

# **Becoming Bulletproof Protect Yourself Read People Influence Situations And Live Fearlessly**

Life LeverageThe Iron TriangleLimitlessLead Yourself FirstRadiation NationNumsense! Data Science for the LaymanHow to Lead When You're Not in ChargeNever Get Angry AgainHow to Use Your Intuition to Change Your LifeFamilies in the Urban Environment: Understanding Resilience (First Edition)Winning MindsHuman Lie Detection and Body Language 101Life UndercoverCaptivateBecoming BulletproofMusic to My YearsLife and Death in One BreathThe Highly Sensitive Person's Guide to Dealing with Toxic PeopleWho Am I Without You?The Ride of a LifetimeSurvive Like a SpyMy Time to SpeakBecoming BulletproofConsulting 101Becoming BulletproofI'm Over All ThatSingle and Forced to MingleEyes to the WindBecoming BulletproofThe Ladies of the Secret CircusBecoming BulletproofBody Language For DummiesThe Curse of Blood SwampFrom Hang Time to Prime TimeCryptography: The Key to Digital Security, How It Works, and Why It MattersCeoflow: Turn Your Employees Into Mini-CeosThe Bulletproof DietDrawing Basics and Video Game ArtBehind the ShadesConfident As Fu\*k

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## **Life Leverage**

If a breakup or divorce has drained your confidence and shattered your self-esteem, this book is for you. Written by a clinical psychologist and expert in women's health, *Who Am I Without You?* will help you work through your heartache, rediscover your self-worth, and learn to live and love again. Breakups can send you into a tailspin, causing an identity crisis and loss of self-worth. So how do you get back to the person you once were? *Who Am I Without You?* will teach you powerful skills based in cognitive behavioral therapy (CBT), positive psychology, and mindfulness that will help you tackle the difficult emotions that can surface after a breakup, such as grief, loss, anger, fear, worry, and low self-esteem. Comprised of fifty-two small chapters, the tools and exercises in this book are easy to apply, and will help you pick up the pieces of your broken identity, put them back together, shine yourself up, and get back out into the world—whole again and better than ever. Anyone who's been through a breakup or divorce knows just how painful it can be. And nowhere does a breakup or divorce hit harder than our identity and sense of self-worth. If you're ready to move past the pain of the end of your relationship and reclaim your confidence, this book will show you how.

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## **The Iron Triangle**

If you are puzzled by other people or want to improve the impression you give, knowing about body language could be the key. In this book you'll discover how the body reveals what people really mean and how you can use your body and your expressions to improve your self-image to others. It explores why we give the signals we do, how to read the most common expressions and goes on to show how you can use your new understanding of body language for success at work, in relationships and in your communication. Actions really do speak louder than words!

## **Limitless**

An inspiring, timely, and conversation-starting memoir from the barrier-breaking and Emmy Award-winning journalist Ilia Calderón—the first Afro-Latina to anchor a high-profile newscast for a major Hispanic broadcast network in the United States—about following your dreams, overcoming prejudice, and embracing your identity. As a child, Ilia Calderón felt like a typical girl from Colombia. In Chocó, the Afro-Latino province where she grew up, your skin could be any shade and you'd still be considered blood. Race was a non-issue, and Ilia

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didn't think much about it—until she left her community to attend high school and college in Medellín. For the first time, she became familiar with horrifying racial slurs thrown at her both inside and outside of the classroom. From that point on, she resolved to become “deaf” to racism, determined to overcome it in every way she could, even when she was told time and time again that prominent castings weren't “for people like you.” When a twist of fate presented her the opportunity of a lifetime at Telemundo in Miami, she was excited to start a new life, and identity, in the United States, where racial boundaries, she believed, had long since dissolved and equality was the rule. Instead, in her new life as an American, she faced a new type of racial discrimination, as an immigrant women of color speaking to the increasingly marginalized Latinx community in Spanish. Now, Ilia draws back the curtain on the ups and downs of her remarkable life and career. From personal inner struggles to professional issues—such as being directly threatened by a Ku Klux Klan member after an interview—she discusses how she built a new identity in the United States in the midst of racially charged violence and political polarization. Along the way, she'll show how she's overcome fear and confronted hate head on, and the inspirational philosophy that has always propelled her forward.

