

# You 2 A High Velocity Formula For Multiplying Your Personal Effectiveness In Quantum Leaps

'A spectacular epic of survival, full of triumph and gut-wrenching loss' Alex White The last thing Sanda remembers is her gunship exploding. She expected to be recovered by salvage-medics and to awaken in friendly hands, patched-up and ready to rejoin the fight. Instead she wakes up 230 years later, on a deserted enemy starship called The Light of Berossus - or, as he prefers to call himself, 'Bero'. Bero tells Sanda the war is lost. That the entire star system is dead. But is that the full story? After all, in the vastness of space, anything is possible . . .

Dazzling space battles, deadly galactic politics and rogue AI collide in Velocity Weapon, an epic space opera from award-winning author Megan E. O'Keefe. Praise for Velocity Weapon 'Furious action sequences, funny dialogue, and a plot that will keep you guessing every step of the way' K. B. Wagers 'Velocity Weapon is fast-paced, twisty, edge-of-your-seat fun. Space opera fans are in for a massive treat!' Marina J. Lostetter

A series of communications from a deranged killer in which he is offered a number of devastating choices and deadlines draws Bill Wiles into a confrontation with pure evil.

**NATIONAL BOOK AWARD FINALIST • NATIONAL BESTSELLER •** An audacious, darkly glittering novel set in the eerie days of civilization's collapse—the spellbinding story of a Hollywood star, his would-be savior, and a nomadic group of actors roaming the scattered outposts of the Great Lakes region, risking everything for art and humanity. Now an original series on HBO Max. Kirsten Raymonde will never forget the night Arthur Leander, the famous Hollywood actor, had a heart attack on stage during a production of *King Lear*. That was the night when a devastating flu pandemic arrived in the city, and within weeks, civilization as we know it came to an end. Twenty years later, Kirsten moves between the settlements of the altered world with a small troupe of actors and musicians. They call themselves *The Traveling Symphony*, and they have dedicated themselves to keeping the remnants of art and humanity alive. But when they arrive in *St. Deborah by the Water*, they encounter a violent prophet who will threaten the tiny band's existence. And as the story takes off, moving back and forth in time, and vividly depicting life before and after the pandemic, the strange twist of fate that connects them all will be revealed. Look for Emily St. John Mandel's new novel, *Sea of Tranquility*, coming in April 2022!

Science has defined a variety of natural laws that explain the physical world and how it changes. One

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such law states that for every action there is a reaction, and that for every motion there is corresponding counter-motion. Whether it's visible to the human eye or not, one thing is certain – movement and change will occur as a result. Having studied these principles, author Raymond Holliwell not only understood the universal physical applications, he also understood the spiritual and mental applications as well. By using this law on a spiritual and mental level, Holliwell found that a specific thought could create a desired reaction in his personal and professional life through continual and dedicated practice. As he came to realize the expanded potential of this powerful law, he eventually recognized the ultimate source of the dramatic results – God.

Deep strengths are those attributes that individuals and organizations depend on to carry them through the most difficult periods. They also are the psychological assets needed in today's corporate arena to make the most of opportunities and deal effectively with high-velocity change. Price Pritchett's Deep Strengths draws on his latest research, including data from more than 300 CEOs, to show how an organization's power comes from 10 inner forces that underlie its ability to produce results.

These essential qualities are \* Resilience \*  
Confidence \* Energy Level \* Creativity & Innovation \*  
Can-Do Attitude \* Ambition \* Hope \* Happiness \*

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**Competitive Spirit \* Staying Power** As an advisor to executives, boards of directors, and senior managers for more than three decades, Pritchett has developed an intimate understanding of the necessary qualities for success, and has become one of the world's top thinkers on corporate culture, mergers, and organizational change. In this landmark work, he shows how the ten deep strengths found in every successful company combine to drive organizational effectiveness. Pritchett then provides a new model and approach for “strength training” that you can put to work in your company. As you put this training into action, you will find ways for your company to enhance leadership effectiveness, improve employee performance, and develop an organizational culture that is psychologically primed for the escalating pace of our changing business world.

