

## Shifting The Monkey The Art Of Protecting Good People From Liars Criers And Other Slackers Author Todd Whitaker Published On March 2014

"Originally published by Triple Nickel Press, a wholly owned subsidiary of Solution Tree"--Title page verso.

This book helps you sharpen your ability to hire better teachers for your school, improve the ones who are already there, and keep your best and brightest on board.

This book provides tips and strategies to help school leaders improve, neutralize, or eliminate resistant and negative teachers. Learn how to handle staff members who gossip in the teacher's lounge, consistently say "it won't work" when any new idea is suggested, send an excessive number of students to your office for disciplinary reasons, undermine your efforts toward school improvement, or negatively influence other staff members. Don't miss the revised and expanded third edition of this best-seller!

NEW YORK TIMES BESTSELLER • WINNER OF THE BOOKER PRIZE • A modern masterpiece that "reminds us of the power of truth in the face of evil" (People)—and can be read on its own or as a sequel to Margaret Atwood's classic, *The Handmaid's Tale*. "Atwood's powers are on full display" (Los Angeles Times) in this deeply compelling Booker Prize-winning novel, now updated with additional content that explores the historical sources, ideas, and material that inspired Atwood. More than fifteen years after the events of *The Handmaid's Tale*, the theocratic regime of the Republic of Gilead maintains its grip on power, but there are signs it is beginning to rot from within. At this crucial moment, the lives of three radically different women converge, with potentially explosive results. Two have grown up as part of the first generation to come of age in the new order. The testimonies of these two young women are joined by a third: Aunt Lydia. Her complex past and uncertain future unfold in surprising and pivotal ways. With *The Testaments*, Margaret Atwood opens up the innermost workings of Gilead, as each woman is forced to come to terms with who she is, and how far she will go for what she believes.

Like the best-selling first edition, this book is filled with strategies to motivate your staff and maintain a high level of energy at your school.

This guide will help all educators approach work every day in an enthusiastic, focused, and positive state of mind. This book will help you:

- Motivate your faculty with the Friday Focus--a staff memo that works!
- Understand the power of praise and how to best utilize it every day
- Make sure staff meetings, teacher evaluation, and daily activities raise the energy level in your school
- Maximize the holidays, open house nights, and other special events that make your staff feel special

Coming of age in middle America, 18-year-old Rosemary evaluates how her entire youth was defined by the presence and forced removal of an endearing chimpanzee who was secretly regarded as a family member and who Rosemary loved as a sister. By the best-selling author of *The Jane Austen Book Club*.

An ethologist shows man to be a gene machine whose world is one of savage competition and deceit

Classroom management can make or break your teaching. But as educators know, there is no one-fits-all solution for every classroom. That is why bestselling authors Todd Whitaker, Madeline Whitaker Good, and Katherine Whitaker came together to write this book. They created a guide combining sound research with practical wisdom so educators could have a classroom management resource written by teachers for teachers. From this book, you'll gain effective strategies for designing and improving your classroom management from the ground up.

You'll learn how the three core aspects of classroom management (relationships, high and clear expectations, and consistency) can be used to build and maintain an effectively-run classroom. You'll also find out how to tweak minor issues and reset major challenges when things don't go as planned. Each chapter covers a core aspect of classroom management and includes a foundational understanding of the concept, powerful stories and examples, how-to applications, and tips on tweaking as problems arise. In addition, each chapter features a "What You Can Do Tomorrow" section--strategies you can implement immediately. Whether you are a new or experienced teacher, this book will empower you to identify what is going well, adjust what needs to be changed, and feel more prepared for the unexpected.

