

Myths Of Empire Domestic Politics And International Ambition Cornell Studies In Security Affairs

Marcus Barber is an immortal Roman Centurion working for the deities of the ancient world as a bounty hunter in modern-day San Antonio.

This is the story of Galicia, once a crown land of the Austrian Empire, located in the center of Europe. Although largely forgotten today, Galicia was a vibrant, multicultural place where the lives of numerous ethnic and religious groups were intertwined for generations. Galician Trails explores every facet of this long-gone land, from tiny farming villages tucked into mountain passes, to towns filled with a variety of small industries and craftspeople, to modern cities with the conveniences of the late nineteenth and early twentieth centuries. The political struggles and wise compromises that kept Galicia's citizens together for centuries, and the tragic forces that ultimately tore Galicia apart, unfold here before our eyes. When Andrew Zalewski set out to learn a bit more about his grandmother, little did he know that he was embarking on the journey of a lifetime—one that would take him back to faraway Galicia. Along the way, he encountered many of his ancestors, from simple sheep farmers to nobles, from men who helped establish railroads—the exciting new technology of the late nineteenth century—to pioneering professional women of the early twentieth. One of the latter was the author's grandmother, Helena Regiec Sobolewska, a talented educator and a determined, independent woman. She raised a daughter single-handedly through the turmoil of the Great War and the little-known conflicts that followed it. Although the real Galicia disappeared from maps long ago, it will live on in the memory of anyone who travels there through the richly illustrated pages of Galician Trails. This book is for you if you are interested to Discover the rich lives of those who lived in Galicia in the nineteenth and twentieth centuries Find out something about your Austrian, Jewish, Polish, or Ukrainian ancestors who once lived in the land that is divided today between Poland and Ukraine See how new mixed with old to change people's lives Learn little-known details of how World War I and the events that followed forever changed the lives of the people of Galicia

Consumers buy new products unconsciously seeking magical solutions to their life's problems. "Make me beautiful." "Make me manly." "Make me rich." Marketers are happy to pose as wizards, whose cornucopia of cars and cosmetics and computers can make those dreams come true. These are archetypal behaviors, deeply embedded in our psyches, awaiting the appropriate incantation from clever marketers to compel purchase. "Myth, Magic and Marketing" shows how to harness these deep-rooted motivational systems for your products. Written in a breezy unpretentious style, you'll enjoy every page!

With the combination of Coach Melvin's Dynamic Application of Internal Awareness(tm) (DAIA) Method, Dr. Totton's 100-day method to condition your body's neural pathways to establish a new habit which then becomes automatic, and with Dr. Painter's method of committed practice of Li Family Yixingong (Standing Meditation) to produce profound results at the neurological level, novices to advanced practitioners gain the ability to access your inner core, tapping into an area that can positively affect your overall well-being, prevent stress from taking hold, and give you perpetual mental-physical rejuvenation.

The Myth of Sisyphus and the Stranger by Albert Camus

The Art of Lorenz Frølich

Rural Rides

Germanic Gods and Myths Art Coloring Book

Astronomy and Myths of the New Solar System

Nature Myths and Stories for Little Children

The Forgotten Story of One Family

Here's another myth that has survived the tests of time. It has been passed on from one generation to the next, thereby preserving the lessons it brings. If you would notice, most of the Greek and Roman myths deal with curses and powers, which would pretty much describe the beliefs of the people who first told them. Are you ready to peek inside the pages? Do so now!

Rural Rides is the book for which the English journalist, agriculturist and political reformer William Cobbett is best known. At the time of writing Rural Rides, in the early 1820s, Cobbett was a radical anti-Corn Law campaigner. He embarked on a series of journeys by horseback through the countryside of Southeast England and the English Midlands. He wrote down what he saw from the points of view both of a farmer and a social reformer. The result documents the early 19th-century countryside and its people as well as giving free vent to Cobbett's opinions

