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The Epiphany

The Four Steps To The Epiphany

*From an outsider's point of view,
woodland creatures appear to scurry
about their day. But in reality, there is
a community of animal friends who*

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have adventures together, protect each other, and learn about life. The 4 Steps Way series tells of the friendships and adventures amongst animals in the Northwoods. Through their stories of everyday life, they discover their own uniqueness, learn

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about companionship, kindness, and respect for others—all while living above a crystal blue lake. At the end of each story, talking points help guide the reader to the messages woven into each story.

Four Steps to Flow introduces a

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groundbreaking way of approaching life. Challenging our fundamental understanding of head versus heart, it offers an innovative path to a meaningful life lived in a state of continuous flow. Follow your head, and you will forever argue with

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yourself about whether you are making the right decision. Follow your heart, and you will stew in emotional turmoil. In both cases, the name of the game is confusion, anxiety, and drama. Three life-changing crises shocked business

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tycoon Feisal Alibhai into the realization that success isn't enough. The key to leading a fulfilling life is to engage both head and heart by taking four simple steps. "Flow takes you on a spiritual journey where Buffet meets Siddharta with perfect balance. This is

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the new Monk 2.0." - Jason Axmith, Founder Cosecha Imports, former CEO of Robin Sharma International
"One of those rare adventures others need to hear about to inspire them to uncover within themselves potential they have no clue exists." - Dr.

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Shefali Tsabary, Author of The Awakened Family. "Having had the privilege to be a dear friend to Feisal through many of the peaks and troughs in his life that he has discussed in this book I am enthralled with the way that he has managed to

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simplify and articulate one of the most essential keys to a meaningful life.....the alignment of head and heart. A counterintuitive theory like this one is not always easy to understand and even more so difficult to digest. Feisal's life examples in bite

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size portions simplify the entire idea allowing for realistic action and execution. The reader, if willing and open, will see the barriers blocking their true self slowly unravel." - Adnan Hassanali, ALIEL Managing Director "Rarely have I seen a person

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so courageously dedicated to his own healing. It's my hope that readers are so inspired by reading his journey as I was in witnessing it." - Dr. Habib Sedeghi, Author of The Clarity Cleanse "The new generation should be aware of the suffering of their

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ancestors. This awareness will provide them with drive and clarity that complete focus on one's own health is the only key to happiness and success." - Alain Spruyt, CEO Driesassur feisal alibhai, a serial entrepreneur who has lived on five

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continents and founded more than a dozen companies, is today the founder and CEO of Qineticare, the world's first Family Health Office. Working with families across the globe, Feisal shares a revolutionary approach to health, wellbeing, and the art of living

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*in flow. For more information, visit
www.qineticare.com.*

*Practical and Spiritual Principles for
Better Life Teams We are inevitably
on various Life Teams throughout our
lives--family, school, business, church
and community, to name the most*

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basic. Whether we are the de facto team leader or a role player, each of us would like our Life Teams to be winning ones. The Four-Step System, described as a metaphor based on four wheels, is intended for all who desire to improve their Influence Quotient,

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which is a specific kind of intelligence: the ability to influence our teams for a positive outcome. This approach is different from the usual leadership mandates set out in so many books. We cannot all be leaders all the time, which would negate the

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concept of a team. But we do need to be good influences on others. The emphasis should be on acknowledging the value of every teammate's role while helping them prepare for times when they will need to step to the front to influence an outcome. Mastering

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the elements in the wheels of the Four Step System provides momentum and enables you to be On Point; regardless of what role you play. The end game is to improve the performance of our Life-Teams by cultivating meaningful relationships, which are far more

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*rewarding than rings or trophies!
The #1 New York Times bestseller.
Over 4 million copies sold! Tiny
Changes, Remarkable Results No
matter your goals, Atomic Habits
offers a proven framework for
improving--every day. James Clear,*

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one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your

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habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of

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your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas

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from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold

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medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: •
make time for new habits (even when

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life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success,

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and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight,

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reduce stress, or achieve any other goal.

Coding Art

Four Steps to Death

*Successful Strategies for Products
that Win*

Rexy and the Four Steps to

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Friendship

*Four Steps to Bully-proof Girls in the
Early Grades*

Four Steps

Watercolor Success in Four Steps

**This practical guide offers a
straight forward and step-by-**

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step approach to developing foresight for organizations of all types. Providing a simple model that can be expanded and adapted as needed, this book introduces the fundamentals of good futures thinking in a four step process complete with ready-

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to-use worksheets, clear process steps, and checklists for good daily habits and critical assessments.