The New York Times bestseller Shortlisted for the 2020 Financial Times & McKinsey Business Book of the Year Netflix cofounder Reed Hastings reveals for the first time the unorthodox culture behind one of the world's most innovative, imaginative, and successful companies There has never before been a company like Netflix. It has led nothing short of a revolution in the entertainment industries, generating billions of dollars in annual revenue while capturing the imaginations of hundreds of millions of people in over 190 countries. But to reach these great heights, Netflix, which launched in 1998 as an online DVD rental service, has had to reinvent itself over and over again. This type of unprecedented flexibility would have been impossible without the counterintuitive and radical management principles that cofounder Reed Hastings established from the very beginning. Hastings rejected the conventional wisdom under which other companies operate and defied tradition to instead build a culture focused on freedom and responsibility, one that has allowed Netflix to adapt and innovate as the needs of its members and the world have simultaneously transformed. Hastings set new standards, valuing people over process, emphasizing innovation over efficiency, and giving employees context, not controls. At Netflix, there are no vacation or expense policies. At Netflix, adequate performance gets a generous severance, and hard work is irrelevant. At Netflix, you don't try to please your boss, you give candid feedback instead. At Netflix, employees don't need approval, and the company pays top of market. When Hastings and his team first devised these unorthodox principles, the implications were unknown and untested. But in just a short period, their methods led to unparalleled speed and boldness, as Netflix quickly became one of the most loved brands in the world. Here for the first time, Hastings and Erin Meyer, bestselling author of *The Culture Map* and one of the world's most influential business thinkers, dive deep into the controversial ideologies at the heart of the Netflix psyche, which have generated results that are the envy of the business world. Drawing on hundreds of interviews with current and past Netflix employees from around the globe and never-before-told stories of trial and error from Hastings's own career, *No Rules Rules* is the fascinating and untold account of the philosophy behind one of the world's most innovative, imaginative, and successful companies.

"[A] compelling debut...Townsend's writing [is] full of fresh turns of phrase and keen insights." —Ayana Mathis, New York Times Book Review Fourteen-year-old Audrey Martin, with her Poindexter glasses and her head humming the 3/4 meter of gospel music, knows she'll never get out of Kentucky—but when her fingers touch the piano keys, the whole church trembles. Her best friend, Caroline, daydreams about Hollywood stardom, but both girls feel destined to languish in a slow-moving stopover town in Montgomery County. That is, until chance intervenes and a booking agent offers Audrey a ticket to join the booming jazz scene in Harlem—an offer she can't resist, not even for Caroline. And in New York City the music never stops. Audrey flirts with love and takes the stage at the Apollo, with its fast-dancing crowds and blinding lights. But fortunes can turn fast in the city—young talent means tough competition, and for Audrey failure is always one

step away. Meanwhile, Caroline sinks into the quiet anguish of a Black woman in a backwards country, where her ambitions and desires only slip further out of reach. Jacinda Townsend's remarkable first novel is a coming-of-age story made at once gripping and poignant by the wild energy of the Jazz Era and the stark realities of segregation. Marrying musical prose with lyric vernacular, *Saint Monkey* delivers a stirring portrait of American storytelling and marks the appearance of an auspicious new voice in literary fiction.

From the National Book Award-winning author of *Just Kids* and *M Train*, a profound, beautifully realized memoir in which dreams and reality are vividly woven into a tapestry of one transformative year. Following a run of New Year's concerts at San Francisco's legendary Fillmore, Patti Smith finds herself tramping the coast of Santa Cruz, about to embark on a year of solitary wandering. Unfettered by logic or time, she draws us into her private wonderland with no design, yet heeding signs—including a talking sign that looms above her, prodding and sparring like the Cheshire Cat. In February, a surreal lunar year begins, bringing with it unexpected turns, heightened mischief, and inescapable sorrow. In a stranger's words, "Anything is possible: after all, it's the Year of the Monkey." For Smith—inveterately curious, always exploring, tracking thoughts, writing—the year evolves as one of reckoning with the changes in life's gyre: with loss, aging, and a dramatic shift in the political landscape of America. Smith melds the western landscape with her own dreamscape. Taking us from California to the Arizona desert; to a Kentucky farm as the amanuensis of a friend in crisis; to the hospital room of a valued mentor; and by turns to remembered and imagined places, this haunting memoir blends fact and fiction with poetic mastery. The unexpected happens; grief and disillusionment set in. But as Smith heads toward a new decade in her own life, she offers this balm to the reader: her wisdom, wit, gimlet eye, and above all, a rugged hope for a better world. Riveting, elegant, often humorous, illustrated by Smith's signature Polaroids, *Year of the Monkey* is a moving and original work, a touchstone for our turbulent times.

