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Don't Shoot the Dog! Karen Pryor 2002 Includes a new section on clicker training.

Stones from the River Ursula Hegi 2011-01-25 From the acclaimed author of *Floating in My Mother's Palm* and *Children and Fire*, a stunning story about ordinary people living in extraordinary times—"epic, daring, magnificent, the product of a defining and mesmerizing vision" (Los Angeles Times). Trudi Montag is a Zwerg—a dwarf—short, undesirable, different, the voice of anyone who has ever tried to fit in. Eventually she learns that being different is a secret that all humans share—from her mother who flees into madness, to her friend Georg whose parents pretend he's a girl, to the Jews Trudi harbors in her cellar. Ursula Hegi brings us a timeless and unforgettable story in Trudi and a small town, weaving together a profound tapestry of emotional power, humanity, and truth.

Basketball Sports Medicine and Science Lior Laver 2020-10-05 This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. *Basketball Sports Medicine and Science* is published in collaboration with ESSKA and will represent a superb, comprehensive educational

resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment.

Human, All Too Human Friedrich Wilhelm Nietzsche 1915

As If By Design Edward A. Wasserman 2021-07-22 The eureka moment is a myth. It is an altogether naïve and fanciful account of human progress. Innovations emerge from a much less mysterious combination of historical, circumstantial, and accidental influences. This book explores the origin and evolution of several important behavioral innovations including the high five, the Heimlich maneuver, the butterfly stroke, the moonwalk, and the Iowa caucus. Such creations' striking suitability to the situation and the moment appear ingeniously designed with foresight. However, more often than not, they actually arise 'as if by design.' Based on investigations into the histories of a wide range of innovations, Edward A. Wasserman reveals the nature of behavioral creativity. What surfaces is a fascinating web of causation involving three main factors: context, consequence, and coincidence. Focusing on the process rather than the product of innovation elevates behavior to the very center of the creative human endeavor.

How to Learn and Memorize German Vocabulary Anthony Metivier 2012-11-15 How to Memorize German Vocabulary ... Using a Memory Palace Specifically Designed for the German Language (and adaptable to many other languages too) If you'd like to improve your ability to learn the German language by as much as 100%, 200%, even 300% (or more) ... using simple memory techniques that you can learn in 15-20 minutes (or less), then this may be the most important book you will ever read. Believe it or not, it doesn't matter if you have a good memory or not. The information in this eBook will teach you: Why memory is like a bicycle everyone can ride (with some minor personal adjustments). The real reason why no one should ever be squeamish about memorization or learning a language. Why and how some of the most famous memory skills are applicable to learning any language, especially German. How to create a 26 "letter location" memory system based on the alphabet English speakers share with the Germans. Unique techniques that will have you literally "tuning in" on the German language. How to separate German words in the most effective manner for memorization. A simple strategy for memorizing the male, neuter and feminine genders (a process that some people consider the ultimate nightmare of language learning.) Two secret ways to use relaxation to aid the memorization process. These two methods alone are worth the price of this book because they will literally eliminate stress from your body as you work on learning German. And much, much more ... These techniques have been used by real language learners, most of whom previously considered themselves owners of a "bad memory" to make real strides in acquiring German. Don't worry! None of these techniques are rocket science. Frankly, if you can memorize a short email address or the name of a movie, then you can use this system to memorize a language as rich and diverse as German. Plus, everything you'll learn in this book applies to every other

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language that shares the same alphabet with English. And with a little imagination, the ideas are easily transferable to other alphabet systems. But there's really no time to lose. Every day that you are not using this simple vocabulary memorization system, you are literally stealing from yourself the joy of reading, speaking and knowing German as you easily expand the natural abilities of your mind.

GIS Diffusion I. Masser 2020-11-26 This third book in the GISDATA series focuses on the widespread use of geographical information systems GIS in European local government. The editors include a wide range of applications carried out by different professional groups, and offer the opportunity of studying the extent to which diffusion of innovations like GIS are sensitive to national issues such as cultural context, institutional setup and the availability of data.; The book answers key questions such as: what can be learnt from research on organizational behaviour in relation to technological innovation?; what are the classical features of the GIS diffusion process?; to what extent is the adoption and utilization of GIS facilitated - or impeded - by the organizational culture within which it takes place?; and what mechanisms can be applied to enhance the diffusion of GIS? The book covers aspects of diffusion in the following European countries: UK, France, Italy, Poland, Denmark, The Netherlands, Germany, Greece and Portugal.

