

Free Ebook Thrivehive

National Winner for Gourmand World Cookbook Awards 2017 - Diet Books Globe and Mail-bestselling author, blogger, and holistic nutritionist Joy McCarthy returns with 10-day detox and 100 new detox-friendly recipes to feel fabulous every day Joyous Detox is a healthy plan to detox naturally by following a whole foods-based diet that emphasizes specific detox-friendly foods that are simply delicious and fully nourishing. Give your body a break from certain foods, including food additives, sugar, dairy, gluten, bad fats, and toxins. Like the thousands who have made the choice to feel refreshed, healthier, and happier with Joy's popular 10-day detox plan, you'll benefit from a revved-up metabolism, banished sugar cravings, improved digestion, increased energy, better sleep, glowing skin and shiny hair, weight loss, increased libido, lowered blood pressure, and more! Discover how good your body was meant to look and feel. Joyous Detox will help you eat and live joyously with 100 filling yet detoxifying recipes. Detox without deprivation while you enjoy Joy's Strawberry Oat Mini Pancakes, Juicy Chicken Spinach Burgers, and naturally sweetened treats like Chocolate Chia Mousse. If you are looking for a way to reconnect with healthy eating, you'll find a 2-day reboot plan for times when your diet needs a quick adjustment, and a full 10-day detox plan (omnivore, vegetarian, and vegan) that can easily be extended for any number of weeks. You'll feel so amazing that you'll want to follow Joy's detox plan all year long--and that's great too! In just 10 days, you're sure to feel nourished and inspired to live a healthy lifestyle.

A new and vibrant vegan cookbook authorized by Instant Pot, from the creator of the Rainbow Plant Life blog. With food and photos as vivid, joyous, and wholesome as the title of her popular cooking blog--Rainbow Plant Life--suggests, Nisha Vora shares nourishing recipes with her loyal followers daily. Now, in her debut cookbook, she makes healthy, delicious everyday cooking a snap with more than 90 nutritious (and colorful!) recipes you can make easily with the magic of an Instant Pot pressure cooker. With a comprehensive primer to the machine and all its functions, you, too, can taste the rainbow with a full repertoire of vegan dishes. Start the day with Nisha's Homemade Coconut Yogurt or Breakfast Enchilada Casserole, then move on to hearty mains like Miso Mushroom Risotto, and even decadent desserts including Double Fudge Chocolate Cake and Red Wine-Poached Pears. The Vegan Instant Pot Cookbook will quickly become a go-to source of inspiration in your kitchen.

TV host and nutritionist Julie Daniluk reveals just how much pain is caused by inflammation and shows how to relieve it through diet. Featuring a practical nutrition guide, menu plan and 130 easy and delicious recipes, Meals that Heal Inflammation makes healthful eating a true pleasure. Inflammation is on the rise. Conditions such as allergies, skin disorders, asthma, heart disease, arthritis and any other condition ending in "itis" all have an inflammatory component. In Meals that Heal Inflammation registered holistic nutritionist Julie Daniluk shows how to change our immune response through diet. The first part of the book outlines the six causes of inflammation and gets to the root of the pain we experience. She then shows how to build a healthy kitchen full of foods that will contribute to our wellbeing. The book's easy and tempting recipes include quinoa salad, salmon with fennel and even key lime pie. Extensively researched, and full of information about the healing properties of everyday foods, Meals that Heal

Inflammation will be a mainstay in any kitchen with a healthy focus.

With her debut bestselling health book and cookbook, *Meals That Heal Inflammation*, nutritionist Julie Daniluk created the definitive guide to understanding inflammation and its link to chronic disease. With *Slimming Meals That Heal*, Julie highlights the all-important relationship between inflammation, allergies, and weight gain—and offers up over 120 new recipes. All too often, diets fail because they are a self-imposed temporary food prison that people can't wait to escape. *Slimming Meals That Heal* will shatter the need to count calories and will conquer cravings by offering the Live-It, a delicious new way of eating that reduces the inflammation that looms in the background of anyone who struggles with their weight. Julie's clients who have followed the SMTH anti-inflammatory plan have lost 25, 45, and even 100 pounds. *Slimming Meals That Heal* deepens the reader's understanding of how food can hurt or heal. The book includes information on cleansing the organs, the specific power of superfoods, and techniques that directly reduce cravings. Julie has devised a 5-step plan on how to boost metabolism and balance hormones, leading to holistic weight balance. And just as with Julie's first book, *Slimming Meals That Heal* is bursting with easy, tasty, phenomenally healthy, slimming recipes for every meal of the day, from Superfood Quinoa Porridge to Ginger Honey Salmon Soup, and from World's Healthiest Gluten-Free Lasagna to the Best No-Bake Apple Crumble Ever. Once you try the Live-It, you'll leave dieting behind forever as you embrace Julie's exuberant, healthful approach to eating!