The third in Robert Greene's bestselling series is now available in a pocket sized concise edition. Following *48 Laws of Power* and *The Art of Seduction*, here is a brilliant distillation of the strategies of war to help you wage triumphant battles everyday. Spanning world civilisations, and synthesising dozens of political, philosophical, and religious texts, *The Concise 33 Strategies of War* is a guide to the subtle social game of everyday life. Based on profound and timeless lessons, it is abundantly illustrated with examples of the genius and folly of everyone from Napoleon to Margaret Thatcher and Hannibal to Ulysses S. Grant, as well as diplomats, captains of industry and Samurai swordsmen. We all know the basics of punctuation. Or do we? A look at most neighborhood signage tells a different story. Through sloppy usage and low standards on the internet, in email, and now text messages, we have made proper punctuation an endangered species. In *Eats, Shoots & Leaves*, former editor Lynne Truss dares to say, in her delightfully urbane, witty, and very English way, that it is time to look at our commas and semicolons and see them as the wonderful and necessary things they are. This is a book for people who love punctuation and get upset when it is mishandled. From the invention of the question mark in the time of Charlemagne to George Orwell shunning the semicolon, this lively history makes a powerful case for the preservation of a system of printing conventions that is much too subtle to be mucked about with.

What are the attitudes and actions that make great principals stand out? In this internationally renowned bestseller, Todd Whitaker reveals the 20 keys to effective school leadership. This essential third edition features helpful new strategies for recruiting talent through better interview and reference questions, as well as tips for retaining talent. It also offers a new section on how leadership is not an event, but rather requires a consistent approach to affect the climate and eventually shape the culture of your school. Perfect for new and experienced principals, for independent professional reading or for leadership courses, this practical book will leave you feeling inspired and ready to do the things that matter most for the people who ultimately matter most—the students.

Grab your favorite boba and pull a chair up to the dim sum table as we celebrate Asian Heritage Month with all your favorite Asian DC characters, old and new! Join Cassandra Cain, Katana, Green Lantern Tai Pham, the Atom, Dana Tan (a.k.a. Batman Beyond), Red Arrow, Lady Shiva, Damian Wayne and the al Ghul clan, New Super-Man, and more as we present new tales of these characters from their thrilling history! Plus, Cheshire Cat's relationship to Cheshire is revealed as Shoes asks Selina Kyle to take her under her wing as Cat Girl. And that's just the start!

Explains how to shift an organization's focus from compensating for and working around employees who avoid their responsibilities to cultivating and rewarding the best employees.

This book helps teachers, principals, superintendents, and all educators develop a repertoire of tools and skills for comfortable and effective interaction with parents. It shows you how to deal with the parent who is bossy, volatile, argumentative, aggressive, or maybe the worst - apathetic. It provides specific phrases to use with parents to help you avoid using "trigger" words which unintentionally make matters worse. It will show you how to deliver bad news to good parents, how to build positive credibility to all types of parents, and how to foster the kind of parent involvement which leads to student success.

In her first novel since *The Quick and the Dead* (a finalist for the Pulitzer Prize), the legendary writer takes us into an uncertain landscape after an environmental apocalypse, a world in which only the man-made has value, but some still wish to salvage the authentic. "She practices ... camouflage, except that instead of adapting to its environment, Williams's imagination, by remaining true to itself, reveals new colorations in the ecology around her." —A.O. Scott, *The New York Times Book Review* Kristen is a teenager who, her mother believes, was marked by greatness as a baby when she died for a moment and then came back to life. After Kristen's failing boarding school for gifted teens closes its doors, and she finds that her mother has disappeared, she ranges across the dead landscape and washes up at a "resort" on the shores of a mysterious, putrid lake the elderly residents there call "Big Girl." In a rotting honeycomb of rooms, these old ones plot actions to punish corporations and people they consider culpable in the destruction of the final scraps of nature's beauty. What will Kristen and Jeffrey, the precocious ten-year-old boy she meets there, learn from this "gabby seditious lot, in the worst of health but with kamikaze hearts, an army of the aged and ill, determined to refresh, through crackpot violence, a plundered earth"? Rivetingly strange and beautiful, and delivered with

Williams's searing, deadpan wit, Harrow is their intertwined tale of paradise lost and of their reasons—against all reasonableness—to try and recover something of it.