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## **Lead Yourself First**

A nuts-and-bolts explanation of cryptography from a leading expert in information security. Despite its reputation as a language only of spies and hackers, cryptography plays a critical role in our everyday lives. Though often invisible, it underpins the security of our mobile phone calls, credit card payments, web searches, internet messaging, and cryptocurrencies—in short, everything we do online. Increasingly, it also runs in the background of our smart refrigerators, thermostats, electronic car keys, and even the cars themselves. As our daily devices get smarter, cyberspace—home to all the networks that connect them—grows. Broadly defined as a set of tools for establishing security in this expanding cyberspace, cryptography enables us to protect and share our information. Understanding the basics of cryptography is the key to recognizing the significance of the security technologies we encounter every day, which will then help us respond to them. What are the implications of connecting to an unprotected Wi-Fi network? Is it really so important to have different passwords for different accounts? Is it safe to submit sensitive personal information to a given app, or to convert money to bitcoin? In clear, concise writing, information security expert Keith Martin answers all these questions and more, revealing the many crucial ways

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we all depend on cryptographic technology. He demystifies its controversial applications and the nuances behind alarming headlines about data breaches at banks, credit bureaus, and online retailers. We learn, for example, how cryptography can hamper criminal investigations and obstruct national security efforts, and how increasingly frequent ransomware attacks put personal information at risk. Yet we also learn why responding to these threats by restricting the use of cryptography can itself be problematic. Essential reading for anyone with a password, Cryptography offers a profound perspective on personal security, online and off.

### **Radiation Nation**

In this inspirational and moving memoir—reminiscent of *When Breath Becomes Air* and *The Bright Hour*—activist Ady Barkan explores his life with ALS and how his diagnosis gave him a profound new understanding of his commitment to social justice for all. Ady Barkan loved taking afternoon runs on the California coast and holding his newborn son, Carl. But one day, he noticed a troubling weakness in his hand. At first, he brushed it off as carpal tunnel syndrome, but after a week of neurological exams and two MRIs, he learned the cause of the problem: amyotrophic lateral sclerosis, better known as ALS or Lou

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Gehrig's disease. At age 32, Ady was given just three to four years to live. Yet despite the devastating diagnosis, he refused to let his remaining days go to waste. *Eyes to the Wind* is a rousing memoir featuring intertwining storylines about determination, perseverance, and how to live a life filled with purpose and intention. The first traces Ady's battle with ALS: how he turned the initial shock and panic from his diagnosis into a renewed commitment to social justice—not despite his disability but because of it. The second, told in flashbacks, illustrates Ady's journey from a goofy political nerd to a prominent figure in the enduring fight for equity and justice who is "willing to give [his] last breath to save our democracy" (CNN). From one of today's most vocal advocates for social justice, *Eyes to the Wind* is an evocative and unforgettable memoir about activism, dedication, love, and hope.

### **Numsense! Data Science for the Layman**

For ages, most of humanity has placed "life" and "death" at two ends of the existential spectrum - favoring one, fearing the other and continuously floundering between the two. Only when someone who has consciously traversed between both life and death offers to articulate some aspects of it, does humanity get a glimpse of what lies beyond

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the horizon of its normal perception. With his extraordinary insights, coming from a profound inner experience, Sadhguru reveals that life and death are, in fact, two sides of the same coin. It is only by embracing both that we can break the shackles of our selfmade struggles and be set free. In his own words, he says: "Death is a cosmic joke. If you get the joke, when you fall on the other side, it will be wonderful. If you don't get the joke, when you are here you fear the other side, and when the other side comes, you just don't know what it is about. If death becomes a laughing matter in your life, life becomes an utterly effortless process - there is no need to restrain yourself in the process of life; you can live your life absolutely, totally." "The distance between your life and death is just one breath, isn't it?" - Sadhguru

### **How to Lead When You're Not in Charge**

In his mid-twenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his



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fortune to "hack" his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge—and change—the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

### **Never Get Angry Again**

After more than 2 decades of walking the entrepreneurial journey of struggle and triumph, Carl had finally achieved financial freedom and

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life was looking pretty good then one day his world suddenly came crashing down. What came next was a journey of re-discovery allowing Carl to truly embody and experience the incredible power of the human mind and come face-to-face with the stories we tell ourselves. It was in his moments of greatest pain that he found his greatest strength. In *Becoming Bulletproof*, Carl Taylor (Author of #1 Business Book, *Red Means Go!*) shares his deepest insights into the truth of the world we live in, and the power of how we perceive life is within our control. Imagine being invincible to - Losing millions of dollars in your business due to a market regulation - Finding out your business partner has been stealing from you for 5 years - Your 10 year relationship coming to an end after an intimate betrayal - Getting a diagnosis from the doctor and it's life threateningly serious - Waking up in the hospital and hearing "Sorry, we had to amputate" or whatever the worst possible scenario you can ever imagine happening, yet you take it in your stride and continue to be happy, fulfilled and excited about life. Whether you feel like you've just been kicked and bruised so much that you're not sure how you can go on OR you feel like you're absolutely winning at life and nothing can stop you This book reveals the exact strategies you can immediately apply to develop a level of peace and power that few discover in their lifetime. Read this and you'll become a better friend, a better sibling, a better student, a

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better partner, a better parent, a better leader, the best version of YOU.