DIV Not just a checklist of things you should do, *Amplified Leadership* provides an intentional development process that starts with your relationships and ends with empowered leaders who are ready to make an impact./div

NATIONAL BESTSELLER From the award-winning blogger and bestselling author Joy McCarthy comes 100 easy and delicious whole food recipes for a healthy diet. Joy McCarthy founder of the hugely popular Joyous Health blog shares her love of natural wellness and passion for simple cooking that's healthful and tastes amazing--food you feel good about and want to make every day. Now, in this gorgeously designed new cookbook, Joy offers a collection of 100 whole food recipes for happy, healthy living. From easy-to-make breakfasts, hearty mains, and one-pot meals, to sides and salads, snacks, and desserts, Joy shares her amazing recipes to keep you and your family well-nourished every day. With recipes like Apple Cinnamon Walnut Waffles, Crunchy and Creamy Soba Noodle Salad with Almond Dressing, Fish Tacos with Tomato Cilantro Salsa, Sweet Potato Veggie Pad Thai, Rustic Mediterranean Summer Galette, One-Pot Paprika Chicken, Strawberry Rhubarb Cobbler, and Almond Butter Rice Crispy Squares, getting a healthy meal on the table for you and your family is simple even on busy weekdays. The Joyous Cookbook includes an abundance of plant-based (vegan and vegetarian), kid-friendly, and allergen-free recipes and options, information on stocking your pantry, and so much more for healthy, joyous meals.

Proven techniques for getting your point across and winning arguments If you've ever felt the frustration of losing an argument—even when you knew you were right—to someone more skilled in pressing their point (and your hot buttons), this book is for you. This practical, often amusing guide gives you the tools you need to make your point clearly in any disagreement, from a formal debate to a roaring shouting match. You'll find: Strategies for identifying-and avoiding-the common traps your opponents may set

for you Sample arguments spotlighting current issues with notes that analyze both weak and strong techniques Interactive quizzes that help reinforce your new skills and build confidence-"Insightful, instructive, and enjoyable to read."-Publishers Weekly

Sex work doesn't come with a beginner's manual. Erotic labor can be demanding, draining, and complex. There's no such thing as an employee handbook; most of us struggle to figure out this crazy business on our own. Lola Davina, acclaimed author of "Thriving in Sex Work: Heartfelt Advice for Staying Sane in the Sex Industry," drawing on more than 25 years in and around the sex industry, has created a workbook for sex work success. Lola's step-by-step practical action plans and creative exercises guide you to: Identify, target, and achieve your ideal clientele. Keep your body healthy and your mind clear. Be your own very best boss (even when working for someone else.) Execute feasible business and financial plans. Become the sex work rock star you were born to be! Creative, informative, inspirational, and fun, the "Thriving in Sex Work Workbook" helps make sex work work for you.

Although communities feel magical, they don't come together by magic. Get Together is a guide to cultivating a community—people who come together over what they care about. Whether starting a run crew, helping online streamers connect with fans, or sparking a movement of K-12 teachers, the secret to community-building is the same: don't fixate on what you can do for people (or what they can do for you). Instead, focus on what you can do with them. In Get Together, the People & Company team provides stories, prompts, and principles for each stage of cultivating a passionate group of people. Every organization holds the potential to build and sustain a thriving community. Get Together shows readers how companies and customers, artist and fans, or organizers and advocates, can join forces to accomplish more together than they could have alone.

A pioneer in the field of behavioral science delivers a groundbreaking work that shows how finding your purpose in life leads to better health and overall happiness. Your life is a boat. You need a rudder. But it doesn't matter how much wind is in your sails if you're not steering toward a harbor—an ultimate purpose in your life. While the greatest philosophers have pondered purpose for centuries, today it has been shown to have a concrete impact on our health. Recent studies into Alzheimer's, heart disease, stroke, depression, functional brain imaging, and measurement of DNA repair are shedding new light on how and why purpose benefits our lives. Going beyond the fads, opinions, and false hopes of "expert" self-help books, Life on Purpose explores the incredible connection between purposeful living and the latest scientific evidence on quality of life and longevity. Drawing on ancient and modern philosophy, literature, psychology, evolutionary biology, genetics, and neuroscience, as well as his experience in public health research, Dr. Vic Strecher reveals the elements necessary for a purposeful life and how to acquire them, and outlines an elegant strategy for improving energy, willpower, and long-term happiness, and well-being. He integrates these core themes into his own personal story—a tragedy that led him to reconsider his own life—and how a deeper understanding of purposeful living helped him not only survive, but thrive. Illuminating, accessible, and authentically grounded in real people's experiences, Life on Purpose is essential reading for everyone seeking lasting improvement in their lives.