“Read this book to learn how to create a company as powerful as Apple.”—Guy Kawasaki, former chief evangelist of Apple  
In *Escape Velocity* Geoffrey A. Moore, author of the marketing masterwork *Crossing the Chasm*, teaches twenty-first century enterprises how to overcome the pull of the past and reorient their organizations to meet a new era of competition. The world’s leading high-tech business strategist, Moore connects the dots between bold strategies and effective execution, with

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an action plan that elucidates the link between senior executives and every other branch of a company. For readers of Larry Bossidy's Execution, Clayton Christensen's Innovator's Solution, and Gary Vaynerchuk's Crush It!, and for anyone aiming for the pinnacle of business success, Escape Velocity is an irreplaceable roadmap to the top.

In his first novel, Dave Eggers has written a moving and hilarious tale of two friends who fly around the world trying to give away a lot of money and free themselves from a profound loss. It reminds us once again what an important, necessary talent Dave Eggers is.

Reflections on High-velocity IT is a companion to the ITIL®4 High-velocity IT book and training. These books and training are for practitioners in IT and service management who work in organizations that are adopting Lean, Agile, resilient, continuous and co-creational approaches to help them become more digitally enabled. They feel privileged to be able to contribute to the well-being and prosperity of digital service consumers, and are always looking for better ways of working. This companion publication is written from the insider's perspective of the lead editor of ITIL®4 High-velocity IT. He offers his thoughts on how to apply the High-velocity IT guidance, inspired by Taiichi Ohno: "You have to face your own difficulties and solve your problems yourself. Stop trying to borrow wisdom - think for

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yourself". He elaborates on some of his favourite parts of the book, giving background information and sharing the 'making of' story that involved fifty people across eighteen countries. The book also contains insights that did not make the final cut of the ITIL book due to constraints regarding the scope and size, and in some cases, because they emerged after the book had been published. Chapter 1 is about how to start applying the guidance in ITIL®4 High-velocity IT. Chapter 2 contains my comments on the positioning and structure of ITIL®4 High-velocity IT, and its relationship with other ITIL modules. Chapter 3 is about the content. My main aim is to point out parts of ITIL®4 High-velocity IT that I consider particularly valuable, and to qualify some of the content by sharing considerations that played a role. I also share content that did not make the cut due to constraints regarding the scope and size of ITIL®4 High-velocity IT. In some cases, I have added insights that emerged after the content had been written. Access to more of my content, as it emerges, can be found on the Writing page of my website [www.smalley.it](http://www.smalley.it). Chapter 4 sketches how ITIL®4 High-velocity IT was written by more than twenty loosely-coupled authors in an emergent process. If you believe that the service management domain of digital services needs improving, and if you want to contribute, then Reflections on High-velocity IT might be for you.

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Whatever it is that you need to be happy and successful--from a perfect spouse to a satisfying job, the home of your dreams, or complete self-confidence--here's an astonishingly easy and effective way to achieve your goals. *Decision Power* is the first guide to show you how to balance thought and feeling--the mind and the heart--to make sound decisions that also satisfy your most deep-seated desires. Its tested approaches and practical tools enable you to: evaluate every decision so that you clearly define the problem and address the real issues; develop feasible alternatives that all reflect your goals and values; make tradeoffs you can live with when you have to choose between two or more goals pulling you in different directions; overcome doubts, setbacks, or obstacles that at first appear overwhelming; trust yourself to make the right choice and gain support from family and friends for your decisions. You'll find 12 proven decision-making methods in all, that work in concert to help you access your feelings ... sharpen your problem-solving skills ... and increase your resourcefulness, inner strength, and confidence. Presented in the form of a checklist, this unique tool allows you to "test" a decision before it's implemented ... refine or revise it if you're not totally satisfied, or if new information or events change the picture. By following the step-by-step approach laid out in *Decision Power*, you'll never again follow a course of action that seems well-thought-out but fails to meet your underlying needs.

Chris Baty, motivator extraordinaire and instigator of a wildly successful writing revolution, spells out the secrets

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of writing—and finishing—a novel. Every fall, thousands of people sign up for National Novel Writing Month (NaNoWriMo), which Baty founded, determined to (a) write that novel or (b) finish that novel in—kid you not—30 days. Now Baty puts pen to paper himself to share the secrets of success. With week-specific overviews, pep "talks," and essential survival tips for today's word warriors, this results-oriented, quick-fix strategy is perfect for people who want to nurture their inner artist and then hit print! Anecdotes and success stories from NaNoWriMo winners will inspire writers from the heralding you-can-do-it trumpet blasts of day one to the champagne toasts of day thirty. Whether it's a resource for those taking part in the official NaNo WriMo event, or a stand-alone handbook for writing to come, *No Plot? No Problem!* is the ultimate guide for would-be writers (or those with writer's block) to cultivate their creative selves.

