather, teachers need to be intentional and prioritize their efforts to develop deeper understanding among students. In Teaching with Clarity, Tony Frontier focuses on three fundamental questions to help reduce curricular and organizational clutter in the interest of clarity and focus: * What does it mean to understand? * What is most important to understand? * How do we prioritize our strategic effort to help students understand what is most important? By prioritizing clear success criteria, intentional design, meaningful feedback, and a shared purpose, teachers can begin to clear away the curricular clutter that overwhelms the profession—and embrace the clarity that emerges.

An accessible commentary by a popular and respected Tibetan Buddhist master opens the door for Westerners to Karma Chagme's classic text that integrates two of the great meditation systems of Tibet: Mahamudra and Dzogchen. This book grows out of an oral teaching that Khenchen Thrangu gave in Crestone, Colorado, on Karma Chagme's text Meaningful to Behold: The Essential Instructions of the Compassionate One on the Union of Mahamudra and Dzogchen. Thrangu Rinpoche explains in lucid detail the advanced meditation practices of Mahamudra and Dzogchen and also their similarities and differences, including advice on how to safely perform some of the more advanced Dzogchen practices. Many chapters include his answers to questions from the audience, which give the book an intimate feeling.

Author of the viral Medium piece, "Poor and Traumatized at Harvard," Due Quach shares her Calm Clarity program to show readers how to deal with toxic stress and adversity. We often don't realize how much control we have over our thoughts, feelings, and actions—on some days, the most minor irritation can upset us, but on others, we are in our best form and can rise to challenges with grace. These fluctuations depend on the neural networks firing in our brains, and we have the power to consciously break hardwired thought patterns. Due Quach developed an intimate understanding of the brain during her personal journey of healing from post-traumatic stress disorder. According to Quach, people function in three primary emotional states: Brain 1.0, Brain 2.0, and Brain 3.0. In Brain 1.0, people act out of fear and self-preservation. Brain 2.0 involves instant gratification and chasing short-term rewards at the expense of long-term well-being. Brain 3.0 is a state of mind that Quach calls "Calm Clarity," in which people's actions are aligned with their core values. As Quach confronted PTSD and successfully weaned herself off medication, she learned how to activate, exercise, and strengthen Brain 3.0 like a muscle. In Calm Clarity, she draws on the latest scientific research and ancient spiritual traditions alike to show us how we too can take ownership of our thoughts, feelings, and actions in order to be our best selves.

A liberating 12-step guide to recognizing the emotional issues that hold us back, with strategies to increase our energy and help us reach our full potential, by the health and spiritual advisor to Gwyneth Paltrow. A regular GOOP contributor in health and spirituality, Dr. Sadeghi offers an empowering program that helps you cut through the mental noise of life and isolate unresolved emotions from your past. Based on his own mind-body strategy that helped him recover from cancer more than twenty years ago, this powerful program shows readers how to turn obstacles into healing opportunities. Dr. Sadeghi offers guidance for cleansing your body and mind as negative emotions and judgments can actually do damage on the cellular level. You will learn how to create clear intention, practice compassionate self-forgiveness, monitor your energy levels, purge negative emotions, ask the kinds of questions that will help your relationships, refocus negative energy, and move beyond doubt and fear. Because physical cleansing supports emotional cleansing, The Clarity Cleanse includes Dr. Sadeghi's Intentional Unsaturation Diet, which helps remove the residue of repressed negative emotions by reducing congestion in the organs most affected by feelings like resentment and anger, including the liver, gallbladder, lungs, kidneys, and pancreas. This monodiet features foods like apples, sardines, and brown rice, and occasional half-day fasting. Dr. Sadeghi's friends at GOOP have offered eighteen recipes to help make this cleanse delicious.Following the twelve steps in this book will help you to take your power back and achieve a sense of peace and control, improve self-esteem, recognize your own Divine loving essence, assert yourself in new ways to achieve positive and lasting change, and allow you to express your true, authentic self.