This book offers a comprehensive model for explaining the success and failure of cities in nurturing startups, presents detailed case studies of how participants in that model help or hinder startup activity, and shows how to apply these lessons to boost local startup activity. Startup Cities explains the factors that determine local startup success based on a detailed comparison of regional startup cities—pairing the most successful and less successful cities within regions along with insights and implications from case studies of each of the model's elements. The book compares local city pairs, highlighting factors that distinguish successful from less successful cities and presents implications for

stakeholders that arise from these principles. Peter Cohan is a lecturer of Strategy at Babson College and one of the world's leading authorities on regional startup ecosystems. Starting in 2012, he created and led Startup Strategy courses that explore four regional startup ecosystems—Hong Kong/Singapore, Israel, Paris, and Spain/Portugal. These courses are based on an original framework for evaluating why a few cities host most startup creation and the rest fail to do so. In running these courses, Peter has built a network of local policymakers, investors, entrepreneurs, and professors from which he draws practical insights for what distinguishes successful Startup Commons from their peers. The book provides vital benefits to these stakeholders. What You'll Learn Local policymakers will know how to build a local team to set objectives for their local Startup Commons and develop a comprehensive strategy to realize those goals Entrepreneurs will know how to choose where to locate their startups based on factors such as the supply and quality of talent—from chief marketing and technology officers to coders and sales people; quality of life, access to capital, customers, and mentors; and costs such as salary and real estate expense University administrators and faculty will know how to take research out of their labs and house it in companies that can commercialize that research, create academic programs that will encourage more entrepreneurship among their students, and connect with local policymakers and capital providers to spur local startup activity Capital providers will know how to scout out emerging startup cities where they can get access to the best investment opportunities at more favorable valuations and have greater influence on how the local startup scene evolves Who This Book Is For All key startup stakeholders, including local policymakers (mayors, directors of economic development, treasurers, controllers, presidents of regional chamber of commerce), entrepreneurs (CEOs, chief marketing officers, chief financial officers, chief HR officers, chief technology officers), universities (presidents; deans of faculty; provosts; professors of finance, management, and entrepreneurship; directors of international education), and capital providers (venture capital partners and associates, angel investors, bank loan officers, managers of accelerator operations)

New York Times best-selling author and revolutionary food activist Vani Hari offers an array of quick, easy, REAL food recipes that make cooking fun, healthy, and delicious. This book will inspire you to take control of your health and ditch processed foods for good. Get ready to ditch processed foods for good, and eat the cleanest, healthiest food on the planet! With more than 100 mouthwatering recipes—from Biscuits with Whipped Honey Butter to Baja Fish Tacos, Grapefruit Goddess Salad, Luscious Lemon Bars, and even Homemade Doritos—the Food Babe Kitchen will show readers how delicious and simple it is to eat healthy, easy, real food. Food Babe Kitchen shows you how to shop for the healthiest ingredients by breaking down every aisle in the grocery store with expert label-reading tips and simple swaps, plus a handy meal-planning guide and pantry list to stock your kitchen for success. Eat healthfully, close to the earth, with the best ingredients that you choose, so when you sit down to enjoy a delicious meal you know what you are eating, and you haven't spent all day in the kitchen! Easy-to-follow directions, eye-catching photography, and simple substitutions to accommodate vegan, dairy-free, grain-free, and other diets, make this the ultimate guide to getting back into the kitchen to create healthful meals for yourself and those you love. Getting off processed food has never been easier—or more delicious.

Taste Hot, Feel Hot, Look Hot Hot Detox embraces the ancient wisdom of India and China and utilizes the time-tested intelligence of warming up your body's core to boost low immunity, alleviate IBS and chronic pain, balance hormones and help spur weight loss. Drawing on her own personal story of detoxification and over a decade of research, Julie Daniluk includes: A 21-day detox program with safe and effective weekly meal plans Top detox foods that are nutritious, affordable and anti-inflammatory Heat therapy techniques to increase flexibility, decrease joint pain, relieve muscle spasms and reduce inflammation Ayurvedic healing practices to calm your mind and body Over 100 delicious recipes

(both omnivore and vegan) for herbal infusions, healthy bone broths, warm salads, soothing treats and more ... Hot Detox is simply the sanest and most intelligent way to cleanse with an easy-to-follow plan, fast and delicious meals, and proven ways to reset your vitality!