SHIFT is a four-step journey that will lead you to uncover your own magnificence. Among the pages of this book is a simple yet

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extraordinarily powerful brain re-wiring technique. Lasting freedom, peace of mind and unlimited potential are waiting for you.

The bestselling classic that launched 10,000 startups and new corporate ventures - The

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Four Steps to the Epiphany is one of the most influential and practical business books of all time. The Four Steps to the Epiphany launched the Lean Startup approach to new ventures. It was the first book to offer that startups are not

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smaller versions of large companies and that new ventures are different than existing ones. Startups search for business models while existing companies execute them. The book offers the practical and proven four-step

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Customer Development process for search and offers insight into what makes some startups successful and leaves others selling off their furniture. Rather than blindly execute a plan, The Four Steps helps uncover flaws in product and business plans and

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correct them before they become costly. Rapid iteration, customer feedback, testing your assumptions are all explained in this book. Packed with concrete examples of what to do, how to do it and when to do it, the book will leave you with new skills to

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organize sales, marketing and your business for success. If your organization is starting a new venture, and you're thinking how to successfully organize sales, marketing and business development you need The Four Steps to the Epiphany. Essential

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***reading for anyone starting
something new.***

***This simple self-help book on
addiction was based on my vast
experience counseling substance
users and their families for over
thirty years working as a GP in
the poor suburb of Mithells Plan***

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in Cape Town, which has a population of over a million people. If you: a) are suffering from an addiction; b) are related to someone with an addiction; c) are interested in addiction; d) counsel substance users or e) are going through an emotional crisis

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then this book is for you. It will help you to deal with your problems in a calm and mature way. The book brings hope to desperate families and people afflicted with addiction in a simple easy to read style, without any medical jargon. I

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urge you to read the book regularly; put its teachings into practice, and watch yourself changing for the better like so many others have. DR Robert E Rapiti, MBBS; FCFP; DCH; DMH: MBA "The book, 4 steps to Healing is brilliant in its

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simplicity, addressing drug users as well as their supporters. Lay drug counsellors and practitioners should find this book very useful. DR Rapiti touches the core of the solution when he appeals to the Power within each of us to deal with the

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challenges in our life in a spiritual but practical way. What makes this book so attractive is that it does not use complex medical terminology to get the message across. This book should be prescribed reading for all learners, at the lowest

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***possible grade, and for their
parents." DR Alfred S Liddle,
Family Physician, Cape Town
How to Accept Your Fears,
Release the Past, and Live Your
Courageous Life
Trust Me
Sacred Pace***

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A Quick and Clean Guide to Creating Foresight Four Steps to Authenticity and Charisma

Heart Open, Body Awake

Part One of this highly
regarded method includes

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basic music theory and details Evo's easy 4-step method. Part Two includes rhythm strumming instructions, melody chord changes, and lyrics to 18 well-known American folk

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songs and southern fiddle tunes in the keys of G, F, C major, and A modal (keys that are provided on standard 12, 15 and 21 bar harps). Also included are instructions for

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transposing to other keys. All songs are included on a solo performance CD for the purpose of ear training and accompaniment. Through its four essential

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steps, A GOOD APOLOGY
gives groundbreaking
advice on how best to make
an effective apology
toward rebuilding any
relationship, for readers
of The Body Keeps the

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Score. We've all done something wrong or made a mistake or insulted someone -- even if by accident. We've all been hurt and wanted the other person to help us heal. It

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may be surprising, but the breaches themselves aren't the real problem; our inability to fix them is what causes us trouble. In *A Good Apology*, Dr. Molly Howes uses her experiences

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with patients in her practice, research findings, and news stories to illustrate the power and importance of a thorough apology. She teaches how we can all

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learn to craft an effective apology with four straightforward steps. An apology is a small-scale event between people, but it's enormously powerful. This

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comprehensive book gives readers the tools to fix their relationships, make amends, and move forward. With it, you'll fully understand the meaning and importance of this

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universal and timeless
endeavor: a good apology.
What kind of life would
you live if you didn't
allow your fears to hold
you back? The Courage
Habit offers a powerful

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program to help you conquer your inner critic, work toward your highest aspirations, and build a courageous community. Are your fears preventing you from living the life you

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truly want? Do you ever wish that you had a better job, lived in a different city, or had more authentic and nurturing relationships? Many people believe that they would do