Pioneering work by the great modernist painter, considered by many to be the father of abstract art and a leader in the movement to free art from traditional bonds. 12 illustrations.

Want to smile? Want to giggle? Are you ready to return to your childhood? All you have to do is pick up a copy of *Monkey Made of Sockies*. As soon as you see the smile on the monkey's face, you'll gain a smile of your own. Each turn of the page describes why *Monkey Made of Sockies* is the favored toy at Grammy's house. The vibrant illustrations and lyrical text make reading his book a truly enjoyable experience.

A young Native American woman remembers her volatile childhood as she searches for her lost brother in the Canadian wilds in an extraordinary, critically acclaimed debut novel. As she races along Canada's Douglas Channel in her speedboat—heading toward the place where her younger brother Jimmy, presumed drowned, was last seen—twenty-year-old Lisamarie Hill recalls her younger days. A volatile and precocious Native girl growing up in Kitamaat, the Haisla Indian reservation located five hundred miles north of Vancouver, Lisa came of age standing with her feet firmly planted in two different worlds: the spiritual realm of the Haisla and the sobering "real" world with its dangerous temptations of violence, drugs, and despair. From her beloved grandmother, Ma-ma-oo, she learned of tradition and magic; from her adored, Elvis-loving uncle Mick, a Native rights activist on a perilous course, she learned to see clearly, to speak her mind, and never to bow down. But the tragedies that have scarred her life and ultimately led her to these frigid waters cannot destroy her indomitable spirit, even though the ghosts that speak to her in the night warn her that the worst may be yet to come. Easily one of the most admired debut novels to appear in many a decade, Eden Robinson's *Monkey Beach* was immediately greeted with universal acclaim—called "gripping" by the *San Diego Union-Tribune*, "wonderful" by the *Milwaukee Journal Sentinel*, and "glorious" by the *Globe and Mail*, earning nominations for numerous literary awards before receiving the Ethel Wilson Fiction Prize. Evocative, moving, haunting, and devastatingly funny, it is an extraordinary read from a brilliant literary voice that must be heard.

San Francisco has a Monkey King - and she's freaking out. Barista, activist, and were-monkey Maya McQueen was well on her way to figuring herself out. Well, part of the way. 25% of the way. If you squint. But now the Bay Area is being shaken up. Occupy Wall Street has come home to roost; and on the supernatural side there's disappearances, shapeshifter murders, and the city's spirit trying to find its guardian. Maya doesn't have a lot of time before chaos turns up at her door, and she needs to solve all of her problems. Well, most of them. The urgent ones, anyhow. But who says the solutions have to be neat? Because Monkey is always out for mischief.

Teachers deal with change on a regular basis, but there are some principles at the core of teaching that remain constant and that have the biggest impact on student achievement. In this inspiring book from Danny Steele, creator of the popular Steele Thoughts blog, and Todd Whitaker, bestselling author and speaker, you'll learn how to focus on the most important things in the classroom, not just the "current" things. The authors reveal essential truths that will make you a more effective educator in areas such as student relationships, classroom management, and classroom culture. The strategies are presented in digestible chunks, perfect for book studies, in-service sessions, mentorship meetings, and other learning formats. With the inspiring anecdotes and insights in this book, you'll be reminded of your greater purpose – making a difference in students' lives.

Quick, easy, specific steps that make a difference in teaching and learning. Busy school leaders need an easy-to-apply resource to increase teacher effectiveness quickly and efficiently. This book shows principals and staff developers how to improve teaching school-wide through high-impact inservices lasting only ten minutes—incorporated easily into weekly staff meetings. Written by popular education consultants Todd Whitaker and Annette Breaux, this important book offers 40 teacher-tested, mini-workshops that can improve teaching in every classroom. The book covers a range of topics, from behavior challenges and parent engagement to motivating students and making lessons meaningful. Offers school leaders a proven plan to help every teacher improve on a weekly basis by conducting simple 10-minute inservice workshops. Offers staff developers, new teacher induction coordinators, mentors, and Professional Learning Communities ideas for effective training sessions. Each of the 40 mini-training sessions offered include tips on how to introduce the topic, sample scripts to follow, and implementation activities to ensure lasting learning. Whitaker and Breaux are bestselling education authors with a proven track record improving teacher effectiveness. This handy resource contains a simple and effective method for improving teacher effectiveness school wide.