Provides the complete text of all thirteen of the Gilbert and Sullivan operas still being performed today. Each work is thoroughly annotated, including stage directions and notes.

Make information memorable with creative visual design techniques Research shows that visual information is more quickly and easily understood, and much more likely to be remembered. This innovative book presents the design process and the best software tools for creating infographics that communicate. Including a special section on how to construct the increasingly popular infographic resume, the book offers graphic designers, marketers, and business professionals vital information on the most effective ways to present data. Explains why infographics and data visualizations work Shares the tools and techniques for creating great infographics Covers online infographics used for marketing, including social media and search engine optimization (SEO) Shows how to market your skills with a visual, infographic resume Explores the many internal business uses of infographics, including board meeting presentations, annual reports, consumer research statistics, marketing strategies, business plans, and visual explanations of products and services to your customers With Cool Infographics, you'll learn to create infographics to successfully reach your target audience and tell clear stories with your data.

Wall Street Journal Bestseller "The pick of 2014's management books." –Andrew Hill, Financial Times "One of the top business books of the year." –Harvey Schacter, The Globe and Mail Bestselling author, Robert Sutton and Stanford colleague, Huggy Rao tackle a challenge that determines every organization's success: how to scale up farther, faster, and more effectively as an organization grows. Sutton and Rao have devoted much of the last decade to uncovering what it takes to build and uncover pockets of exemplary performance, to help spread them, and to keep recharging organizations with ever better work practices. Drawing on inside accounts and case studies and academic research from a wealth of industries-- including start-ups, pharmaceuticals, airlines, retail, financial services, high-tech, education, non-profits, government, and healthcare-- Sutton and Rao identify the key scaling challenges that confront every organization. They tackle the difficult trade-offs that organizations must make between whether to encourage individualized approaches tailored to local needs or to replicate the same practices and customs as an organization or program expands. They reveal how the best leaders and teams develop, spread, and instill the right mindsets in their people-- rather than ruining or watering down the very things that have fueled successful growth in the past. They unpack the principles that help to cascade excellence throughout an organization, as well as show how to eliminate destructive beliefs and behaviors that will hold them back. Scaling Up Excellence is the first major business book devoted to this universal and vexing challenge and it is destined to become the standard bearer in the field.

Switch On presents a compelling science-driven, wisdom-inspired answer to the most pressing question of the age: How do we as individuals, and our world as a whole, thrive? It is based on 20 years of research and experience at the forefront of personal, social and corporate change. The result is Breakthrough Biodynamics, a groundbreaking fusion of the latest neuroscience, evolution, ancient traditions, practical philosophy and powerful tools for making transformation happen. Breakthrough Biodynamics will help you to: Never be stuck or stressed again by using the 10-step Breakthrough Curve Bring more freedom, consciousness, mindfulness into everyday life Identify, and let go, of the habits and beliefs that are holding you back Find peace by healing past pain and suffering Discover your purpose and, with it, what to do with your life Hone your intuition and use it to make great choices

Learn from the greatest leaders how to ensure your ideas become real Turn inspiration into action and make a difference to your world

Mari Ryan, an experienced workplace well-being strategist, tells a simple, yet insightful story in *The Thriving Hive: How People-Centric Workplaces Ignite Engagement and Fuel Results*. A first-time CEO realizes her organization is no longer attracting and retaining the kinds of employees they need to remain competitive and keep their customers happy. She seeks help from a mentor, the retired former CEO. With his unconventional insights, he introduces her to two very different beehive workplace cultures and how they deal with adversity. Replete with interesting characters, the parable takes you on a journey as the bees experience hive-threatening situations. The story looks at the organizational behavior, how leadership and their management teams can create workplace cultures that diminish or support the well-being of their employees. You'll meet the management teams and worker bees that represent typical employees in any business. Readers join the CEO in learning about:

- o Putting employee wellness first to revitalize a company
- o The economic benefits of a people-centric workplace
- o Creating a workplace culture with organizational behaviors that encourage organizational well-being
- o Implementing structural adjustments that support employee engagement
- o Strategic viewpoints and tactical practices for enhancing employee well-being

This is a quick read for anyone who wants guidance for creating a culture of well-being, purpose, vitality, and satisfaction, for an all-encompassing employee experience