Stay ahead of the sales evolution with a more efficient approach to everything *Hacking Sales* helps you transform your sales process using the next generation of tools, tactics and strategies. Author Max Altschuler has dedicated his business to helping companies build modern, efficient, high tech sales processes that generate more revenue while using fewer resources. In this book, he shows you the most effective changes you can make, starting today, to evolve your sales and continually raise the bar. You'll walk through the entire sales process from start to finish, learning critical hacks every step of the way. Find and capture your lowest-hanging fruit at the top of the funnel, build massive lead

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lists using ICP and TAM, utilize multiple prospecting strategies, perfect your follow-ups, nurture leads, outsource where advantageous, and much more. Build, refine, and enhance your pipeline over time, close deals faster, and use the right tools for the job—this book is your roadmap to fast and efficient revenue growth.

Without a reliable process, you're disjointed, disorganized, and ultimately, underperforming. Whether you're building a sales process from scratch or looking to become your company's rock star, this book shows you how to make it happen. Identify your Ideal Customer and your Total Addressable Market Build massive lead lists and properly target your campaigns Learn effective hacks for messaging and social media outreach

Overcome customer objections before they happen The economy is evolving, the customer is evolving, and sales itself is evolving. Forty percent of the Fortune 500 from the year 2000 were absent from the Fortune 500 in the year 2015, precisely because they failed to evolve.

Today's sales environment is very much a "keep up or get left behind" paradigm, but you need to do better to excel. Hacking Sales shows you how to get ahead of everyone else with focused effort and the most effective approach to modern sales.

A study in the collision between Western medicine and the beliefs of a traditional culture focuses on a hospitalized child of Laotian immigrants whose belief that illness is a spiritual matter comes into conflict with doctors' methods.

Win the war for talent by building an army of ready-to-deploy candidates An employee leaves and you post the

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open position. Resumes trickle in. You interview a few candidates. No one fits the bill. The next thing you know, three months have passed and that desk is still empty . . . Nothing drives business success like a staff of talented, productive employees. So why accept a hiring process that fails you time and time again? Well, there's one person who doesn't: Scott Wintrip. And in *High-Velocity Hiring*, he provides the tools and systems for creating a hiring process designed for today's fast-paced, talent-deficient landscape. Using the proven methods Wintrip has applied at some of today's more forward-thinking companies, you'll hire top employees faster—and smarter. *High-Velocity Hiring* replaces the old, worn-out way of hiring with the simple but revolutionary approach of actively cultivating top talent before positions open. The old way is slow and inefficient. Wintrip's way is dynamic and proven-effective. You'll enrich and maintain a flow of high-quality candidates, harness this flow by identifying the most talented people, and channel it into a pool of ready-to-hire prospective employees. More than ever, hiring the best people requires foresight, planning, alertness, and decisive action. With *High-Velocity Hiring*, you have everything you need to seize the high-ground in the war for talent and maintain it for long-term growth and profitability.

The topic of this book is Cold Spray technology. Cold Spray is a process of applying coatings by exposing a metallic or dielectric substrate to a high velocity (300 to 1200 m/s) jet of small (1 to 50  $\mu$ m) particles accelerated by a supersonic jet of compressed gas. This process is based on the selection of the combination of particle

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temperature, velocity, and size that allows spraying at the lowest temperature possible. In the Cold Spray process, powder particles are accelerated by the supersonic gas jet at a temperature that is always lower than the melting point of the material, resulting in coating formation from particles in the solid state. As a consequence, the deleterious effects of high-temperature oxidation, evaporation, melting, crystallization, residual stresses, gas release, and other common problems for traditional thermal spray methods are minimized or eliminated. This book is the first of its kind on the Cold Spray process. Cold Spray Technology covers a wide spectrum of various aspects of the Cold Spray technology, including gas-dynamics, physics of interaction of high-speed solid particles with a substrate as well as equipment, technologies, and applications. Cold Spray Technology includes the results of more than 20 years of original studies (1984-2005) conducted at the Institute of Theoretical and Applied Mechanics of the Siberian Division of the Russian Academy of Science, as well as the results of studies conducted at most of the research centres around the world. The authors' goal is threefold. The first goal is to explain basic principles and advantages of the Cold Spray process. The second goal is, to give practical information on technologies and equipment. The third goal is to present the current state of research and development in this field over the world. The book provides coverage and data that will be of interest for users of Cold Spray technology as well as for other coating experts. At the present time the Cold Spray method is recognized by world leading scientists and