The Effortless Experience Matthew Dixon 2013-09-12 Everyone knows that the best way to create customer loyalty is with service so good, so over the top, that it surprises and delights. But what if everyone is wrong? In their acclaimed bestseller *The Challenger Sale*, Matthew Dixon and his colleagues at CEB busted many longstanding myths about sales. Now they've turned their research and analysis to a new vital business subject—customer loyalty—with a new book that turns the conventional wisdom on its head. The idea that companies must delight customers by exceeding service expectations is so entrenched that managers rarely even question it. They devote untold time, energy, and resources to trying to dazzle people and inspire their undying loyalty. Yet CEB's careful research over five years and tens of thousands of respondents proves that the "dazzle factor" is wildly overrated—it simply doesn't predict repeat sales, share of wallet, or positive word-of-mouth. The reality: Loyalty is driven by how well a company delivers on its basic promises and solves day-to-day problems, not on how spectacular its service experience might be. Most customers don't want to be "wowed"; they want an effortless experience. And they are far more likely to punish you for bad service than to reward you for good service. If you put on your customer hat rather than your manager or marketer hat, this makes a lot of sense. What do you really want from your cable company, a free month of HBO when it screws up or a fast, painless restoration of your connection? What about your bank—do you want free cookies and a cheerful smile, even a personal relationship with your teller? Or just a quick in-and-out transaction and an easy way to get a refund when it accidentally overcharges on fees? *The Effortless Experience* takes readers on a fascinating journey deep inside the customer experience to reveal what really makes customers loyal—and disloyal. The authors lay out the four key pillars of

a low-effort customer experience, along the way delivering robust data, shocking insights and profiles of companies that are already using the principles revealed by CEB's research, with great results. And they include many tools and templates you can start applying right away to improve service, reduce costs, decrease customer churn, and ultimately generate the elusive loyalty that the "dazzle factor" fails to deliver. The rewards are there for the taking, and the pathway to achieving them is now clearly marked.

Data Mining for the Masses, Second Edition Matthew North 2016-01-08 We live in a world that generates tremendous amounts of data-more than ever before. In business, and in our personal lives, we use smartphones and tablets, web sites and watches; with dozens of apps and interfaces to shop, learn, entertain and inform. Businesses increasingly use technology to interact with consumers to provide marketing, customer service, product information and more. All of this technological activity generates data-data that can be useful in many ways. Data mining can help to identify interesting patterns and messages that exist, often hidden beneath the surface. In this modern age of information systems, it is easier than ever before to extract meaning from data. From classification to prediction, data mining can help. In *Data Mining for the Masses, Second Edition*, professor Matt North-a former risk analyst and software engineer at eBay-uses simple examples and clear explanations with free, powerful software tools to teach you the basics of data mining. In this Second Edition, implementations of these examples are offered in both an updated version of the RapidMiner software, and in the popular R Statistical Package. You've got more data than ever before and you know it's got value, if only you can figure out how to get to it. This book can show you how. Let's start digging! Author's Note: The first edition of this text continues to be available for download, free of charge as a PDF file, from the GlobalText online library.

The Rock Climber's Training Manual Michael L. Anderson 2014-03-01

Gravity's Rainbow Thomas Pynchon 2012-06-13 Winner of the 1974 National Book Award "A screaming comes across the sky. . ." A few months after the Germans' secret V-2 rocket bombs begin falling on London, British Intelligence discovers that a map of the city pinpointing the sexual conquests of one Lieutenant Tyrone Slothrop, U.S. Army, corresponds identically to a map showing the V-2 impact sites. The implications of this discovery will launch Slothrop on an amazing journey across war-torn Europe, fleeing an international cabal of military-industrial superpowers, in search of the mysterious Rocket 00000, through a wildly comic extravaganza that has been hailed in *The New Republic* as "the most profound and accomplished American novel since the end of World War II."

HT THINK LIKE A COMPUTER SCIENTIST Jeffrey Elkner 2016-10-04 The goal of this book is to teach you to think like a computer scientist. This way of thinking combines some of the best features of mathematics, engineering, and natural science. Like mathematicians, computer scientists use formal languages to denote ideas (specifically computations). Like engineers, they design things,

assembling components into systems and evaluating tradeoffs among alternatives. Like scientists, they observe the behavior of complex systems, form hypotheses, and test predictions. The single most important skill for a computer scientist is problem solving. Problem solving means the ability to formulate problems, think creatively about solutions, and express a solution clearly and accurately. As it turns out, the process of learning to program is an excellent opportunity to practice problem-solving skills. That's why this chapter is called, The way of the program. On one level, you will be learning to program, a useful skill by itself. On another level, you will use programming as a means to an end. As we go along, that end will become clearer.