NATIONAL BESTSELLER Nutritionist and bestselling author of *Meals that Heal Inflammation*, Julie Daniluk shows readers how to kick sugar once and for all and enjoy a sweet life. Julie Daniluk has helped thousands of people find freedom from sugar cravings. Drawing on personal experience and the latest research, she demystifies the science and explains the dangers of sugar and how you can kick your sugar habit, restore your health and empower your performance. By decreasing and ultimately removing sugar from your diet, you can reduce inflammation in your body and improve your overall health. It can be one of the first steps to relieving the struggle and pain of arthritis, bursitis, colitis, heart disease, weight gain, memory loss, depression, anxiety, insomnia, chronic fatigue, fibromyalgia and a myriad of other inflammatory conditions. In *Becoming Sugar-Free*, Julie walks you through everything you need to know to create a powerful sugar-free lifestyle: from why sugar is the most harmful food ingredient, to how to make easy swaps for healthy sweeteners. She shares what happens in your brain when you eat sweets and how to conquer emotional eating and kick sugar to the curb. Featuring over 25 healthy alternative sweeteners explored in depth, an effective plan to easily begin using them in daily life and over 85 delicious anti-inflammatory recipes, *Becoming Sugar-Free* is the essential go-to guide for those who want to break up with sugar once and for all.

"This book is a place to start creating the classroom of your dreams from the very first minute of school, a classroom that is research based, child centered, and in step with the world today." - Christine Hertz and Kristine Mraz

The classroom of your dreams starts with one big idea. From the first days of school to the last, *Kids First from Day One* shares teaching that puts your deepest teaching belief into action: that children are the most important people in the room. Christine Hertz and Kristi Mraz show how to take that single, heartfelt value and create a cohesive, highly effective approach to teaching that addresses today's

connected, collaborative world. With infectious enthusiasm, hard-won experience, and a generous dose of humor, Kids First from Day One shows exactly how Christine and Kristi build and maintain a positive, cooperative, responsive classroom where students engage deeply with their learning and one another. Kids First from Day One strengthens and deepens the connections between your love of working with kids, your desire to impact their lives, and your teaching practice. It shares: plans for designing beautiful classroom spaces that burst with the fun of learning positive language and classroom routines that reduce disruptive behavior-without rewards and consequences suggestions for matching students' needs to high-impact teaching structures a treasury of the Christine and Kristi's favorite "teacher stuff" such as quick guides for challenging behavior, small-group planning grids, and parent letters links to videos that model the moves of Christine's and Kristi's own teaching. Just starting out and want to know what really works in classrooms? Curious about how to make your room hum with learning? Or always on the lookout for amazing teaching ideas? Read Kids First from Day One. You'll discover that the classroom of your dreams is well within your reach.

Discover the powerful way to transform your relationships with friends, loved ones, and even co-workers, with proven strategies that you can put to work immediately on improving the way you communicate with anyone in any environment. From climbing the career ladder to making new friends, making the most of social situations, and even finding that special someone, communication is the powerful tool at your disposal to help you achieve the success you truly deserve. In *The Science of Effective Communication*, you'll learn how to develop and polish that tool so that no matter who you are, where you go, or what you do, you'll make an impact on everyone you meet for all the right reasons. Discover the Secrets Used By the World's Most Effective Communicators We all know that one person who positively lights up any room they walk into, who seem to get on with everyone they meet and who lead a blessed life as a result. Yet here's something you may not know: Those people aren't blessed with a skill that is off-limits to the rest of us. You too can learn the very same techniques used by everyone from Tony Robbins to Evan Carmichael to that one guy in your office who everyone loves, and put them to work in getting what you want - without bulldozing over everyone in your path. *Step-by-Step Instructions to Supercharge Your Social Confidence* *The Science of Effective Communication* is a fascinating, practical guide to making communication your true super power, packed with expert advice and easy-to-follow instructions on how to: Retrain your brain to develop powerful listening skills that will help you build better relationships with anyone and gain more value from your conversations. Make your voice more attractive to potential romantic partners. Mend broken relationships with family members, partners, and even work colleagues. Get your views heard by those in authority without being disrespectful. Thrive in any job interview and get that dream job. *Your Complete Manual for Building Better Relationships With Everyone You Meet* Bursting with actionable steps you can use IMMEDIATELY to transform the way you communicate, this compelling, highly effective book serves as your comprehensive guide to better communication, revealing exclusive tips to help you: Overcome 'Outsider Syndrome,' make friends, and flourish in any social situation Keep conversations flowing with anyone Make long-distance relationships not only work, but positively prosper Reap huge rewards from a digital detox And much, much more. Order *The Science of Effective Communication* today and get an exclusive free gift - the author's highly

popular e-book on mindfulness. Hit the BUY NOW button above to unlock your natural charisma and finally succeed in any environment.