Poor employees get a disproportionate amount of attention. Why? Because they complain the loudest, create the greatest disruptions, and rely on others to assume the responsibilities that they shirk. Learn how to focus on your good employees first, and help them shift these "monkeys" back to the underperformers. Through a simple but brilliant metaphor, the author helps you reinvigorate your staff and transform your organization.

Have you ever . . . Invested time in something that, in hindsight, just wasn't worth it? Paid too much in an eBay auction? Continued to do something you knew was bad for you? Sold stocks too late, or too early? Taken credit for success, but blamed failure on external circumstances? Backed the wrong horse? These are examples of what the author calls cognitive biases, simple errors all of us make in day-to-day thinking. But by knowing what they are and how to identify them, we can avoid them and make better choices: whether in dealing with personal problems or business negotiations, trying to save money or earn profits, or merely working out what we really want in life—and strategizing the best way to get it. Already an international bestseller, *The Art of Thinking Clearly* distills cutting-edge research from behavioral economics, psychology, and neuroscience into a clever, practical guide for anyone who's ever wanted to be wiser and make better decisions. A novelist, thinker, and entrepreneur, Rolf Dobelli deftly shows that in order to lead happier, more prosperous lives, we don't need extra cunning, new ideas, shiny gadgets, or more frantic hyperactivity—all we need is less irrationality. Simple, clear, and always surprising, this indispensable book will change the way you think and transform your decision making—at work, at home, every day. From why you shouldn't accept a free drink to why you should walk out of a movie you don't like, from why it's so hard to predict the future to why you shouldn't watch the news, *The Art of Thinking Clearly* helps solve the puzzle of human reasoning.

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human*

Nature. In the book that People magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

A playbook for mastering the art of bureaucracy from thought-leader Mark Schwartz.

Highlighted by two hundred full-color photographs, a celebration of American crafts and decorative arts and the artists who create them showcases masterpieces of furniture, wood, ceramics, glass, fiber, jewelry, metal, and basketry from the past two centuries, along with a look at how craft has shaped American history, arts, vitality, and identity. 25,000 first printing.

Whimsical and touching images tell the story of an unexpected friendship and the revelations it inspires in this moving, wordless picture book from two-time Caldecott Honor medalist Marla Frazee. A baby clown is separated from his family when he accidentally bounces off their circus train and lands in a lonely farmer’s vast, empty field. The farmer reluctantly rescues the little clown, and over the course of one day together, the two of them make some surprising discoveries about themselves—and about life! Sweet, funny, and moving, this wordless picture book from a master of the form and the creator of *The Boss Baby* speaks volumes and will delight story lovers of all ages.

"This refreshing story is a reminder that goals, passion, and the simple truths of your pursuit are the most meaningful building blocks of a successful organization, and should be its enduring architecture."—John Brenkus, cofounder and CEO of BASE Productions, host of Emmy award-winning "Sport Science," and author of *The Perfection Point* "As the speed of change, technology, competition, and demands increase, *The Ball* reminds us to keep sight of what's truly important."—Jeffrey Weber, founder, Technology Resource Center, Inc. and author, *From Idea to Exit: The Entrepreneurial Journey*

Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives? The primary obstacle is a conflict that's built into our brains, say Chip and Dan Heath, authors of the critically acclaimed bestseller *Made to Stick*. Psychologists have discovered that our minds are ruled by two different systems - the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort - but if it is overcome, change can come quickly. In *Switch*, the Heaths show how everyday people - employees and managers, parents and nurses - have united both minds and, as a result, achieved dramatic results:

- The lowly medical interns who managed to defeat an entrenched, decades-old medical practice that was endangering patients
- The home-organizing guru who developed a simple technique for overcoming the dread of housekeeping
- The manager who transformed a lackadaisical customer-support team into service zealots by removing a standard tool of customer service

In a compelling, story-driven narrative, the Heaths bring together decades of counterintuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformative change. *Switch* shows that successful changes follow a pattern, a pattern you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.