The Defining Decade Meg Jay 2012-04-17 New York Times bestselling psychologist Dr. Meg Jay uses real stories from real lives to provide smart, compassionate, and constructive advice about the crucial (and difficult) years we cannot afford to miss. Our "thirty-is-the-new-twenty" culture tells us the twentysomething years don't matter. Some say they are a second adolescence. Others call them an emerging adulthood. Dr. Meg Jay, a clinical psychologist, argues that twentysomethings have been caught in a swirl of hype and misinformation, much of which has trivialized what is actually the most defining decade of adulthood. Drawing from almost two decades of work with hundreds of clients and students, *The Defining Decade* weaves the latest science of the twentysomething years with the behind-closed-doors stories from twentysomethings, themselves. The result is a provocative read that provides the tools necessary to make the most of your twenties, and shows us how work, relationships, personality, social networks, identity, and even the brain can change more during this decade than at any other time in adulthood—if we use the time wisely. *The Defining Decade* is a smart, compassionate and constructive book about the years we cannot afford to miss.

Occupational Outlook Handbook United States. Bureau of Labor Statistics 1976

Expanding the Lexicon Sabine Arndt-Lappe 2018-01-22 The creation of new lexical units and patterns has been studied in different research frameworks, focusing on either system-internal or system-external aspects, from which no comprehensive view has emerged. The volume aims to fill this gap by studying dynamic processes in the lexicon – understood in a wide sense as not being necessarily limited to the word level – by bringing together approaches directed to morphological productivity as well as approaches analyzing general types of lexical innovation and the role of discourse-related factors. The papers deal with ongoing changes as well as with historical processes of change in different languages and reflect on patterns and specific subtypes of lexical innovation as well as on their external conditions and the speakers' motivations for innovating. Moreover, the diffusion and conventionalization of innovations will be addressed. In this way, the volume contributes to understanding the complex interplay of structural, cognitive and functional factors in the lexicon as a highly dynamic domain.

Advanced Open Water Diver Manual Padi 2016-05-16

Nordic Nutrition Recommendations 2012 Nordic Council of Ministers 2014-03-06
The Nordic countries have collaborated in setting guidelines for dietary composition and recommended intakes of nutrients for several decades through the joint publication of the Nordic Nutrition Recommendations (NNR). This 5th edition, the NNR 2012, gives Dietary Reference Values (DRVs) for nutrients, and compared with earlier editions more emphasis has been put on evaluating the scientific evidence for the role of food and food patterns contributing to the prevention of the major diet-related chronic diseases. Recommendations on physical activity are included and interaction with physical activity has been taken into account for the individual nutrient recommendations wherever appropriate. A chapter on sustainable food consumption has been added. A Nordic perspective has been accounted for in setting the reference values. The NNR 2012 has used an evidence-based and transparent approach in assessing associations between nutrients and foods and certain health outcomes. Systematic reviews form the basis for the recommendations of several nutrients and topics, while a less stringent update has been done for others. The systematic reviews and individual chapters have been peer reviewed and the systematic reviews are published in the Food & Nutrition Research journal. The draft chapters were subject to an open public consultation. Recommendations have been changed only when sufficient scientific evidence has evolved since the 4th edition. The primary aim of the NNR 2012 is to present the scientific background of the recommendations and their application. A secondary aim is for the NNR 2012 to function as a basis for the national recommendations that are adopted by the individual

A Mind for Numbers Barbara A. Oakley 2014 An engineering professor who started out doing poorly in mathematical and technical subjects in school offers tools, tips and techniques to learning the creative and analytical thought processes that will lead to achievement in math and science. Original.

The Screwtape Letters (Enhanced Special Illustrated Edition) C. S. Lewis 2011-04-05 This book is enhanced with content such as audio or video, resulting in a large file that may take longer to download than expected. The Deluxe Illustrated Edition of a Timeless Classic Now with this enhanced edition, readers can gain additional insight through video interviews, audio excerpts and letters from C. S. Lewis. First published in 1942, *The Screwtape Letters* has sold millions of copies world-wide and is recognized as a milestone in the history of popular theology. A masterpiece of satire, it entertains readers with its sly and ironic portrayal of human life and foibles from the vantage point of Screwtape, a highly placed assistant to "Our Father Below." At once wildly comic, deadly serious, and strikingly original, *The Screwtape Letters* is the most engaging account of temptation—and triumph over it—ever written.