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specialists. A wide spectrum of research is being conducted at many research centres and companies in many countries. New approach to spray coatings Results are exceptionally pure coatings Low spray temperature without degradation of powder and substrate materials High productivity, high deposition efficiency High operational safety because of absence of high temperature gas jets, radiation and explosive gases Excellent thermal and electrical conductivity Wide spectrum of applications because of important advantages of the process

Sometimes managing a sales team feels like trying to manage chaos, and in a way it is-there are so many unpredictable influences at work in sales. In Nuts and Bolts of Sales Management, John Treace, mining decades of executive sales experience gained from successful business turnarounds, provides managers with proven strategies to build a high-performing sales team that will consistently produce desired results. The tools and tactics included in Nuts and Bolts of Sales Management help sales managers identify and solve the problems that cause companies to stumble and fail. Leaders will learn how they can take their sales force to the next level by developing effective sales processes and by promoting high morale and team work. This book will provide a deeper understanding and practical answers for the problems all sales managers and officers face each day. Here is a sample of some: - How to ensure predictable sales performance- Effective forecasting & managing the quarter- What to do when sales plans are missed- How to design highly effective

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meetings and award programs- Making effective presentations to management- Minimize the need for hiring and firing- How to balance morale, execution & teamwork- How to develop a powerful sales culture- Developing effective metrics- How to Leveraging expenses while managing the budget- Effective use of consultants- How to sleep well at night nearing the end of any sales quarter This practical handbook was written for current sales VPs or managers, salespeople who desire to move into management, and CEOs, COOs, CFOs and others wishing to have a better understanding of the principles and systems that drive high-velocity sales organizations.

This is the fourth edition of the standard introductory text and complete reference for scientists in all disciplines, as well as engineers. This fully revised version includes important updates on articles and books as well as information on a crucial new topic: how to create transparencies and computer projections, both for classrooms and professional meetings. The text maintains its user-friendly, example-based, visual approach, gently easing readers into the secrets of Latex with The Short Course. Then it introduces basic ideas through sample articles and documents. It includes a visual guide and detailed exposition of multiline math formulas, and even provides instructions on preparing books for publishers.

**Generate Better, Faster Results— Using Less Capital and Fewer Resources!** “[The High-Velocity Edge] contains ideas that form the basis for structured continuous learning and improvement in every

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aspect of our lives. While this book is tailored to business leaders, it should be read by high school seniors, college students, and those already in the workforce. With the broad societal application of these ideas, we can achieve levels of accomplishment not even imagined by most people.” The Honorable Paul H. O’Neill, former CEO and Chairman, Alcoa, and Former Secretary of the Treasury “Some firms outperform competitors in many ways at once—cost, speed, innovation, service. How? Steve Spear opened my eyes to the secret of systemizing innovation: taking it from the occasional, unpredictable ‘stroke of genius’ to something you and your people do month-in, month-out to outdistance rivals.” Scott D. Cook, founder and Chairman of the Executive Committee, Intuit, Inc. “Steven Spear connects a deep study of systems with practical management insights and does it better than any organizational scholar I know. [This] is a profoundly important book that will challenge and inspire executives in all industries to think more clearly about the technical and social foundations of organizational excellence.” Donald M. Berwick, M.D., M.P.P., President and CEO, Institute for Healthcare Improvement About the Book How can some companies perform so well that their industry counterparts are competitors in name only? Although they operate in the same industry, serve the same market, and even use the same suppliers, these