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more, accomplish more, and feel more fulfilled if only they could rid themselves of that fearful inner voice that constantly whispers, “you can't do it.” In The

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Courage Habit, certified life coach Kate Swoboda offers a unique program based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT)

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to help you act courageously in spite of fear. By identifying your fear triggers, releasing yourself from your past experiences, and acting on what you truly value, you

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can make courage a daily habit. Using a practical four-part program, you'll learn to understand the emotions that arise when fears are triggered, and to pause and evaluate your

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emotional state before you act. You'll discover how to listen without attachment to the self-defeating messages of your inner critic, understand the critic's function, and

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implement respectful
boundaries so that your
inner voice no longer
controls your behavior.
You'll reframe self-
limiting life narratives
that can—without conscious

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awareness—dictate your day-to-day decisions. And finally, you'll nurture more authentic connections with family, friends, and community in order to find support and reinforce the

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life changes you're making. If you feel like something is holding you back from landing your dream job, moving to a new city, having a satisfying love relationship, or

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simply taking advantage of
all life has to offer—and
if you have a sneaking
suspicion that that
something is you—then this
one-of-a-kind guide will
show you how to finally

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break free from self-doubt
and start living your best
life.

With the right motivation,
anyone can lead a more
fulfilling life. Jenny
Gallagher offers a means

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to that motivation here,
in short, highly readable
chapters full of
inspirational and
effective tools that you
can start integrating into
your busy schedule

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starting today. Her Four Steps say it all: the I CAN approach of intention, clarity, action, and next steps allows for an easy-to-remember strategy that lets you set goals you can

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reach, take action that delivers results, and much more. Don't put your dreams and goals off any longer!

SPIN® -Selling
The GRAB Method

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Mr. Alexander's Four Steps
to Love

Four Steps to a Better
Life

A Practical Guide to
Breaking the Addictive
Cycle

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Four Steps to Better Life
Teams

You Can Change Other
People

What goes on inside your grant
reviewer's head? Understanding this is
the key to avoiding rejection and

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getting your next grant funded. You may wonder...What is my reviewer really looking for? Did they reject my grant just because of politics? Why did one reviewer love my grant and another one hate it? How can I revise my grant to make it more fund-able? The answers lie within a four step

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process reviewers go through when they read your grant proposal - a process most reviewers aren't even aware they're doing. If you gloss over one of these steps - or worse, leave it out all together - your grant will be rejected, and you may get cryptic reviews back that don't explain why it

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was rejected or help you avoid another rejection. Four Steps to Funding gives you the simple process that will clarify your thinking, organize your proposal, and address reviewer objections before you submit your grant. Going far beyond the typical "word-smithing" and fill-in-the-blank examples of other

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grant writing books, 4 steps to funding gets into the mind of your reviewer and provides techniques for persuading him/her of the value of your work, your own credibility, and your approach. Written in an easy to read, engaging style, the concepts in this book are critical, for writing NIH or NSF grants.

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However, the concepts are easily applicable to Foundation, SBIR, or even business or non-profit proposals. It is your turn to crack the code, by learning the four steps that your next grant proposal must have in order to succeed. Your proposal will go beyond providing the facts and will get your

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reviewer excited about your work, and ready to fund it!

The human heart forms the essential link between body and spirit. In *Heart Open, Body Awake*, master somatics teacher Susan Aposhyan presents a simple yet richly detailed four-part practice to experience this link in all its

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unfolding wonder: opening our hearts, feeling our bodies, allowing ourselves to move and be moved, and connecting with the world in its fullness. Aposhyan weaves together insights from a range of scientific, psychological, and spiritual traditions to present a practical path toward

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embodied spirituality. Beautiful anatomical illustrations help readers to visualize the body systems, processes, and movements described in the book. Through the practices offered in Heart Open, Body Awake, your sense of spiritual wellness can become as near and palpable as your

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sensitive, beating heart.