How can Facebook help you promote your brand, products, and services? This book provides proven tactics that you can use right away to build your brand and engage prospective customers. With 500 million active users worldwide, Facebook offers a much larger audience than traditional media, but it's a new landscape loaded with unfamiliar challenges. The Facebook Marketing Book shows you how to make the most of the service while skirting not-so-obvious pitfalls along the way. Whether you're a marketing and PR professional, an entrepreneur, or a small business owner, you'll learn about the tools and features that will help you reach specific Facebook audiences. You'll also get an in-depth overview, with colorful and easy-to-understand introductions to Profiles, Groups, Pages, Applications, Ads, Events, and Facebook etiquette. Approach Facebook's complex environment with clear, actionable items

Make sense of the social networking world
Be familiar with the technologies you need for social network marketing
Explore tactics for using Facebook features, functionality, and protocols
Learn how to set specific campaign goals
Determine which Facebook features are relevant to your campaigns
Plan and execute Facebook marketing strategies
Measure the results of your campaigns with key performance indicators

Competition for top talent is a battle. Win the war. There isn't an organization out there that hasn't struggled to fill open positions with the best people possible. And once you have them, how do you keep them? *Winning the War for Talent* addresses the challenges of today's job market and reveals how your organization can adapt in order to recruit, retain, and develop your employees. Recruiting is no longer as easy as posting jobs on a job board and waiting for the resumes to pile in. Starting with creating a sales-minded HR team, Chris Czarnik, creator of the groundbreaking Human Search Engine process that serves job seekers and a twenty-year veteran of HR and operations management, lays out the foundation for making your company the one people want to work for. Retaining your top talent once you have them is easy, right? Not quite. Czarnik identifies the primary reasons great employees leave and how you can prevent that from happening at your company. Developing employees is all about empowering them to own their career paths. You'll get an actionable plan to keep your employees invested in their growth. From small business owners to global corporations, *Winning the War for Talent* is a step-by-step guide for building and keeping the best team possible!

Though often the object of state competition, science and the technologies that emerge from it have also been used as the basis for international cooperation. Particle physics has been particularly successful at harnessing science diplomacy to advance our understanding of the material world while capturing the popular imagination. In Antarctica, by contrast, where science was used to forestall geopolitical competition, the treaty system governing polar activity is coming under increasing political pressure. And miles above Earth, the International Space Station is an example of how interdependence can trump sovereignty in even the most sensitive of domains.

Practical tips on using the web to boost your business, no matter what business you're in
Everyone in business knows they need to embrace

the web, but not everyone knows how to do it or where to start. No matter what industry you're in, the web offers efficiencies and solutions for sales, marketing and customer service, and many other business functions. For businesspeople, small business owners, and marketers, *Web Marketing That Works* offers proven tactics, road-tested by the authors, and easy-to-use templates for boosting your Google search rankings, using social media to build relationships, developing an effective online marketing strategy, mastering the art of inbound marketing, and much more. Features insider advice and proven tactics for small business owners and marketers who want to tap into the power of the web. Covers web strategy, execution, content marketing, and social media. Includes 33 free, downloadable templates. Written by the founders of Bluewire Media, one of Australia's top web marketing firms. Every business, large or small, can benefit from the web. If you're not already using the web to boost your business, you're falling behind the competition. *Web Marketing That Works* shows you how to get ahead—starting right now.

An introduction to a conceptual framework for understanding how rhetoric affects public opinion. It maintains that the interaction between everyday and official discourse discloses how members of a complex society discover and clarify their shared interests and shape each other's opinions.

As contrary as it sounds, "planning" -- as we traditionally understand the term--can be the worst thing a company can do. Consider that volatile weather events disrupt trusted supply chains, markets, and promised delivery schedules. Ever-shifting geo-political tensions, as well as internal political upheaval within U.S. and global governments, derail long-planned new ventures. Technology failures block opportunities. Competitors suddenly change their product or release date; your team cannot meet the pace of innovations in your market niche, leaving you sidelined. There are myriad ways in the current business environment for a company's well-considered business plans to go awry. Most business schools continue to prepare managers to be effective in stable and predictable environments, conditions that, if they ever existed at all, are long gone. *The Agility Shift* shows business leaders exactly how to make the radical mindset and strategy shift necessary to create an agile, entrepreneurial organization that can innovate and thrive in complex, ever-changing contexts. As author Pamela Meyer explains, there is much more involved than a reconfiguration of the org chart and job descriptions. It requires relinquishing the illusion of control at the very foundation of most management training and business practice. Despite most leaders' approaches, "Agility is not simply accelerated planning." Unlike many agility books on the market, *The Agility Shift* provides specific, actionable strategies and tactics for leaders at all levels of the organization to put into practice immediately to improve agility and achieve results.