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extraordinary, high-velocity organizations consistently outperform all the competition—and, more importantly, continually widen their leads. In *The High-Velocity Edge*, the reissued edition of five-time Shingo Prize winner Steven J. Spear's critically acclaimed book *Chasing the Rabbit*, Spear describes what sets market-dominating companies apart and provides a detailed framework you can leverage to surge to the lead in your own industry. Spear examines the internal operations of dominant organizations across a wide spectrum of industries, from technology to design and from manufacturing to health care. While he investigates several great operational triumphs, like top-tier teaching hospitals' fantastic improvements in quality of care, Pratt & Whitney's competitive gains in jet engine design, and the U.S. Navy's breakthroughs in inventing and applying nuclear propulsion, *The High-Velocity Edge* is not just about the adoration of success. It also takes a critical look at some of the operational missteps that have humbled even the most reputable and respected of companies and organizations. The decades-long prominence of Toyota, for example, is contrasted with the many factors leading to the automaker's sweeping 2010 product recalls. Taken together, these multiple perspectives and in-depth case studies show how to: Build a system of "dynamic discovery" designed to reveal operational problems and weaknesses as they arise

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solve problems when and where they occur, converting weaknesses into strengths Disseminate knowledge gained from solving local problems throughout the company as a whole Create managers invested in developing everyone's capacity to continually innovate and improve Whatever kind of company you operate— from technology to finance to healthcare— mastery of these four key capabilities will put you on the fast track to operational excellence, where you will generate faster, better results—using less capital and fewer resources. Apply the lessons of Steven J. Spear and gain a high-velocity edge over every competitor in your industry.

“This masterfully written book will help you understand that words have an inherent power, a force capable of lighting one's paths and horizons.” —Stephen R. Covey *Aspire!* by Kevin Hall is your path to “Discovering Your Purpose Through the Power of Words.” Through stories and linguistics, *Aspire!* explores eleven words that, when fully understood and put into practice, can help anyone achieve their best and highest self—in goals, relationships, and business. Spencer Johnson, M.D., the New York Times bestselling author of *Who Moved My Cheese?*, praises *Aspire!* for providing “tools we can use to shape new thoughts and beliefs to help us change, and create something better for ourselves and our planet,” while Richard Paul

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Evans, author of *The Christmas Box*, says, "Aspire! has the power to help individuals and teams focus on their true purpose and reach their best and highest aspirations."

On a damp October night, the body of young, beautiful Ashley Cordova is found in an abandoned warehouse in lower Manhattan. By all appearances her death is a suicide--but investigative journalist Scott McGrath suspects otherwise. Though much has been written about the dark and unsettling films of Ashley's father, Stanislas Cordova, very little is known about the man himself. As McGrath pieces together the mystery of Ashley's death, he is drawn deeper and deeper into the dark underbelly of New York City and the twisted world of Stanislas Cordova, and he begins to wonder--is he the next victim? In this novel, the dazzlingly inventive writer Marisha Pessl offers a breathtaking mystery that will hold you in suspense until the last page is turned. The author brings an amazing story of a world that looks only too possible, and a family struggling to maintain its humanity in circumstances that daily threaten their every value and their very existence. Promising health, wealth, and happiness, the Law of Attraction offers endless appeal--at least conceptually. For many, Law of Attraction's seemingly complicated concepts are often difficult to learn and apply in a meaningful way. Fortunately, *The Power of Focused Attention* is written in plain

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and simply English for the modern, new to the "you create your own life" reader. Revealing the ancient manifestation secrets that are more useful and necessary today than ever before, *The Power of Focused Attention* communicates how to: \*feel calmer and more peaceful \*develop healthy self-confidence \*increase your income \*find a dream job \*set and achieve any short, or long-term, goals

From the author of the Maradaine saga comes a new steampunk fantasy novel that explores a chaotic city on the verge of revolution. Ziaparr: a city being rebuilt after years of mechanized and magical warfare, the capital of a ravaged nation on the verge of renewal and self-rule. But unrest fomented as undercaste cycle gangs raid supply trucks, agitate the populace and vandalize the city. A revolution is brewing in the slums and shantytowns against the occupying government, led by a voice on the radio, connected through forbidden magic. Wenthi Tungét, a talented cycle rider and a loyal officer in the city patrol, is assigned to infiltrate the cycle gangs. For his mission against the insurgents, Wenthi must use their magic, connecting his mind to Nália, a recently captured rebel, using her knowledge to find his way into the heart of the rebellion. Wenthi's skill on a cycle makes him valuable to the resistance cell he joins, but he discovers that the magic enhances with speed. Every ride intensifies his connection, drawing him closer to the gang he must betray, and

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strengthens Nalia's presence as she haunts his mind. Wenthi is torn between justice and duty, and the wrong choice will light a spark in a city on the verge of combustion.