Worried about mean girls? Help your daughter respond and react to bullying where it starts---in elementary school As experts in developmental psychology and each a mother of three, Dr. Michelle Anthony and Dr. Reyna Lindert began noticing an

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alarming pattern of social struggle among girls as young as five, including their own daughters. In today's world, it is likely that your daughter has been faced with bullying and friendship issues, too---and perhaps you're at a loss for how to guide her through these situations effectively. Little Girls

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Can Be Mean is the first book to tackle the unique social struggles of elementary-aged girls, giving you the tools you need to help your daughter become stronger, happier, and better able to enjoy her friendships at school and beyond. Dr. Anthony and Dr. Lindert offer an easy-to-follow, 4-step

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plan to help you become a problem-solving partner with your child, including tips and insights that girls can use on their own to confront social difficulties in an empowered way. Whether your daughter is just starting grade school or is already on her way to junior high, you'll learn how to:

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OBSERVE the social situation with new eyes
CONNECT with your child in a new way
GUIDE your child with simple, compassionate strategies
SUPPORT your daughter to act more independently to face the social issue
By focusing squarely on the issues and needs of girls in the years before

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adolescence, Little Girls Can Be Mean is the essential, go-to guide for any parent or educator of girls in grades K-6.

An essential reference for HR professionals A Guide to the HR Body of Knowledge (HRBoK™) from HR Certification Institute (HRCI®) is an

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essential reference book for HR professionals and a must-have guide for those who wish to further their expertise and career in the HR field. This book will help HR professionals align their organizations with essential practices while also covering the Core Knowledge Requirements for all

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exams administered by HRCI. Filled with authoritative insights into the six areas of HR functional expertise:
Business Management and Strategy;
Workforce Planning and Employment;
Human Resource Development;
Compensation and Benefits;
Employee and Labor Relations; and

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Risk Management, this volume also covers information on exam eligibility, and prep tips. Contributions from dozens of HR subject matter experts cover the skills, knowledge, and methods that define the profession's best practices. Whether used as a desk reference, or as a self-

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assessment, this book allows you to:
Assess your skill set and your organization's practices against the HRCI standard
Get the latest information on strategies HR professionals can use to help their organizations and their profession
Gain insight into the body of

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knowledge that forms the basis for all HRCI certification exams As the HR field becomes more diverse and complex, HR professionals need an informational "home base" for periodic check-ins and authoritative reference. As a certifying body for over four decades, HRCI has drawn upon its

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collective expertise to codify a standard body of knowledge for the field. The HRBoK is the definitive resource that will be your go-to HR reference for years to come.

4 Steps to the Future

4 Steps to Healing

Summer at 4 Steps Way

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150 Skill-Building Projects to Paint
Four Steps to Embodied Spirituality
4 Steps to Personal Empowerment
The 4 Steps to a Successful Marriage
Grab your practice book, paint
brushes, and discover the
beautiful art of watercolor – no

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experience required! The ultimate beginner's guide, *Watercolor Success in Four Steps* will teach you how to perfectly paint 150 objects, from fruits and flowers to animals, household items, and more!

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Understand the basics of watercolor with tried-and-true techniques and create beautiful watercolor paintings in just four simple steps. Each project offers a sample selection of colors to get you started, followed by

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approachable, step-by-step painting instructions to complete each design. Once you've accomplished each project, you'll be equipped with all the skills and techniques you need to design and create your own

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watercolor works of art!

How do you develop products that people will actually use and buy? This practical guide shows you how to validate product and company ideas through customer development

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research—before you waste months and millions on a product or service that no one needs or wants. With a combination of open-ended interviewing and fast and flexible research techniques, you'll learn how your

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prospective customers behave, the problems they need to solve, and what frustrates and delights them. These insights may shake your assumptions, but they'll help you reach the "ah-ha!" moments that inspire truly great

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products. Validate or invalidate your hypothesis by talking to the right people Learn how to conduct successful customer interviews play-by-play Detect a customer's behaviors, pain points, and constraints Turn

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interview insights into Minimum Viable Products to validate what customers will use and buy
Adapt customer development strategies for large companies, conservative industries, and existing products

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Over the past almost 30 years, many of our friends have asked us for the secret to our dynamic, successful marriage. A frequent comment is, “You two always seem to be so happy together.” In fact, this is not true.

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We are not always happy. We are; however, committed to each other, and we know how to restore our relationship to a state of workability. Whether you are a newlywed couple, a veteran couple, or you are just entering

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the dating scene—hear ye, hear ye—our secret is out! The Four Steps to a Successful Marriage will become your pocket guide to all your relationships.