### **How to Use Your Intuition to Change Your Life**

Shhh . Did you know there is a secret Language of Leadership: a timeless set of cues and signals that still determines who reaches the top in politics and business today. The ancient Greeks were the first to study the art of communication 2,500 years ago. It is only now, with recent breakthroughs in neuroscience, that we can say for sure what works and how. In *Winning Minds*, top speechwriter Simon Lancaster blends ancient rhetoric and neuroscience to create the definitive guide to the Language of Leadership. With trust in business and political leaders at record lows, there's never been a better time for a fresh perspective on communication. *Winning Minds* is packed with insights into the effects of metaphors, stories, and sound bites on the brain. We know what the brain looks like on heroin. This book shows the brain on Branson, Obama, and Boris.

### **Families in the Urban Environment: Understanding Resilience (First Edition)**

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Confident As Fu\*k is the self-help book for people looking to level up their self-esteem and confidence and manifest their dreams to live a happier, more abundant existence. This book is also for highly confident people to learn how to navigate confidence pitfalls, become more accessible, and refine their nature. In this entertaining exposé on self-esteem and confidence, bestselling author and coach Elle Russ, dishes out funny, inspiring stories and observations to help you: 1) Identify and finally ditch bad vibes and negative people who are keeping you from being Confident As Fu\*k. 2) Clean up your past through addressing shame and limiting stories (about yourself and others) that are holding you back. 3) Become inspired to speak up for yourself and take a leap into the arena of self-examination. By the end of Confident As Fu\*k, you will understand yourself and the shortcomings you need to abandon in order to kick ass and take names!

### **Winning Minds**

"Wish you knew exactly what to say in awkward social situations? Do you want a formula for charisma? Do you want to know exactly what to say to your boss, your date, or your mother-in-law? You need to know how people work. As a human behavior investigator, VanessaVanEdwardsstudies the hidden forces that drive our behavior

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patterns in her lab--and she's cracked the code. InCaptivateshe shares a wealth ofvaluable shortcuts, systems and behavior hacks for taking charge of their interactions at work, at home, and in any social situation.These aren't the people skills you learned in school. This is the first comprehensive, science backed, real life manual on human behavior and a completely new approach to building connections. Just like knowing the right formulas to use in chemistry, or the right programming language to write code, the hacks in this book are simple ways to solve for people. For example: -The Social Game Plan: Every party, networking event and social situation has a predictable map - discover how to work a room and the sweet spot for making the most connections. -The 7 Microexpressions: Learn how to speed-read the 7 universal facial expressions and how they can be used to predict people's emotions. -Conversation Sparks: All conversations can be hacked--if you know how certain words generate dopamine in the people you meet. When you understand the laws of human behavior you can get along with anyone, and your influence, impact, and income will increase as a result. What's more, you will improveyour interpersonal intelligence, make a killer first impression, and build rapport quickly and authentically in any situation--negotiations, interviews, parties, and pitches. You will never interact in the same way again"--

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## **Human Lie Detection and Body Language 101**

For over 25 years, renowned brain coach Jim Kwik has worked closely with top actors, athletes, CEOs, and superachievers in all walks of life to unlock their true capabilities. In this groundbreaking book, he reveals the science-based practices and field-tested techniques that the world's top performers use to accelerate their learning and create world-class results.

## **Life Undercover**

Former Secret Service agent and star of Bravo's Spy Games Evy Poumpouras shares lessons learned from protecting presidents, as well insights and skills from the oldest and most elite security force in the world to help you prepare for stressful situations, instantly read people, influence how you are perceived, and live a more fearless life. Becoming Bulletproof means transforming yourself into a stronger, more confident, and more powerful person. Evy Poumpouras—former Secret Service agent to three presidents and one of only five women to receive the Medal of Valor—demonstrates how we can overcome our everyday fears, have difficult conversations, know who to

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trust and who might not have our best interests at heart, influence situations, and prepare for the unexpected. When you have become bulletproof, you are your best, most courageous, and most powerful version of you. Poumpouras shows us that ultimately true strength is found in the mind, not the body. Courage involves facing our fears, but it is also about resilience, grit, and having a built-in BS detector and knowing how to use it. In *Becoming Bulletproof*, Poumpouras demonstrates how to heighten our natural instincts to employ all these qualities and move from fear to fearlessness.

### **Captivate**

In this memoir full of humor and heart, comedian, writer, and producer Cristela Alonzo shares personal stories of growing up as a first-generation Mexican-American in Texas and following her dreams to pursue a career in comedy. When Cristela Alonzo and her family lived as squatters in an abandoned diner, they only had two luxuries: a television and a radio, which became her pop cultural touchstone and a guiding light. Cristela shares her experiences and struggles of being a first-generation American, her dreams of becoming a comedian, and how it feels to be a creator in a world that often minimizes people of color and women. Her stories range from the ridiculous—like the time

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she made her own tap shoes out of bottle caps or how the theme song of The Golden Girls landed her in the principal's office—to the sobering moments, like how she turned to stand-up comedy to grieve the heartbreaking loss of her mother and how, years later, she's committed to giving back to the community that helped make her. Each significant moment of the book relates to a song, and the resulting playlist is deeply moving, resonant, and unforgettable. Music to My Years will make you laugh, cry, and even inspire you to make a playlist of your own.