This handbook gives a clear, concise answer to the question, "What can you rightfully ask of employees during times like these?" and backs it up with solid logic. *Firing Up Commitment During Organizational Change* takes an honest look at the problems, then offers 14 tightly focused guidelines that show you how to energize employees, build productivity, increase job satisfaction, strengthen teamwork.

What we believe makes who we are. James Allen explains this and then shows us how to live happier, wealthier, and more fulfilling lives. Join the millions of people have already found the pathway to wealth and fulfillment with this book. In this concise work, Allen offers a simple yet elegant message about the innate power of control we all possess. Allen reveals how our thoughts shape our character, and manifest themselves in our finances, health, appearance, and environment. The choice is yours: either master your thoughts and create the life you want; or remain mired in negativity, frustration, and failure.

CONTENTS: Chapter 1 : Thought and Character  
Chapter 2 : Effect of Thought on Circumstances  
Chapter 3 : Effect of Thought on Health and the Body  
Chapter 4 : Thought and Purpose  
Chapter 5 : The Thought-Factor in Achievement  
Chapter 6 :

## Visions and Ideals Chapter 7 : Serenity

What is Triphasic Training? It is the pinnacle of sports performance training. Created by world renown coach, Cal Dietz, Triphasic Training breaks down dynamic, athletic movements into their three components (eccentric, isometric, and concentric), and maximizes performance gains by applying stress to the athlete in a way that allows for the continuous development of strength, speed, and power. Who uses Triphasic Training: Everyone! From elite level athletes to absolute beginners, the triphasic method of training allows for maximal performance gains in minimal time. For that reason professional athletes from all backgrounds seek out Coach Dietz each off-season to train with his triphasic system. Coach Dietz has worked with hundreds of athletes from the NFL, NHL, and MLB, as well as several dozen Olympic athletes in track and field, swimming, and hockey. What the book is about: Triphasic Training was originally a digital book with over 3,000 hyperlinks and 6 hours of video lectures, showing the reader exactly how to perform every exercise and apply the training methods. To ensure that you do not miss out on this valuable component, inside your book you will find a web link to a downloadable PDF that contains all of the hyperlinks and videos from the original digital book. The PDF is laid out to allow you to easily follow along as you read the book. Simply scroll in the PDF

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to the page that you are reading in the book and it will have every hyperlink and video that is on that page. The book contains over 350 pages, divided clearly into 2 parts: the “why” and the “what”. The first three sections go through the physiological basis for the Triphasic method, undulated block periodization, and general biological applications of stress. The authors will explain how to incorporate the Triphasic methods into existing programs, with complete descriptions on adapting it to virtually any scenario. Sections 4 through 7 are devoted entirely to programming, with over 3,000 exercises and 52 weeks of programs for numerous different sports. Included in the programming section are: Over 3,000 exercises, each hyperlinked to a video tutorial that shows you exactly how to perform the exercise. 5 separate 24-week training programs built for either 6 day, 5 day, 4 day, 3 day, or 2 day models. Over 6 hours of video lectures by Coach Dietz further explaining the Triphasic Training method. These lectures go even deeper into the physiology and application of what he does with his elite athletes. Over two dozen tables showing exactly when and how to modify exercises to ensure continuous improvement in your athletes. Peaking programs for football lineman or skill players, baseball, swimming, volleyball, and hockey players (among others). A complete 52 week training program for football. Low-level river crossings, including culverts, are

important for delivering a range of valuable socioeconomic services, including transportation and hydrological control. These structures are also known to have negative impacts on freshwater river system morphology and ecology, including the blockage of upstream fish passage, particularly small-body-mass fish species. Given the enormous environmental problems created by road crossings, new hydraulic engineering guidelines are proposed for fish-friendly multi-cell box culvert designs. The focus of these guidelines is on smooth box culverts without appurtenance, with a novel approach based upon three basic concepts: (I) the culvert design is optimized for fish passage for small to medium water discharges, and for flood capacity for larger discharges, (II) low-velocity zones are provided along the wetted perimeter in the culvert barrel, and quantified in terms of a fraction of the wetted flow area where the local longitudinal velocity is less than a characteristic fish speed linked to swimming performances of targeted fish species, and (III) the culvert barrel is smooth, without any other form of boundary treatment and appurtenance. The present monograph develops a number of practical considerations, in particular relevant to box culvert operations for less-than-design discharges. It is argued that upstream fish passage capabilities would imply a revised approach to maintenance, in part linked to the targeted fish species. This