A self-help book for sex workers. Sex work is ?easy money? Hardly. The adult industry is riddled with pitfalls and dangers. Erotic labor is often emotionally demanding, draining, and complex. It can be hard to know who to turn to for advice on keeping yourself safe and sane. Lola Davina, former stripper, dominatrix, porn actress and escort, provides the life skills you need to prosper, including: ? Cultivating friendships, community, and romance ? Mastering money? Debunking sex industry myths such as you have to be flawless, or clients hate to hear ?no? Avoiding trigger states, like loneliness, fatigue, boredom, anxiety and depression, that lead to bad decision-making and burnout? Surviving bad calls, shifts, and shoots ? and so much more? Thriving in sex work means having a healthy body, mind, heart, and bank account. No matter your job title or gender, whether you're independent or work for someone else, if you want to succeed in sex work, then this book is for you.

Six weeks to a healthy new you from the creator of the popular Joyous Health blog. Joyous Health, a fresh new approach to eating, will change the way you think about food with its simple and practical path that will create a healthy lifestyle. In just six weeks, holistic nutritionist

Joy McCarthy guides you through an easy-to-follow and flexible program and puts you on a permanent path to good health with amazing results, including improved digestion, weight loss, balanced hormones, lowered blood pressure and cholesterol, and much more. Joyous Health celebrates eating delicious whole foods and enjoying an invigorating lifestyle. Inside you'll learn all about the best foods and most nutritious habits for vibrant health, foods to avoid, and detox solutions. Featuring beautiful color photography throughout, Joyous Health includes eighty healthy recipes like Carrot Cake Smoothie, Coconut Flour Banana Pancakes, Thai Beetroot Soup, Curry Chicken Burgers, and Double-Chocolate Gluten-Free Cookies.

Dans ce livre, Claire Boscq-Scott, The Busy Queen Bee, présente les dix principes stratégiques pour une croissance exponentielle des affaires au 21^e siècle, en encourageant une Culture de Service Attentionnée. Ainsi les leaders peuvent commencer à changer leurs manières de diriger en amenant plus d'attention, en ayant plus de compassion, en développant de meilleures communications, en soutenant et en impliquant leurs employés, mais aussi en cultivant, valorisant et guidant leurs clients dans une expérience-client créative et à une dimension émotionnelle. Pour pouvoir ainsi offrir à leurs clients une expérience inoubliable chaque fois qu'ils franchissent leurs portes, et à leurs employés un endroit où ils peuvent se sentir impliqués avec un but suprême d'augmenter leur chiffre d'affaire et de concrétiser la mission de l'organisation.

Are you feeling disempowered? Has your reality made you lose sight of your dreams? Are you anxious about your future and not able to finish anything you start? Do you feel unworthy of the call on your life? Whatever your identity struggle, this comforting yet challenging book will equip you with hope to take you one step further into who you were called to be. In here you will find hard truths that pierce through the very core of who you are, to bring out the gold in you. This book of poems and short musings will take you on a journey of solace, healing and accountability. It will shed of light on the reality of facing issues such as comparison, shame, fear, burnout, all of which are stumbling blocks on this journey of identity. It will also include digestible steps to overcoming these struggles. 'When will you let yourself see?' is the beginning of the end of being a victim of your circumstances, it meets you right where you are to pull you out of the rot of self-pity and into the realm of fulfilling your destiny. Think Maya Angelou meets self-help

"306 recipes for a clean, healthy life"--Cover.

Discover how unlocking the hidden secrets to successful communication can create powerful, changes across all areas of your life. As we travel on our journey through life, many of us pick up poor communication habits, but could these habits be holding you back from enjoying all the health, happiness, love and freedom you truly deserve? In 21 Days of Effective Communication, you'll learn not only why the way you communicate makes all the difference to your success, but also just how easy it is to eliminate bad communication habits, overcome your limitations and build better relationships. The best part? You can achieve all this - and more - within just three short weeks. Enjoy immediate improvements to the way you communicate, right from day 1 Packed full of fast, efficient methods for developing better communication skills, this highly practical, step-by-step guide is designed to start producing the results you need IMMEDIATELY. ? There are NO long-winded explanations ? NO complicated processes ? NO psychobabble and absolutely NO jargon... ...Just clear, simple, and powerful exercise you can use right away to: ? Breeze through any social situation feeling cool, calm, and confident at all times. ? Build meaningful, rewarding relationships at work, at home, and in your love life. ? Become a better listener and offer effective emotional support to those you care about. Accelerate your success and start achieving your biggest goals today with just a few, simple techniques Improving your communications skills is about much more than getting on better with those around you. By taking the easy-to-follow, actionable steps outlined in this book, you'll

discover how effective communication can make an enormous difference in all areas of your life. Over the course of just 21 days, you'll learn: ? How changing one small word can make a huge difference in the way you approach challenges, overcome obstacles, and achieve your biggest goals. ? How the awesome power of gratitude can work miracles on your mood, your mindset, and your well-being. ? How to successfully persuade, engage, and ask the questions that get you the results you truly want, every single time. ? And MUCH more! Unlock the hidden secrets to better communication and start transforming your life for the better today. Click the BUY NOW button above to order your copy of 21 Days of Effective Communication and you'll also receive a complete, 120 e-book, Mindfulness-Based Stress and Anxiety Management Techniques absolutely free.