### **Becoming Bulletproof**

Former Secret Service agent and star of Bravo's Spy Games Evy Poumpouras shares lessons learned from protecting presidents, as well insights and skills from the oldest and most elite security force in the world to help you prepare for stressful situations, instantly read people, influence how you are perceived, and live a more fearless life. Becoming Bulletproof means transforming yourself into a stronger, more confident, and more powerful person. Evy Poumpouras—former Secret Service agent to three presidents and one of only five women to receive the Medal of Valor—demonstrates how we can overcome our everyday fears, have difficult conversations, know who to



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### **Music to My Years**

'Part memoir, part hugely entertaining self-help manual for these tough times' Roger Alton, Daily Mail Former Secret Service Special Agent Evy Poumpouras shares the insights and skills from one of the oldest elite security forces in the world - to help you prepare for stressful situations, instantly read people, influence how you're perceived, and live a more fearless life. From gruelling training to clandestine interrogation rooms, to protecting the President of the United States of America, Evy shares rare behind-the-scenes glimpses while also exploring the psychology of human behaviour and the strategies used by the best negotiators. Evy demonstrates how we can

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learn from these experiences to heighten our own natural instincts to detect BS, develop grit and become the most resilient and powerful version of ourselves. Becoming Bulletproof is a timely guide to empowerment, mental strength, and overcoming fear and abuse - a guide to becoming bulletproof.

### **Life and Death in One Breath**

This is a memoir by one of the first five female agents sworn in the US Secret Service in 1971. With her Smith & Wesson, her radio, and her wits, Sue Ann Baker navigated a new frontier for women. And like all frontiers, hers was full of challenges she could never have anticipated. Published in honor of the 150th anniversary of the Secret Service, this eye-opening memoir follows one woman's quest to crack the glass ceiling, and serves as a timely reminder that it hasn't shattered yet.

### **The Highly Sensitive Person's Guide to Dealing with Toxic People**

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## **Who Am I Without You?**

Families in the Urban Environment: Understanding Resilience introduces students to some of the challenges that children and families face in urban environments. The text also highlights resilience as a process and discusses the family as a social unit. The book is divided into five parts: Theories of Resilience, Family in the United States, Marriage and Partnership, Family and Work Life, and Urban Factors. Specific topics explored throughout the text include social capital and health; resilience to discrimination stress across ethnic identity stages of development; familial dynamics in immigrant families; and resilience as it relates to the survivors of partner and martial violence. The books also explores familial budgets; the feminist reorganization of family; child well-being in middle-class environments; educating the homeless and other highly mobile students; protective factors for low-income youth; and more. Families in the Urban Environment presents students with a comprehensive look into the myriad challenges that urban families face today. The book is ideal for undergraduate courses in family systems, social work, or child development.

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## **The Ride of a Lifetime**

Forbes Magazine identified intuition as "the highest form of intelligence." Joy Martina has helped thousands of people around the world activate and amplify their intuition with the five steps presented in this book. Read it, do these simple steps, and you will discover that intuition gives you a distinct advantage in difficult situations. As Einstein said, "The intuitive mind is a sacred gift. The rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift." Let Joy help you develop the gift, and you will join the many celebrities and leaders who score high for intuition on the Myers-Briggs Type Indicator (MBTI). You may even find yourself standing among millions of intuitive types who have changed the world, including Elon Musk, Oprah Winfrey, Hillary Clinton, Mark Zuckerberg, and Steve Jobs. Each of these individuals is classified as an Intuitive on the MBTI. Their accomplishments show us that intuition is far more than its "woo-woo" reputation would have us believe; it is an essential skill when it comes to creating success.

## **Survive Like a Spy**

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From the author of *A Witch in Time* comes a magical story spanning from Jazz Age Paris to modern-day America of family secrets, sacrifice, and lost love set against the backdrop of a mysterious circus. Paris, 1925: To enter the Secret Circus is to enter a world of wonder—a world where women weave illusions of magnificent beasts, carousels take you back in time, and trapeze artists float across the sky. Bound to her family's circus, it's the only world Cecile Cabot knows until she meets a charismatic young painter and embarks on a passionate affair that could cost her everything. Virginia, 2004: Lara Barnes is on top of the world until her fiancé disappears on their wedding day. When her desperate search for answers unexpectedly leads to her great-grandmother's journals, Lara is swept into a story of a dark circus and ill-fated love. Soon secrets about Lara's family history begin to come to light, revealing a curse that has been claiming payment from the women in her family for generations. A curse that might be tied to her fiancé's mysterious disappearance. Praise for *The Ladies of the Secret Circus*: "At times decadent and macabre, *The Ladies of the Secret Circus* is a mesmerizing tale of love, treachery, and depraved magic percolating through four generations of Cabot women." —Luanne G. Smith, author of *The Vine Witch* "Fans of Erin Morgenstern's *The Night Circus* will love this page-turning story of dark magic, star-crossed love, and familial sacrifice." —Publishers Weekly (starred review)