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reference work is authored for civil and environmental engineers, as well as biology and ecology scientists interested in culvert design. While the book is aimed to professionals, the material is also lectured in postgraduate courses and in professional short courses.

Introduction to Sports Biomechanics has been developed to introduce you to the core topics covered in the first two years of your degree. It will give you a sound grounding in both the theoretical and practical aspects of the subject. Part One covers the anatomical and mechanical foundations of biomechanics and Part Two concentrates on the measuring techniques which sports biomechanists use to study the movements of the sports performer. In addition, the book is highly illustrated with line drawings and photographs which help to reinforce explanations and examples.

Promotes an unconventional, quantum leap strategy for achieving breakthrough performance. This powerful new method replaces the concept of attaining gradual, incremental success through massive effort. Instead, it puts forth 18 key components for building massive success while expending less effort. Your staff learns to multiply their personal effectiveness, leverage their gifts, and leap beyond ordinary performance expectations. This Element deals with the know-how and show-how to accomplish high velocity business operations.

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The basis of these operations is real-time data and low latency processing. Relevant applications are pervasive due to the emerging technologies of IoT, 5G, AI and data analytics. This Element explores theories and methods of configuring, formulating and implementing high velocity business operations with properly designed and developed platforms and processes. Current mobile transformation is enabling the unwiring of businesses, de-territorializing them, and creating more opportunities for these operations. High velocity business processes increase throughput and efficiency, offering first-mover advantage. They also provide location-independence due to use of mobile platforms and devices (smartphones, tablets and wearables). This Element present mobility as a critical attribute of high velocity business operations, taking advantage of world-wide resources and expertise with well-designed mobile platforms and their data.

Price Pritchett, the best-selling change management author, further explains the unconventional set of behaviors that will bring you breakthrough performance, including how to: make quantum leaps in productivity, quality and overall performance; capture the magic of paradigm shifts; bring out tremendous hidden potential.

ITIL is a widely adopted body of knowledge and best practices for successful IT Service Management that links with training and certification.

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This book provides practical guidance for adopting a high velocity, continuous delivery process to create reliable, scalable, Software-as-a-Service (SaaS) solutions that are designed and built using a microservice architecture, deployed to the Azure cloud, and managed through automation. Microservices, IoT, and Azure offers software developers, architects, and operations engineers' step-by-step directions for building SaaS applications—applications that are available 24x7, work on any device, scale elastically, and are resilient to change--through code, script, exercises, and a working reference implementation. The book provides a working definition of microservices and contrasts this approach with traditional monolithic Layered Architecture. A fictitious, homebiomedical startup is used to demonstrate microservice architecture and automation capabilities for cross-cutting and business services as well as connected device scenarios for Internet of Things (IoT). Several Azure PaaS services are detailed including Storage, SQL Database, DocumentDb, Redis Cache, Cloud Services, Web API's, API Management, IoT Hub, IoT Suite, Event Hub, and Stream Analytics. Finally the book looks to the future and examines Service Fabric to see how microservices are becoming the de facto approach to building reliable software in the cloud. In this book, you'll learn: What microservices are and why are they're a compelling architecture

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pattern for SaaS applications How to design, develop, and deploy microservices using Visual Studio, PowerShell, and Azure Microservice patterns for cross-cutting concerns and business capabilities Microservice patterns for Internet of Things and big data analytics solutions using IoT Hub, Event Hub, and Stream Analytics Techniques for automating microservice provisioning, building, and deployment What Service Fabric is and how it's the future direction for microservices on Microsoft Azure