WINNER OF THE PULITZER PRIZE A new and eye-opening interpretation of the meaning of the frontier, from early westward expansion to Trump's border wall. Ever since this nation's inception, the idea of an open and ever-expanding frontier has been central to American identity. Symbolizing a future of endless promise, it was the foundation of the United States' belief in itself as an exceptional nation – democratic, individualistic, forward-looking. Today, though, America has a new symbol: the border wall. In The End of the Myth, acclaimed historian Greg Grandin explores the meaning of the frontier throughout the full sweep of U.S. history – from the American Revolution to the War of 1898, the New Deal to the election of 2016. For

centuries, he shows, America's constant expansion – fighting wars and opening markets – served as a “gate of escape,” helping to deflect domestic political and economic conflicts outward. But this deflection meant that the country's problems, from racism to inequality, were never confronted directly. And now, the combined catastrophe of the 2008 financial meltdown and our unwinnable wars in the Middle East have slammed this gate shut, bringing political passions that had long been directed elsewhere back home. It is this new reality, Grandin says, that explains the rise of reactionary populism and racist nationalism, the extreme anger and polarization that catapulted Trump to the presidency. The border wall may or may not be built, but it will survive as a rallying point, an allegorical tombstone marking the end of American exceptionalism.

A practical, hands on guide to getting involved in the political process from the precinct to the general election. The Guide covers organization, fundraising, public relations, on and offline candidate and issue promotion, social and mobile media and overall campaign strategy. The Guide is perfect for the novice and the professional political activist or potential candidate or campaign worker. If you are interested in being successfully involved in politics, advocating an issue or running for office you must read this book!

From the Frontier to the Border Wall in the Mind of America

Military Decision Making and the Disasters of 1914

Blind Passenger

The Guide to Winning Elections

Time, Temporality and Global Politics

Agenda Games

The Candidate's Guide to Local Elections

All states and dominions which hold or have held sway over mankind are either republics or monarchies. Monarchies are either hereditary ones, in which the rulers have been for many years of the same family, or else they are those of recent foundation. The newly founded ones are either entirely new, as was Milan to Francesco Sforza, or else they are, as it were, new members grafted on to the hereditary possessions of the prince that annexes them, as is the kingdom of Naples to the King of Spain. The dominions thus acquired have either been previously accustomed to the rule of another prince, or else have been free states, and they are annexed either by force of arms of the prince, or of others, or else fall to him by good fortune or merit. I will not here speak of republics, having already treated of them fully in another place. I will deal only with monarchies, and will show how the various kinds described above can be governed and maintained. In the first place, in hereditary states accustomed to the reigning family the difficulty of maintaining them is far less than in new monarchies; for it is sufficient not to exceed the ancestral usages, and to accommodate one's self to accidental circumstances; in this way such a prince, if of ordinary ability, will always be able to maintain his position, unless some very exceptional and excessive force deprives him of it; and even if he be thus deprived of it, on the slightest misfortune happening to the new occupier, he will be able to regain it. We have in Italy the example of the Duke of Ferrara, who was able to withstand the assaults of the Venetians in the year '84, and of Pope Julius in the year '10, for no other reason than because of the antiquity of his family in that dominion. In as much as the legitimate prince has less cause and less necessity to give offence, it is only natural that he should be more loved; and, if no extraordinary vices make him hated, it is only reasonable for his subjects to be naturally attached to him, the memories and causes of innovations being forgotten in the long period over which his rule has existed; whereas one change always leaves the way prepared for the introduction of another.

Managerial styles are influenced by habit, familiarity, and workplace culture. It's no wonder that well-intentioned professionals doing their best to be good organizational leaders often repeat unhelpful supervisory practices experienced in their early careers, even if they disliked them at the time. In the DUH! Book of Management and Supervision, the author disagrees with many accepted leadership principles (unabashedly referring to them as myths) and makes new and different approaches easier to imagine. Her challenging and controversial concepts illustrated with poignant stories suggest common-sense and immediately applicable alternatives more suitable in today's workplace.

THE BALL DOCTRINE: "Creating Peace & Prosperity In Every Nation!" is a game changer for the Nation & World. Author & 2016 American Party Presidential Candidate, Dennis Andrew Ball artfully addresses the problems & issues of our time with important solutions to cause a change for the betterment of the traditional family structure for the Nation & the World!