English translation (1561) of the 1528 text which portrays Renaissance court society in Italy

Francisco Goldman’s first novel since his acclaimed, nationally bestselling *Say Her Name* (winner of the Prix Femina étranger), *Monkey Boy* is a sweeping story about the impact of divided identity— whether Jewish/Catholic, white/brown, native/expat—and one misfit’s quest to heal his damaged past and find love. Our narrator, Francisco Goldberg, an American writer, has been living in Mexico when, because of a threat provoked by his journalism, he flees to New York City, hoping to start afresh. His last relationship ended devastatingly five years before, and he may now finally be on the cusp of a new love with a young Mexican woman he meets in Brooklyn. But Francisco is soon beckoned back to his childhood home outside Boston by a high school girlfriend who witnessed his youthful humiliations, and to visit his Guatemalan mother, Yolanda, whose intermittent lucidity unearths forgotten pockets of the past. On this five-day trip, the specter of Frank’s recently deceased father, Bert, an immigrant from Ukraine – pathologically abusive, yet also at times infuriatingly endearing — as well as the dramatic Guatemalan woman who helped raise him, and the high school bullies who called him “monkey boy,” all loom. Told in an intimate, irresistibly funny, and passionate voice, this extraordinary portrait of family and growing up “halfie,” unearths the hidden cruelties in a predominantly white, working-class Boston suburb where Francisco came of age, and explores the pressures of living between worlds all his life. *Monkey Boy* is a new masterpiece of fiction from one of the most important American voices in the last forty years.

This book was designed to be a helpful guide to a new healthier and happier you. In it you will find different ways to help you get started on a healthy diet. there is helpful information on how you can get started on your diet. Included is samples of recipes, exercising tips, stress reducing steps, and a way to help with your self-esteem. All of what you will be reading is based on my own personal experiences and how I found a way to over come the fears of dieting and be a healthier and happier person. This book is dedicated to all the people who need some help and guidance, to let them know that their not alone in there search for a better way of life.

Looking at the global shifts rocking all of us, Dave Gibbons offers a third-culture way to being the church. Gibbons offers creative applications that can help any church of any kind anywhere make a difference in the world. *The Monkey and the Fish* will help you live out your mission in a bold, revolutionary way.

Rose translates the best from brain-based research into practical skills and strategies anybody can use. Field-tested on more than 100,000 people, these core concepts really work to reduce stress, manage anger, and improve relationships.

Presents works of art selected from the South and Southeast Asian and Islamic collection of The Metropolitan Museum of Art, lessons plans, and classroom activities.

To make a lasting impact, start with your own learning. What’s better: a rigorous system that emphasizes traditional academics, or an innovative one that prepares students for tomorrow’s world? With McDowell’s new model of educational leadership, you don’t have to choose. You can create an impactful system that ensures growth for all students in both core academic content and 21st-century skills. The

Lead Learner shows you how starting with your own professional learning helps you plan for and meet the unique learning needs of staff and students—while getting the biggest impact from your limited time. You'll also find ways to: Ensure clarity in strategic planning Establish coherence throughout the system Enact system-wide capacity-building processes Craft your personal leadership skills With practical examples, stories from the field, and numerous activities and reflective questions, this insightful book takes you step-by-step through the work of the learning leader—so you can ensure engaged learning for all. The enduring contribution of this book is in the guidance it provides leaders to recognize that they are part, an important part, but just a part, of a networked system. As such, their decisions and actions send messages throughout the system about what is valued and what is not. Take heed to McDowell's advice and you'll have a healthy, growth-producing system that will be the envy of those around you. The work is possible, the information is available, and the results are clear. Douglas Fisher  
San Diego State University

[Copyright: ce728c50f06ce137ef922576a7313fe0](#)