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"Ambitious and teeming with magic, Sayers creates a fascinating mix of art, The Belle Époque, and more than a little murder." –Erika Swyler, author of The Book of Speculation For more from Constance Sayers, check out A Witch in Time.

### **My Time to Speak**

Learn the fundamentals for a successful career in Consulting Follow these 101 tips to become an expert consultant Consulting 101 is an instructional and easy to read book providing 101 tips for success in consulting. Using case studies in many of the tips, Lew Sauder provides the reader with real world situations that he has experienced and observed over his more than 25 year career. Consulting 101 provides advice on: How to develop strong relationships with clients How to develop a sales focus early in your consulting career How to become a better communicator How to develop your personal brand to advance your career faster And much more

### **Becoming Bulletproof**

The Everglades have always felt like a friendly place to Ryan Wells,

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but when he begins to hear stories about the Swamp Witch, he and his cousin Michael decide to investigate the situation themselves.

### **Consulting 101**

A penetrating look at the company at the nexus of big business, government, and defense The Carlyle Group is one of the largest private equity firms in the world with over \$13 billion in funds. Carlyle's investments include everything from defense contractors to telecommunications and aerospace companies. But there is more to this company than meets the eye. Carlyle's executives include heavyweights from the worlds of business and politics, such as former secretary of defense and CIA deputy director Frank Carlucci, former secretary of state James Baker III, former President George Bush, former UK Prime Minister John Major, and former chairman of the SEC Arthur Levitt. Osama Bin Laden's estranged family was personally invested in the group until recently. In *The Iron Triangle*, journalist Dan Briody examines a company at the nexus of big business, government, and defense that, according to some sources, epitomizes corporate cronyism, conflicts of interest, and war profiteering. This fascinating examination leads readers into a world that few can imagine—full of clandestine meetings, quid pro quo deals, bitter

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ironies, and petty jealousies. And the cast of characters includes some of the most powerful men in the world. Strap in, because this ride could get a little bumpy. Dan Briody (New York, NY) is an award-winning business journalist whose Red Herring article "Carlyle's Way" broke the story on the inner workings of the Carlyle Group. Briody has appeared on numerous radio and television programs covering the Carlyle Group and has become a primary source for other journalists covering this story. Briody's articles have appeared in Forbes, Red Herring, and the Industry Standard.

### **Becoming Bulletproof**

Perfect for fans of Moneyball and The Book of Basketball, this vivid, thoroughly entertaining, and well-researched book explores the NBA's surge in popularity in the 1970s and 1980s and its transformation into a global cultural institution. Far beyond simply being a sports league, the NBA has become an entertainment and pop culture juggernaut. From all kinds of team logo merchandise to officially branded video games and players crossing over into reality television, film, fashion lines, and more, there is an inseparable line between sports and entertainment. But only four decades ago, this would have been unthinkable. Featuring writing that leaps off the page with



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energy and wit, journalist and basketball fan Pete Croatto takes us behind the scenes to the meetings that lead to the monumental American Basketball Association-National Basketball Association merger in 1976, revolutionizing the NBA's image. He pays homage to legendary talents including Julius "Dr. J" Erving, Magic Johnson, and Michael Jordan and reveals how two polar-opposite rookies, Larry Bird and Magic Johnson, led game attendance to skyrocket and racial lines to dissolve. Croatto also dives into CBS's personality-driven coverage of key players, as well as other cable television efforts, which launched NBA players into unprecedented celebrity status. Essential reading whether you're a casual or longtime fan, *From Hang Time to Prime Time* is an enthralling and entertaining celebration of basketball history.