Jack Snyder's analysis of the attitudes of military planners in the years prior to the Great War offers new insight into the tragic miscalculations of that era and into their possible parallels in present-day war planning. By 1914, the European military powers had adopted offensive military strategies even though there was considerable evidence to support the notion that much greater advantage lay with defensive strategies. The author argues that organizational biases inherent in military strategists' attitudes make war more likely by encouraging offensive postures even when the motive is self-defense. Drawing on new historical evidence of the specific circumstances surrounding French, German, and Russian strategic policy, Snyder demonstrates that it is not only rational analysis that determines strategic doctrine, but also the attitudes of military planners. Snyder argues that the use of rational calculation often falls victim to the pursuit of organizational interests such as autonomy, prestige, growth, and wealth. Furthermore, efforts to justify the preferred policy bring biases into strategists' decisions—biases reflecting the influences of parochial interests and preconceptions, and those resulting from attempts to simplify unduly their analytical tasks. The frightening lesson here is that doctrines can be destabilizing even when weapons are not, because doctrine may be more responsive to the organizational needs of the military than to the implications of the prevailing weapons technology. By examining the historical failure of offensive doctrine, Jack Snyder makes a valuable contribution to the literature on the causes of war.

Daughter of Islam

Medusa and Her Curse-Children's Greek & Roman Myths

Electing to Fight

The Prince

A Collection of Greek and Roman Mythology Tales

How to Bag a RINO

The Ball Doctrine

Images from the Danish artist Lorenz Frolich of our Germanic Gods and myths, ready for your little pagan to color. V Germanic Gods? Often you will hear of the Norse or Nordic Gods and Goddesses, but these Gods were not limited to

Scandinavian countries. They are the Gods of the majority of Western Europe. Indulge in the beautiful artwork within pages. Learn the stories behind each picture. instill in your children a love for the Gods of Europe. *Updated Version* includes a comprehensive appendix and restored images.

Fascism vs. Capitalism: The Central Ideological Conflict of Our Times "Fascism" has become a term of general derision and rebuke. It is tossed casually in the direction of anything a critic happens to dislike. But fascism is a real political and social concept, not a stick with which to beat opponents arbitrarily. The abuse of this important word undermines its true meaning, referring to a very real phenomenon, and one whose spirit lives on even now. Fascism is a specific ideology based on the idea that the state is the ideal organization for realizing a society's and an individual's potential economically, socially, and even spiritually. The state, for the fascist, is the instrument by which the people's common destiny is realized, and in which the potential greatness is to be found. Individual rights, and the individual himself, are strictly subordinate to the state's great and noble goals for the nation. In foreign affairs, the fascist attitude is reflected in a belligerent chauvinism, a contempt for other nations, and a society-wide reverence for soldiers and the martial virtues. Lew Rockwell, in this new volume, examines the starkly contrasting systems of capitalism and fascism, noting pro-fascist trends in recent decades as well as the larger historical context in the United States and internationally. In Section One, Rockwell focuses on the nature of fascism and its influence in American society, with a focus on American political and economic institutions. In Section Two, Rockwell examines capitalism as a cure of, and antidote to fascism. Combining economics, history, and political philosophy, this book doesn't just provide a cure for what ails American and Western society, but also sheds light on how we might repair the damage that has been done. In the help of the intellectual work of great minds like Murray Rothbard and Ron Paul, we might as a society shed the fascist spirit of the times and look to freedom instead.