The data shows that senior executives today face a stark reality: Sales talent is increasingly difficult to find. Traditional selling strategies no longer work. And salespeople today are more distracted and aimless than ever before. To give their organizations true staying power in this tumultuous new market, company leaders must fundamentally change the way they look at sales-or else succumb to the competition. What today's senior leaders need is a high-velocity sales organization: an organization with the right performers, strategy, and infrastructure in place, allowing it to dramatically increase sales by converting more opportunities at higher prices to more prospects. Drawing on hard data, comprehensive research, and the latest science behind selling, Marc Wayshak has developed a system for building these fully sales-driven organizations. The High-Velocity Sales Organization brings together Wayshak's cutting-edge insights as a leading sales consultant with the latest data to create a step-by-step formula for accelerating a sales-driven company culture-from the top down. This guide for senior executives lays out the exact processes company leaders must implement to achieve the three pillars of a high-velocity sales organization: Performers-Learn to identify, recruit, and

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retain top performers for a consistent flow of A-player salespeople-and far fewer costly mis-hires Strategy-Develop and implement a self-improving, highly adaptive sales strategy that sets your salespeople apart from the competition Infrastructure-Establish a clear system for building out the right sales processes, with the most effective technology, to hold sales teams accountable

In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital. She spent most of the next two years in the ward for teenage girls in a psychiatric hospital as renowned for its famous clientele—Sylvia Plath, Robert Lowell, James Taylor, and Ray Charles—as for its progressive methods of treating those who could afford its sanctuary. Kaysen's memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers. It is a brilliant evocation of a "parallel universe" set within the kaleidoscopically shifting landscape of the late sixties. *Girl, Interrupted* is a clear-sighted, unflinching document that gives lasting and specific dimension to our definitions of sane and insane, mental illness and recovery.

If you read through this book and still dont believe there is a critical need for IT Service Management then good luck seeing if you can survive in IT for the next 5 years. Agile, DevOps, Lean IT, Virtualization, Application Lifecycle Management, Cloud Computing and many other technologies are rapidly pulling IT in many directions. These modern ways of operating IT to cope with a world of rapid change will not go away. Somehow they need to be pulled together to avoid the chaos. Service Management is the glue needed to hold these all together. There is no IT value for the business until the point a service is received. For this reason, this book is written for IT leaders, managers and practitioners from a

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Service Management perspective. Having the best development practices, be it Agile, DevOps or others means little if a service is not delivered to the business. When they need it. High Velocity ITSM is about transitioning the IT Organization from traditional waterfall slower service development and support to a service delivery organization operating at high velocity. This book provides practical guidance for: ? Transitioning IT towards high velocity ITSM ? Using Agile and DevOps for rapid service build ? Using Lean IT to operate at high velocity ? Streamlining your ITSM management processes ? Building a Lean IT CSI Program ? Learning and applying modern IT methods and much more!

As lead guitarist of the Rolling Stones, Keith Richards created the riffs, the lyrics, and the songs that roused the world. A true and towering original, he has always walked his own path, spoken his mind, and done things his own way. Now at last Richards pauses to tell his story in the most anticipated autobiography in decades. And what a story! Listening obsessively to Chuck Berry and Muddy Waters records in a coldwater flat with Mick Jagger and Brian Jones, building a sound and a band out of music they loved. Finding fame and success as a bad-boy band, only to find themselves challenged by authorities everywhere. Dropping his guitar's sixth string to create a new sound that allowed him to create immortal riffs like those in "Honky Tonk Woman" and "Jumpin' Jack Flash." Falling in love with Anita Pallenberg, Brian Jones's girlfriend. Arrested and imprisoned for drug possession. Tax exile in France and recording Exile on Main Street. Ever-increasing fame, isolation, and addiction making life an ever faster frenzy. Through it all, Richards remained devoted to the music of the band, until even that was challenged by Mick Jagger's attempt at a solo career, leading to a decade of conflicts and ultimately the biggest reunion tour in history. In a voice that is uniquely and unmistakably

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him--part growl, part laugh--Keith Richards brings us the truest rock-and-roll life of our times, unfettered and fearless and true. Richards' rich voice introduces the audiobook edition of LIFE and leads us into Johnny Depp's performance, while fellow artist Joe Hurley bridges the long road traveled before Richards closes with the final chapter of this incredible 23-hour production, which includes a bonus PDF of photos.

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