### **I'm Over All That**

*CEOFlow: How To Have More Freedom & Peace Of Mind While Making More Money By Creating A Team Of Employees That Run Your Business Like High-Level Executives.*

### **Single and Forced to Mingle**

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A laugh-out-loud, tongue-in-cheek guidebook filled with hilarious and helpful advice—from how to dodge family members' unwanted questions about babies to successfully creating a fake partner during wedding season—for anyone trying to survive and thrive in the midst of singledom. Perfect for fans of *Hey Ladies!* and *Single State of Mind*. So, you're single. Whether existing sans partner is a new state of being or you've been on this solo journey for a while, the fact of the matter is this: being single is actually awesome. You can do whatever you want, travel wherever you want, and be your truest, most free self. But there are a lot of people out there—your mom, your married best friend, the wedding industry, society—who see things differently. To them, singledom is something to avoid at all cost, no matter how many times you tell them you love your life the way it is. The limit does not exist when it comes to telling Aunt Carol you still don't want to be set up with her neighbor's ex-stepson. Now, Melissa Croce gives you the tips, tricks, and sage advice you need to graciously endure all of the cringe-worthy scenarios your single self may dread, from awkward small talk with an ex to navigating well-meaning but insensitive relatives. And it helps you truly flourish in your singledom, offering activities like quizzes aimed at helping you find a new hobby and tarot spreads for that cozy Saturday night in. Part real-world guide, part commiseration, and part celebration, *Single and*

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Forced to Mingle will steer you through the ups and downs of being single, reminding you just how good it feels to be free.

### **Eyes to the Wind**

You are just one small step away from the life you know you deserve. It's time to leverage your life. Life Leverage means taking control of your life, easily balancing your work and free time, making the most money with the minimum time input & wastage, and living a happier and more successful life. Using Rob Moore's remarkable Life Leverage model, you'll quickly banish & outsource all your confusion, frustration and stress & live your ideal, globally mobile life, doing more of what you love on your own terms. Learn how to: - Live a life of clarity & purpose, merging your passion & profession - Make money & make a difference, banishing work unhappiness - Use the fast-start wealth strategies of the new tech-rich - Maximise the time you have; don't waste a moment by outsourcing everything - Leverage all the things in your life that don't make you feel alive 'This book shows you how to get more done, faster and easier than you ever thought possible. A great book that will change your life'. Brian Tracy, bestselling author of Eat That Frog

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## **Becoming Bulletproof**

"Do you want to know when someone is lying to you? In this book, you will learn both body language and lie detection. In a ten minute conversation you are likely to be lied to two to three times. Learn how to spot those lies. If you have ever interacted with another person, this book will be useful to you because our everyday interactions are filled with secret nonverbal cues just waiting to be uncovered. Whether you are a business owner, parent, spouse, employee, human resources director, teacher or student, this book will change the way you interact with those around you"--Amazon.com.

## **The Ladies of the Secret Circus**

INSTANT NEW YORK TIMES BESTSELLER "Fast and thrilling . . . Life Undercover reads as if a John le Carré character landed in Eat Pray Love." —The New York Times Amaryllis Fox's riveting memoir tells the story of her ten years in the most elite clandestine ops unit of the CIA, hunting the world's most dangerous terrorists in sixteen countries while marrying and giving birth to a daughter Amaryllis Fox was in her last year as an undergraduate at Oxford studying theology

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and international law when her writing mentor Daniel Pearl was captured and beheaded. Galvanized by this brutality, Fox applied to a master's program in conflict and terrorism at Georgetown's School of Foreign Service, where she created an algorithm that predicted, with uncanny certainty, the likelihood of a terrorist cell arising in any village around the world. At twenty-one, she was recruited by the CIA. Her first assignment was reading and analyzing hundreds of classified cables a day from foreign governments and synthesizing them into daily briefs for the president. Her next assignment was at the Iraq desk in the Counterterrorism center. At twenty-two, she was fast-tracked into advanced operations training, sent from Langley to "the Farm," where she lived for six months in a simulated world learning how to use a Glock, how to get out of flexicuffs while locked in the trunk of a car, how to withstand torture, and the best ways to commit suicide in case of captivity. At the end of this training she was deployed as a spy under non-official cover--the most difficult and coveted job in the field as an art dealer specializing in tribal and indigenous art and sent to infiltrate terrorist networks in remote areas of the Middle East and Asia. Life Undercover is exhilarating, intimate, fiercely intelligent--an impossible to put down record of an extraordinary life, and of Amaryllis Fox's astonishing courage and passion.

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## **Becoming Bulletproof**

A comprehensive, holistic look at the underlying emotional, physical, and spiritual causes of anger, and what the reader can do to gain perspective allowing them to never get angry again. "An essential instruction manual for anger management, but also a detailed work on how to get along with other people." –Library Journal (starred review) Never Get Angry Again is New York Times bestselling author David J. Lieberman's comprehensive, holistic look at the underlying emotional, physical, and spiritual causes of anger, and what the reader can do to gain perspective, allowing them to never get angry again. Take a deep breath and count to ten. Meditate. Visualize your happy place. You've probably heard all of these anger management techniques and more from friends, family, and experts, but somehow they miss the mark when it comes to coping with the complex emotion of anger. Let's face it: if anger-management techniques were effective, you wouldn't be reading this book. These clumsy attempts to maintain calmness are usually futile and sometimes emotionally draining. The fact is, either something bothers us (causing anxiety, frustration, or anger), or it doesn't. A state of calm is better accomplished by not becoming agitated in the first place. When we fight the urge to blow up or melt down, we fight against our own nature. Internationally bestselling

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author David J. Lieberman understands that a change in perspective is all that is needed to help keep from flying off the handle. In *Never Get Angry Again*, he illuminates the underlying emotional, spiritual, and physical components of anger, and gives the readers simple, practical tools to snuff out anger before it even occurs.