Overextension is the common pitfall of empires. Jack Snyder identifies recurrent myths of empire, describes the various ways in which overextension to which they lead, and criticizes the traditional explanations offered by historians and political scientists. City Council President Joseph Coolman was pissed. His eyes were filled with vinegar, bile, rage you name it! I mean how could Marge Tartaglione on a bad day... "I promise you on the grave of my father that I will destroy that son of bitch!" screamed Joseph Coolman as he sipped his Hennessy. He was sitting in the dark of his City Council President Office firmly affixed in his leather chair. He slowly rocked back and forth. He was like a cobra. Ready to pounce. Maybe like a panther. But not a lion. Not quickly. This one would take a little time. "Big Blarney my ass," he spoke to himself. And a patient man he was.... NOT BREAKFAST Democratic Party Unity Breakfast, Philadelphia, Pennsylvania. Bellevue Stratford Hotel. No matter how bad the political war or election, primary or general, the eggs get scrambled together into an omelet. They meet the day after to make peace. To unify. To continue to solidify the dominant political party again no matter what. Philly is a Democratic Party town, ifs, ands, or cannolis about it. With a 7 to 1 voter registration advantage in the fifth largest city in the country (No. 1 drop to lower than 6th or 7th nationally except maybe in the National League East). In terms of voter advantage, no Democrat could switch over that Democrat number to Republican. Not even half would do it for the Bambino these days. It would lead like that, Johnny Bouchee and The Democratic Party of Philadelphia County / City of Philadelphia had "fuck you" written on his face. He didn't need shit from anybody to win a general election by 4 or 5 to one in November even if the roof fell in or fell in the clouds over Boathouse Row. But this past primary created a lot of bad blood. A lot. The cuts went deep, and the blood was of blarney and booze. The good of it, for Johnny Bouchee, was The Irish retook the City politically. It had been a long time. Johnny and Bobby Eamon were sitting pretty these days. They were smirking a great deal as the sun glimmered in their eyes. But like I said, this one cut deep. There was gonna be a price to pay. This Democrat's Unity Breakfast needed a lot of bandages to heal. Salve? They needed more than that! They needed morphine and transplant organs to heal this wound. The road to recovery went through the heart of North Philadelphia. The reason for it was simple. The African American Political Hierarchy took more than a haircut as James Francis Malloy became the Democratic Nominee for Mayor of Philadelphia. The truth, they got scalped. And the blood was all over Johnny Bouchee's and Bobby Eamon's hands. It happened like this at the primary election. It was lick the wounds day and make peace and give respect to the vanquished over cold eggs and cold fact, Johnny Bouchee had been doing this breakfast for decades... but not today. Today, the rift was a little too big to fix with a breakfast, and Johnny knew it. It was bloody and ugly. A bad cut above the eye. The Philly Democrats looked like Raul Balboa's face.

The Whiz Kids Who Brought Down House Majority Leader Eric Cantor

What the Insiders Won't Tell You, the Citizen, about Politics and Government...

Griffin's Feather

A Real Guide from Real Experts on Getting the Job You Want!

Addresses

Safina

How Today's High-Stakes Political Combat Works

Since the end of World War II, there has been a stream of publications about the War in Europe, but despite the volume of literature, interest in the topic remains high. Given the significance of this conflict and the interest in this campaign, the Strategic Studies Institute offers a fresh look at the campaign in Europe. This publication begins with an examination of prewar planning for various contingencies, then moves to the origins of "Germany first" in American war planning. The authors then focus on the concept, favored by both George C. Marshall and Dwight D. Eisenhower, that the United States and its Allies had to conduct a cross-channel attack and undertake an offensive aimed at the heartland of Germany. Following the background provided in these initial chapters, the remainder of the book provides a comprehensive discussion outlining how the European Campaign was carried out. International Relations scholars have traditionally expressed little direct interest in addressing time and temporality. Yet, assumptions about temporality are at the core of many theories of world politics

and time is a crucial component of the human condition and our social reality. Today, a small but emerging strand of literature has emerged to meet questions concerning time and temporality and its relationship to International Relations head on. This volume provides a platform to continue this work. The chapters in this book address subjects such as identity, terrorism, war, gender relations, global ethics and governance in order to demonstrate how focusing on the temporal aspects of such phenomena can enhance our understanding of the world. Contributors: Andrew Hom, Christopher McIntosh, Liam Stockdale, Alasdair McKay, Shahzad Bashir, Kevin K. Birth, Valerie Bryson, Kathryn Marie Fisher, Robert Hassan, Caroline Holmqvist, Kimberly Hutchings, Tim Luecke, Tom Lundborg, Tim Stevens and Ty Solomon. Reproduction of the original: Addresses by Henry Drummond

Mr. Soberon has provided us with a fascinating chronological review of the history of money in all its forms from several hundred years BCE through the present day. From gold and silver to paper money and beyond, from Dictators to Democrats and Republicans, he chronicles the evolution of the various mediums of exchange and the power and influence held and wielded by those who possessed them in great amounts. This book is certain to hold the interest of both the high school student and the seasoned banker. It is required reading for anyone interested in economics, business, investing or simply world history. Clearly written and unbiased, Mr. Soberon's narrative appears at a crucial juncture in world affairs."