Pamela Slim, a former corporate training manager, left her office job twelve years ago to go solo and has enjoyed every bit of it. In her groundbreaking book, based on her popular blog Escape from Cubicle Nation, Slim explores both the emotional issues of leaving the corporate world and the nuts and bolts of launching a business. Drawing on her own career, as well as stories from her coaching clients and blog readers, Slim will help readers weigh their options, and make a successful escape if they decide to go for it.

Secrets and silence swirl around money; sex work money doubly so. But sex workers can't afford to be mystified by their finances. Lola Davina, author of the "Thriving in Sex Work" series, offers a comprehensive, easy-to-follow guide to financial well-being for all sex workers regardless of income, gender, or job title. With her trademark warmth and wit, Lola shows you how to: ?Master your personal finances, even the yuckiest chores. ?Manage your time wisely, while earning what you deserve. ?Dismantle destructive thought patterns that cause you to overspend, undercharge, and give up your power. ?Share with loved ones without oversharing. ?Enjoy your work and love your life! Thriving in sex work means a healthy body, mind, heart, and bank account. Packed with expertise, time-tested creative exercises, and personal stories, "Sex Work and Money" will help take your business to the next level!

In A Quick Guide to Boosting English Acquisition in Choice Time Alison and Cheryl explain how choice-time workshops can be structured to help English language learners imagine, create, and explore language through play. They outline two units of study for choice-time workshops, the first using open-ended materials, the other using literature to inspire play. A Quick Guide to Boosting English Acquisition in Choice Time is part of the Workshop Help Desk series. About the Workshop Help Desk series The Workshop Help Desk series is designed for teachers who believe in workshop teaching and who have already rolled up their sleeves enough to have encountered the predictable challenges. If you've struggled to get around quickly enough to help all your writers, if you've wondered how to tweak your teaching to make it more effective and lasting, if you've needed to adapt your teaching for English learners, if you've struggled to teach grammar or nonfiction writing or test prep...if you've faced these and other specific, pressing challenges, then this series is for you. Provided in a compact 5" x 7" format, the Workshop Help Desk series offers pocket-sized professional development. For a comprehensive overview of the Units of Study for Teaching Writing series, including sample minilessons, sample videos, curricular calendars, overview presentations, frequently asked questions, and information on the companion principal's guide and the Workshop Help Desk series visit unitsofstudy.com.

In InstaBrain, you will learn: - Where they go for different types of content - What draws them in - How they make a buying decision - What keeps them coming back - How to tailor your marketing strategy for this new generation If you don't know this about Generation Z, you'll be out of business before you can say "IG."

24 Steps to Success! Disciplined Entrepreneurship will change the way you think about starting a company. Many believe that entrepreneurship cannot be taught, but great entrepreneurs aren't born with something special – they simply make great products. This book

will show you how to create a successful startup through developing an innovative product. It breaks down the necessary processes into an integrated, comprehensive, and proven 24-step framework that any industrious person can learn and apply. You will learn: Why the “F” word – focus – is crucial to a startup’s success Common obstacles that entrepreneurs face – and how to overcome them How to use innovation to stand out in the crowd – it’s not just about technology Whether you’re a first-time or repeat entrepreneur, Disciplined Entrepreneurship gives you the tools you need to improve your odds of making a product people want. Author Bill Aulet is the managing director of the Martin Trust Center for MIT Entrepreneurship as well as a senior lecturer at the MIT Sloan School of Management. For more please visit

<http://disciplinedentrepreneurship.com/>

Storytelling for Virtual Reality serves as a bridge between students of new media and professionals working between the emerging world of VR technology and the art form of classical storytelling. Rather than examining purely the technical, the text focuses on the narrative and how stories can best be structured, created, and then told in virtual immersive spaces. Author John Bucher examines the timeless principles of storytelling and how they are being applied, transformed, and transcended in Virtual Reality. Interviews, conversations, and case studies with both pioneers and innovators in VR storytelling are featured, including industry leaders at LucasFilm, 20th Century Fox, Oculus, Insomniac Games, and Google. For more information about story, Virtual Reality, this book, and its author, please visit StorytellingforVR.com

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