Finally, a book on creative programming, written directly for

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artists and designers! Rather than following a computer science curriculum, this book is aimed at creatives who are working in the intersection of design, art, and education. In this book you'll learn to apply

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computation into the creative process by following a four-step process, and through this, land in the cross section of coding and art, with a focus on practical examples and relevant work structures. You'll follow a real-

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world use case of computation art and see how it relates back to the four key pillars, and addresses potential pitfalls and challenges in the creative process. All code examples are presented in a fully integrated

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Processing example library, making it easy for readers to get started. This unique and finely balanced approach between skill acquisition and the creative process and development makes Coding Art a functional reference

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book for both creative programming and the creative process for professors and students alike. What You'll Learn Review ideas and approaches from creative programming to different

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professional domains Work with
computational tools like the
Processing language
Understand the skills needed to
move from static elements to
animation to interaction Use
interactivity as input to bring

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creative concepts closer to refinement and depth Simplify and extend the design of aesthetics, rhythms, and smoothness with data structures Leverage the diversity of art code on other platforms like the

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web or mobile applications
Understand the end-to-end
process of computation art
through real world use cases
Study best practices, common
pitfalls, and challenges of the
creative process Who This Book

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Is For Those looking to see what computation and data can do for their creative expression; learners who want to integrate computation and data into their practices in different perspectives; and those who

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already know how to program,
seeking creativity and inspiration
in the context of computation and
data.

The Four Steps to Help Your
Colleagues, Employees—Even
Family—Up Their Game

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The Four Major Steps of Christ
Little Girls Can Be Mean
The Four Steps to Creative
Programming with the
Processing Language
The Four Steps to Healing (non-
denominational Edition)

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The Four Steps to the Epiphany A User's Guide to Why and How to Forgive

The bestselling classic that launched
10,000 startups and new corporate
ventures - The Four Steps to the
Epiphany is one of the most influential

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and practical business books of all time. The Four Steps to the Epiphany launched the Lean Startup approach to new ventures. It was the first book to offer that startups are not smaller versions of large companies and that new ventures are different than existing

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ones. Startups search for business models while existing companies execute them. The book offers the practical and proven four-step Customer Development process for search and offers insight into what makes some startups successful and

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leaves others selling off their furniture. Rather than blindly execute a plan, The Four Steps helps uncover flaws in product and business plans and correct them before they become costly. Rapid iteration, customer feedback, testing your assumptions are all explained in

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this book. Packed with concrete examples of what to do, how to do it and when to do it, the book will leave you with new skills to organize sales, marketing and your business for success. If your organization is starting a new venture, and you're thinking how

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to successfully organize sales, marketing and business development you need The Four Steps to the Epiphany. Essential reading for anyone starting something new. The Four Steps to the Epiphany was originally published by K&S Ranch Publishing

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Inc. and is now available from Wiley. The cover, design, and content are the same as the prior release and should not be considered a new or updated product.

It's time to GRAB your life back! No more waiting until the right time; life is

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too short. The GRAB Method is about changing your life for the better.

Sometimes it takes re-alignment and action to get the right results. The 4 Steps to Motivation are short, highly effective methods to re-define one's self that can result in a more fulfilling

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principle centered life! Step 1. Get Motivated Step 2. Revitalize or Reinvent Step 3. Adjust Step 4. Breakthrough Author James Thurston has developed The 4 Steps to Motivation program after many years of professional and personal

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development programs as well as career changes. This process has propelled him and others to living their lives with purpose and passion. The GRAB Method teaches the learnable steps that anyone can use to redefine and transform themselves to get the

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results they are after.

True or false? In selling high-value products or services: 'closing' increases your chance of success; it is essential to describe the benefits of your product or service to the customer; objection handling is an important skill; open

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questions are more effective than closed questions. All false, says this provocative book. Neil Rackham and his team studied more than 35,000 sales calls made by 10,000 sales people in 23 countries over 12 years. Their findings revealed that many of the

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methods developed for selling low-value goods just don't work for major sales. Rackham went on to introduce his SPIN-Selling method. SPIN describes the whole selling process: Situation questions Problem questions Implication questions Need-payoff

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questions SPIN-Selling provides you with a set of simple and practical techniques which have been tried in many of today's leading companies with dramatic improvements to their sales performance.