A Memoir of Mythology

The Book on Internal STRESS Release

Its Origins and Conduct

Myth, Magic & Marketing: An Irreverent History of Branding from the Acropolis to the Apple Store

A History of the Separation of the United States Into Two Independent Republics in 2029

Large Print

When the American Ambassador to Iraq announces her true identity and sparks the Arab Revolution and Reformation of Islam on a global scale, the world is turned upside down. "Safina" is the first book in a trilogy that spans three generations of thrilling intrigue and battles, and tells her story of courageous commitment to the struggle for freedom around the globe. From Safina's cruel beginning as an abused eleven year old child bride in the deserts of Iraq, to the highest society of European aristocracy and power, she joins forces with Lieutenant Colonel, Brecken Petersen, a United States Marine Special Forces combat-hardened veteran, and takes her position as the most powerful leader on the planet. She fights every inch of her way from Basra to Amsterdam, and to Paris, on to Washington DC and finally to Egypt. She establishes the UFAS, (United Federation of Arab States), and recruits member states around the world to join the UFN (United Free Nations). Safina and her fellow revolutionaries fight to liberate Islam from 1400 years of barbaric enslavement of half its population - women. The United States Government is in flux, on the verge of civil war. Europe is wounded, and pockets of serious counter insurgencies continue to be a source of concern. Safina recruits Claude Molyneau, a world banker and financier who attempts to restore the financial foundations of Europe, and the monetary solvency of the United States. Readers who relish intrigue and espionage will like this novel. Those who appreciate a sophisticated love story will be engaged with all of their emotional and erotic senses. Individuals who thrill to the perfectly choreographed hand-to-hand combat and the expert use of martial arts and sophisticated weaponry will be in their element. Science geeks will recognize state-of-the-art new technologies that will be deployed in the near future. Political junkies will revel in the behind-the-scenes machinations that propel the world to the brink of ruination. They will glimpse what is likely to occur when Iran achieves nuclear weapons and an effective delivery system to attack Israel. Safina survives multiple attempts on her life until the last page of this book when it seems that all may be lost except.....

This book constituting a review on the event of Falklands War in 1982, is trying to reveal the facts that the occurrence of such a war was caused by the political and military miscalculations. General Leopoldo Galtieri had a strategic assumption that he was so confident about, namely that the military force planned to seize Falklands would not make British mobilize its military power, but it would settle it down at the negotiation. And the quick response of British becomes the main factor determining its victory in Falklands.

First Greece, then Rome, the Greeks were not the only people to produce myths. The Romans also had a rich mythology of their own and, while much of it was derived from their neighbors, the Greeks, it still defined the rich history of the Roman people as they eventually grew into an empire. Myths are the reflection of the ancient's view of the world, they often appear as simple stories filled with valiant heroes, maidens in distress, and a host of all-powerful gods. The gods of the Greeks and Romans were anthropomorphic, exhibiting many human qualities such as love, hate, and jealousy, and because of this, the people of Rome and Greece were able to see themselves in these tales and understand their relationship to the rest of the world as well their connection to the gods. The lesson often to be learned was that one must meet one's destiny with strength, determination, and nobility. These myths enabled an individual to stand against the ills and hardships of an unforgiving universe. In spite of their constant disagreements and battles, the gods and humankind had to stand together against the "monsters and giants" of the world, or more simply, the "forces of disorder and wanton destruction." Myths, whether Greek, Roman, were concerned with the relationship between the gods and humans, are different in this regard from fairytales and folktales. For all people, in many ways, myths made life bearable by providing security. They should not be regarded as simple stories for, in both Greece and Rome, they dealt with important issues: the creation of the world, the nature of good and evil, and even the afterlife. And, for this reason, these tales have stood the test of time and become part of our present day culture. One only needs look at the names of our planets to see this: Mercury, Venus, Mars, Jupiter, Saturn, Neptune, Uranus and even poor little Pluto are all named for Roman gods. The Book collects 106 Greek and Roman mythology tales.

Myths of Empire Domestic Politics and International Ambition Cornell University Press

The Duh! Book of Management and Supervision

The Empire Strikes Black

Aunt Phillis's Cabin

The Ideology of the Offensive

The End of the Myth

The Great Separation

Lessons of the Falklands War

A challenge to the view that the spread of democracy contributes to international peace.