### **Body Language For Dummies**

Used in Stanford's CS102 Big Data (Spring 2017) course. Want to get started on data science? Our promise: no math added. This book has been written in layman's terms as a gentle introduction to data science and its algorithms. Each algorithm has its own dedicated chapter that explains how it works, and shows an example of a real-world application. To help you grasp key concepts, we stick to intuitive explanations, as well as lots of visuals, all of which are colorblind-friendly. Popular concepts covered include: A/B Testing Anomaly Detection Association Rules Clustering Decision Trees and Random Forests Regression Analysis Social Network Analysis Neural Networks Features: Intuitive explanations and visuals Real-world applications to illustrate each algorithm Point summaries at the end of each chapter Reference sheets comparing the pros and cons of algorithms Glossary list of commonly-used terms With this book, we

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hope to give you a practical understanding of data science, so that you, too, can leverage its strengths in making better decisions.

## **The Curse of Blood Swamp**

#1 NEW YORK TIMES BESTSELLER • A grand vision defined: The CEO of Disney, one of Time's most influential people of 2019, shares the ideas and values he embraced to reinvent one of the most beloved companies in the world and inspire the people who bring the magic to life. Robert Iger became CEO of The Walt Disney Company in 2005, during a difficult time. Competition was more intense than ever and technology was changing faster than at any time in the company's history. His vision came down to three clear ideas: Recommit to the concept that quality matters, embrace technology instead of fighting it, and think bigger—think global—and turn Disney into a stronger brand in international markets. Twelve years later, Disney is the largest, most respected media company in the world, counting Pixar, Marvel, Lucasfilm, and 21st Century Fox among its properties. Its value is nearly five times what it was when Iger took over, and he is recognized as one of the most innovative and successful CEOs of our era. In *The Ride of a Lifetime*, Robert Iger shares the lessons he's learned while running Disney and leading its 200,000 employees, and he



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explores the principles that are necessary for true leadership, including:

- Optimism. Even in the face of difficulty, an optimistic leader will find the path toward the best possible outcome and focus on that, rather than give in to pessimism and blaming.
- Courage. Leaders have to be willing to take risks and place big bets. Fear of failure destroys creativity.
- Decisiveness. All decisions, no matter how difficult, can be made on a timely basis. Indecisiveness is both wasteful and destructive to morale.
- Fairness. Treat people decently, with empathy, and be accessible to them.

This book is about the relentless curiosity that has driven Iger for forty-five years, since the day he started as the lowliest studio grunt at ABC. It's also about thoughtfulness and respect, and a decency-over-dollars approach that has become the bedrock of every project and partnership Iger pursues, from a deep friendship with Steve Jobs in his final years to an abiding love of the Star Wars mythology. "The ideas in this book strike me as universal" Iger writes. "Not just to the aspiring CEOs of the world, but to anyone wanting to feel less fearful, more confidently themselves, as they navigate their professional and even personal lives."

### **From Hang Time to Prime Time**

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Discusses the hidden dangers and health concerns of electromagnetic frequency radiation that is emitted from technological devices that we use everyday and offers practical advice on how to protect yourself and your loved ones from harm.

### **Cryptography: The Key to Digital Security, How It Works, and Why It Matters**

Follow-up to the New York Times bestseller *Spy Secrets That Can Save Your Life*--revealing high-stakes techniques and survival secrets from real intelligence officers in life-or-death situations around the world Everyone loves a good spy story, but most of the ones we hear are fictional. That's because the most dangerous and important spycraft is done in secret, often hidden in plain sight. In this powerful new book, bestselling author and former CIA officer Jason Hanson takes the reader deep inside the world of espionage, revealing true stories and expert tactics from real agents engaged in life-threatening missions around the world. With breathtaking accounts of spy missions in Eastern Europe, the Middle East, Asia, and elsewhere, the book reveals how to:

- \* Achieve mental sharpness to be ready for anything
- \* Escape if taken hostage
- \* Set up a perfect safe site

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Assume a fake identity \* Master the "Weapons of Mass Influence" to recruit others, build rapport, and make allies when you need them most With real-life spy drama that reads like a novel paired with expert practical techniques, Survive Like a Spy will keep you on the edge of your seat - and help you stay safe when you need it most.