An indispensable reference for

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postgraduates, providing up to date guidance in all subject areas *Methods for Postgraduates* brings together guidance for postgraduate students on how to organise, plan and do research from an interdisciplinary perspective. In this new edition, the already wide-

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ranging coverage is enhanced by the addition of new chapters on social media, evaluating the research process, Kansei engineering and medical research reporting. The extensive updates also provide the latest guidance on issues relevant to postgraduates in

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talk will stop you from
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***enables the reader to use
their own personal
speaking style while
becoming a more
persuasive and
charismatic
communicator and***

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leader. The basis of this process is the fact that when words and body language are in conflict, body language wins every time. This isn't easy to overcome, because

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normally body language is immediate, while the words lag slightly behind, and even a momentary conflict is perceptible to the audience. The key to success is to train your

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body language to unconsciously align with your message. The four steps: Form the attitude and intent to be open, and then let your body naturally express that

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***intent. This feeling of
openness will naturally
affect the content of what
you are saying, and it's
that natural evolution
that is at the heart of the
process. Become***

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connected to your audience. This creates a mutual energy, and you will naturally begin to think in terms of what the audience wants and needs in shaping your content.

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***Ask yourself, what's my
underlying emotion? Why
does this matter to me?
Becoming passionate
about what you have to
say naturally makes your
audience care about it***

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too. Really listen to the audience. Understanding their needs and reactions will enable you to direct your communication in mutually beneficial ways. Do you want more free

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not only attain success,
but sustain it.***

***Seclusion suits Alex Ryan.
Haunted by a crime from
her past, she struggles to
find peace and calm. Lori***

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Hunter dreams of escaping the monotony of her life. A chance encounter in the Scottish Highlands leads Alex and Lori into a whirlwind of heartache and a fight for

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***survival, as they build a
formidable bond that will
be tested to its limits.***

Brain Lock

***Building Products Your
Customers Will Buy***

The 4 STEPS

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On Point

***The Simple Way to Find
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Shift***

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and more. These techniques have already helped people around the world find their partners in life--and now they can help you. We can't change our

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fate--but we can improve our odds. Mr. Alexander shows us how.

How do we hear from God and discern His will when it's time to make big decisions? Terry

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Looper shares a four-step process for doing just that - a process he has learned and refined over thirty years as a Christian entrepreneur and founder of a multi-

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billion dollar company. At just thirty-six years old, Terry Looper was a successful Christian businessman who thought he had it all—until managing all he had led

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to a devastating
burnout. Wealthy beyond
his wildest dreams but
miserable beyond belief,
Terry experienced a
radical transformation
when he discovered how

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to align himself with God's will in the years following his crash and burn. Sacred Pace is a four-step process that helps Christians in all walks of life learn how

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to slow down their decision-making under the guidance of the Holy Spirit, sift through their surface desires and sinful patterns in order to receive clear,

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peace-filled answers from the Lord, gain the confident assurance that God's answers are His way of fulfilling the true desires he has placed in their hearts,

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and grow closer to the
One who loves them most
and knows them best.

This book is not another
example of name-it-and-
claim-it materialism in
disguise. Instead, it

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walks readers through the sometimes-painful process of “dying to self” in their decisions, both big and small, so that they desire God’s will more

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than their own.

In this manual on how to forgive, there are insights and exercises without a preachy message or assumption that people "should"

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forgive. With chapters that explain what forgiveness is and how to deal with obstacles to it, it also addresses reconciliation with others and one's own

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self. Practical and accessible, the book does not require religious practice or philosophy; it simply shows how to forgive in order to enhance self-

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esteem, be happier, and break free from limitations that can hold a person back. An estimated 5 million Americans suffer from obsessive-compulsive

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disorder (OCD) and live diminished lives in which they are compelled to obsess about something or to repeat a similar task over and over. Traditionally, OCD

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has been treated with Prozac or similar drugs. The problem with medication, aside from its cost, is that 30 percent of people treated don't respond to

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it, and when the pills stop, the symptoms invariably return. In *Brain Lock*, Jeffrey M. Schwartz presents a simple four-step method for overcoming OCD that

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is so effective, it's now used in academic treatment centers throughout the world. Proven by brain-imaging tests to actually alter the brain's chemistry,

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this method doesn't rely on psychopharmaceuticals. Instead, patients use cognitive self-therapy and behavior modification to develop

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new patterns of response to their obsessions. In essence, they use the mind to fix the brain. Using the real-life stories of actual patients, Brain Lock

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explains this
revolutionary method and
provides readers with
the inspiration and
tools to free themselves
from their psychic
prisons and regain

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control of their lives.

Four Steps to Funding

The Four Steps to the

Epiphany by Steve Blank
(Summary)

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Business Ownership In

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Georgia

Free Yourself from
Obsessive-Compulsive
Behavior

Avoid Rejection and Get
Your Grant Funded on the
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Simple Four Step Formula
An Easy & Proven Way to
Build Good Habits &
Break Bad Ones