The defeat of House Majority Leader Eric Cantor on June 10, 2014, was the most stunning upset in modern political history. Shown by his own polling to be leading by 34 points in the Virginia district he'd represented fourteen years, outspending little-known primary opponent Dave Brat 40-1, Cantor - widely presumed to be the next Speaker - was crushed by eleven points. Typically, the elite media had totally missed the story, buying into the narrative of Cantor-the-inevitable. Meanwhile the Brat campaign was putting together a vast, highly motivated grassroots army that day by day, voter by voter, was exposing Cantor for who he really was: not the staunch 'young gun' conservative he played on TV, but one of the nation's leading RINOs (Republican in Name Only), indifferent to his constituents, deeply self-interested and a key behind-the-scenes Democrat enabler on Obamacare, immigration and spending. The architects of that remarkable, against-all-odds victory were 23-year old Zach Werrell and 24-year old gray Delany. In 'How to Bag a RINO,' they reveal in detail how it was achieved, and why it is a model for similar insurgent GOP campaigns across America as grassroots Republicans fight to take back their party, and the country. "This is the book the Republican Establishment does NOT want you to read" - Peter Schweizer, author of 'Clinton Cash' and 'Throw Them All Out.'

Although empires have shaped the political development of virtually all the states of the modern world, "imperialism" has not figured largely in the mainstream of scholarly literature. This book seeks to account for the imperial phenomenon and to establish its importance as a subject in the study of the theory of world politics. Michael Doyle believes that empires can best be defined as relationships of effective political control imposed by some political societies—those called metropolises—on other political societies—called peripheries. To build an explanation of the birth, life, and death of empires, he starts with an overview and critique of the leading theories of imperialism. Supplementing theoretical analysis with historical description, he considers episodes from the life cycles of empires from the classical and modern world, concentrating on the nineteenth-century scramble for Africa. He describes in detail the slow entanglement of the peripheral societies on the Nile and the Niger with metropolitan power, the survival of independent Ethiopia, Bismarck's manipulation of imperial diplomacy for European ends, the race for imperial possession in the 1880s, and the rapid setting of the imperial sun. Combining a sensitivity to historical detail with a judicious search for general patterns, *Empires* will engage the attention of social scientists in many disciplines.

Overextension is the common pitfall of empires. Why does it occur? What are the forces that cause the great powers of the industrial era to pursue aggressive foreign policies? Jack Snyder identifies recurrent myths of empire, describes the varieties of overextension to which they lead, and criticizes the traditional explanations offered by historians and political scientists. He tests three competing theories—realism, misperception, and domestic coalition politics—against five detailed case studies: early twentieth-century Germany, Japan in the interwar period, Great Britain in the Victorian era, the Soviet Union after World War II, and the United States during the Cold War. The Resulting insights run counter to much that has been written about these apparently familiar instances of empire building.

The European Campaign

Legends of Emergence

Myths of Empire

Galician Trails

Two Study Guides

Get Powerful Health and Nutritional Secrets

I'll Get That Job!

Americans today are being played, Big Time! The average voter has become a pawn in a high-stakes game of political maneuvering and chicanery that has moved beyond mere competition and challenge to something more closely resembling combat. Behind every sound-bite or online news byte is a surreptitious attempt to shape public opinion and spin events in a game of one-upmanship.

PROCEEDS OF THIS BOOK donated to Civil Liberties Defense Center in Eugene, Ore. which assists varied groups protecting Mother Earth. (www.cldc.org). This book is a mythological telling of memoir, based on true events that happened to the author in and around Dineh (Navajo) lands in Arizona, USA. And within the "hippy" movement in the Pacific Northwest during the 1970's and 1980's. Dineh (Navajo) asked rag tag hippies and the active environmental movement of the time, for help in their resistance to forced relocation by the U.S. Government. Hippies responded happily. "Legends" depicts their converging paths and the treacheries involved in demanding human rights for American Indian nations. Using both mythology and memoir the endnotes of this book help readers to learn about facts of Big Mountain resistance, and the overall landscape of white and Red worlds, meeting. The story weaves truths otherwise unseen. With Love, as the theme.