### **Ceoflow: Turn Your Employees Into Mini-Ceos**

"This book supports my own 30-year crusade to demonstrate that games are an art form that undeniably rivals traditional arts. It gives detailed explanations of game art techniques and their importance, while also highlighting their dependence on artistic aspects of game design and programming." – John Romero, co-founder of id Software and CEO of Loot Drop, Inc. "SolarSKI's methodology here is to show us the artistic techniques that every artist should know, and then he transposes them to the realm of video games to show how they should be used to create a far more artful gaming experience if I were an artist planning to do video game work, I'd have a copy of this on my shelf." – Marc Mason, Comics Waiting Room Video games are not a revolution in art history, but an evolution. Whether the medium is paper or canvas—or a computer screen—the artist's challenge is to make something without depth seem like a window into a living, breathing

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world. Video game art is no different. Drawing Basics and Video Game Art is first to examine the connections between classical art and video games, enabling developers to create more expressive and varied emotional experiences in games. Artist game designer Chris Solarski gives readers a comprehensive introduction to basic and advanced drawing and design skills—light, value, color, anatomy, concept development—as well as detailed instruction for using these methods to design complex characters, worlds, and gameplay experiences. Artwork by the likes of Michelangelo, Titian, and Rubens are studied alongside AAA games like BioShock, Journey, the Mario series, and Portal 2, to demonstrate perpetual theories of depth, composition, movement, artistic anatomy, and expression. Although Drawing Basics and Video Game Art is primarily a practical reference for artists and designers working in the video games industry, it's equally accessible for those interested to learn about gaming's future, and potential as an artistic medium. Also available as an eBook

### **The Bulletproof Diet**

"Lead Yourself First makes a compelling argument for the integral relationship between solitude and leadership." --The Wall Street Journal Throughout history, leaders have used solitude as a matter of

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course. Martin Luther King found moral courage while sitting alone at his kitchen table one night during the Montgomery bus boycott. Jane Goodall used her intuition in the jungles of central Africa while learning how to approach chimps. Solitude is a state of mind, a space where you can focus on your own thoughts without distraction, with a power to bring mind and soul together in clear-eyed conviction. But these days, handheld devices and other media leave us awash with the thoughts of others. We are losing solitude without even realizing it. To find solitude today, a leader must make a conscious effort. This book explains why the effort is worthwhile and how to make it. Through gripping historical accounts and firsthand interviews with a wide range of contemporary leaders, Raymond Kethledge (a federal court of appeals judge) and Michael Erwin (a West Pointer and three-tour combat veteran) show how solitude can enhance clarity, spur creativity, sustain emotional balance, and generate the moral courage necessary to overcome adversity and criticism. Anyone who leads anyone--including oneself--can benefit from solitude. With a foreword by Jim Collins (author of the bestseller *Good to Great*), *Lead Yourself First* is a rallying cry to reclaim solitude--and all the benefits, both practical and sublime, that come with it.

## **Drawing Basics and Video Game Art**

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"This book will be one of the most, if not the most, pivotal leadership books you'll ever read." - Andy Stanley "If you're ready to lead right where you are, this book can show you how to start." - Dave Ramsey "Read this book! The marketplace is full of leadership messages, but this one is a stand out." - Louie Giglio Are you letting your lack of authority paralyze you? One of the greatest myths of leadership is that you must be in charge in order to lead. Great leaders don't buy it. Great leaders lead with or without the authority and learn to unleash their influence wherever they are. With practical wisdom and humor, Clay Scroggins will help you nurture your vision and cultivate influence, even when you lack authority in your organization. And he will free you to become the great leader you want to be so you can make a difference right where you are. Even when you're not in charge. X

### **Behind the Shades**

Reclaim your power from narcissists, manipulators, and other toxic people. If you're a highly sensitive person, or identify as an "empath," you may feel easily overwhelmed by the world around you, suffer from "people-pleasing," experience extreme anxiety or stress in

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times of conflict, or even take on the emotions of others. Due to your naturally giving nature, you may also be a target for narcissists and self-centered individuals who seek to exploit others for their own gain. So, how can you protect yourself? In *The Highly Sensitive Person's Survival Guide to Dealing with Toxic People*, you'll learn evidence-based skills grounded in cognitive-behavioral therapy (CBT) and dialectical behavior therapy (DBT) to help you recognize and shut down the common manipulation tactics used by toxic people, such as gaslighting, stonewalling, projection, covert put-downs, and love bombing. You'll also discover targeted tips to protect yourself from the five main types of toxic people: Garden-variety boundary-steppers Crazy-makers and attention-seekers Emotional vampires Narcissists Sociopaths and psychopaths Finally, you'll learn how to heal from toxic or narcissistic abuse, and find strategies for establishing healthy boundaries and a strong sense of self. If you're an HSP who is ready to take a stand against the toxic people in your life, this book has everything you need to survive and thrive.

### **Confident As Fu\*k**

In a collection of personal essays, the actress shares her views and insights on aging, Hollywood, being polite, sex, and anger.

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