When you're running for local office for the first time, there are plenty of mistakes you can make. The good thing is that you're not the first person ever to face the challenges of running for office - even though sometimes it might seem like it. In this book, Craig W. Turner collects stories, advice, warnings and best practices from local candidates from around the country who have been there and done that. They've already seen what you're about to see, and they've generously shared their experiences for the benefit of you and other first-time candidates for local office. This is no poli-sci class. This is "in the trenches" life experience. Everyone interviewed for this book as part of The Campaign Coach Podcast, has run and won at least one election. Some are now retired, some have moved on to higher office, and some are still serving in the capacity we discussed in their interview. In these pages, you will find insights that no guidebook or online course can give you - they will inspire you, and scare you, and motivate you and smack you in the face with a reality check. But, they will also make you a stronger candidate. Whether it's talking with voters, fundraising, understanding local government policy, promoting your

candidacy or even knowing how to best serve your community, learning from these people's experiences - and avoiding mistakes that they've already made for you - will give you a leg up on any opponent.

Whether it's your daily dealings at work or a pervasive concern for your physical safety, the stress you regularly experience may actually be more harmful than the threat that triggered it. Not only can it lead to isolation and an erosion of happiness, stress can be biologically harmful, bringing about health issues, such as heart disease, high blood pressure, ulcers, and strokes. In short, successfully managing stress could be nothing less than a life-or-death situation. Now, professional biofeedback practitioner Harry L. Campbell presents "What Stress Can Do," his unprecedented guide to the importance of minimizing everyday stress in order to short-circuit its many serious side effects. What's more, his easy-to-implement recommendations enable you to do so without use of any drugs. Recent data on the prevalence of stress documents that as much as 90 percent of all doctors' office visits are related to stress. However, with the right skills and perspective, you can preempt the physical fallout from the tolls of daily life, and gain new mastery over your mind. The time is right to take a step back, breathe easy, and once and for all address all that ails you.

Myths of Babylonia and Assyria. (Myth and legend in lit. and art).

Running, Winning, Serving

Planetary Gods and Goddesses Coloring Book

Empires

Fascism Vs. Capitalism

Origin of Western Civilization

Domestic Politics and International Ambition

We've all been there. EVERYONE knows someone who has had their share of binge drinking, mood swings, or addiction that has stretched a relationship to its limits. Dr. Melissa Tate is a popular psychology consultant and licensed professional counselor who takes you on a personal journey of self-disclosure and transparency. Often described as an easy going, juggling-it-all, classy and professional single mom, you would be remiss to assume she has always had it all. Vicariously stuck on the emotional roller coaster of her loved ones' mental instability and self-medicating, addictive behaviors, she has had to literally and figuratively pick herself up from some raw and shocking situations. Through two failed marriages and a shattered sibling bond, she gives you a front row seat to her internal struggle as a blind passenger. A memoir-esque snapshot of these three relationships is used as a platform for broader, often under-discussed, therapeutic conversations about domestic violence and addiction in the family system. And she gets it. She knows how you feel and where you've been-not merely because she has read about it or counseled people through it-because she has lived it. In being transparent about her intimate experiences with broken relationships, Dr. Tate is able to provide a personal and professional insight for regaining your peace of mind amidst a wild ride.

Need help understanding the writing of Albert Camus? Ray's Study Guides will meet your needs. This guide for students is aimed to support the study of the two texts, not to replace that study. The Myth of Sisyphus provides Camus' philosophical introduction to The Stranger. Introductions and commentaries keep readers on-track, but the questions are designed to get you thinking and talking and deepen your understanding.

Astronomers are discovering more and more celestial objects in the far reaches of our solar system. Twenty-eight original hand-drawn coloring pages introduce the astronomy and myth of this new solar system, from the Sun out to remote Sedna and Planet 9. Includes classical planets, dwarf planets, TransNeptunian objects, some asteroids and centaurs, with 13 pages of mythic storylines from global cultures, new astronomy information, tables and maps. For ages 8?adult.

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Creating Peace & Prosperity in Every Nation!

Dispelling Common Leadership Myths

Gold, Dollar and Empire

What Stress Can Do

Why Emerging Democracies Go to War

Caution: this book is a document from the future, on how the United States finally split into two independent republics in 2029, and its aftermath. The topic is so sensitive, that its futuristic author must be identified merely as John Doe, Ph.D. Dateline: 2029. The "One Nation, Indivisible," finally divides. - A political satire.

Maybe you're a recent college graduate, looking for a successful start to your career. Or an experienced professional, feeling the need to try something new. Either way, a whole host of opportunities await you-but if you really hope to ace that interview and get the

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