The 9/11 Commission Report National Commission on Terrorist Attacks upon the United States 2004 Provides the final report of the 9/11 Commission detailing their findings on the September 11 terrorist attacks.

OpenIntro Statistics David Diez 2015-07-02 The OpenIntro project was founded in

2009 to improve the quality and availability of education by producing exceptional books and teaching tools that are free to use and easy to modify. We feature real data whenever possible, and files for the entire textbook are freely available at openintro.org. Visit our website, openintro.org. We provide free videos, statistical software labs, lecture slides, course management tools, and many other helpful resources.

The Fourth Industrial Revolution Klaus Schwab 2017 Between the 18th and 19th centuries, Britain experienced massive leaps in technological, scientific, and economical advancement

No Logo Naomi Klein 2000-01-15 An analysis of the invasion of our personal lives by logo-promoting, powerful corporations combines muckraking journalism with contemporary memoir to discuss current consumer culture

The Tibetan Book Of Living And Dying Sogyal Rinpoche 2012-02-29 25th Anniversary Edition Over 3 Million Copies Sold 'I couldn't give this book a higher recommendation' BILLY CONNOLLY Written by the Buddhist meditation master and popular international speaker Sogyal Rinpoche, this highly acclaimed book clarifies the majestic vision of life and death that underlies the Tibetan Buddhist tradition. It includes not only a lucid, inspiring and complete introduction to the practice of meditation, but also advice on how to care for the dying with love and compassion, and how to bring them help of a spiritual kind. But there is much more besides in this classic work, which was written to inspire all who read it to begin the journey to enlightenment and so become 'servants of peace'.

English as a Global Language David Crystal 2012-03-29 David Crystal's classic *English as a Global Language* considers the history, present status and future of the English language, focusing on its role as the leading international language. English has been deemed the most 'successful' language ever, with 1500 million speakers internationally, presenting a difficult task to those who wish to investigate it in its entirety. However, Crystal explores the subject in a measured but engaging way, always backing up observations with facts and figures. Written in a detailed and fascinating manner, this is a book written by an expert both for specialists in the subject and for general readers interested in the English language.

[Journalism, fake news & disinformation](#) Ireton, Cherilyn 2018-09-17

Value Proposition Design Alexander Osterwalder 2015-01-28 The authors of the international bestseller *Business Model Generation* explain how to create value propositions customers can't resist *Value Proposition Design* helps you tackle the core challenge of every business – creating compelling products and services customers want to buy. This highly practical book, paired with its online companion, will teach you the processes and tools you need to create products that sell. Using the same stunning visual format as the authors' global bestseller, *Business Model Generation*, this sequel explains how to use

the "Value Proposition Canvas" to design, test, create, and manage products and services customers actually want. Value Proposition Design is for anyone who has been frustrated by new product meetings based on hunches and intuitions; it's for anyone who has watched an expensive new product launch fail in the market. The book will help you understand the patterns of great value propositions, get closer to customers, and avoid wasting time with ideas that won't work. You'll learn the simple process of designing and testing value propositions, that perfectly match customers' needs and desires. In addition the book gives you exclusive access to an online companion on Strategyzer.com. You will be able to assess your work, learn from peers, and download pdfs, checklists, and more. Value Proposition Design is an essential companion to the "Business Model Canvas" from Business Model Generation, a tool embraced globally by startups and large corporations such as MasterCard, 3M, Coca Cola, GE, Fujitsu, LEGO, Colgate-Palmolive, and many more. Value Proposition Design gives you a proven methodology for success, with value propositions that sell, embedded in profitable business models."

Historical Painting Techniques, Materials, and Studio Practice Arie Wallert 1995-08-24 Bridging the fields of conservation, art history, and museum curating, this volume contains the principal papers from an international symposium titled "Historical Painting Techniques, Materials, and Studio Practice" at the University of Leiden in Amsterdam, Netherlands, from June 26 to 29, 1995. The symposium—designed for art historians, conservators, conservation scientists, and museum curators worldwide—was organized by the Department of Art History at the University of Leiden and the Art History Department of the Central Research Laboratory for Objects of Art and Science in Amsterdam. Twenty-five contributors representing museums and conservation institutions throughout the world provide recent research on historical painting techniques, including wall painting and polychrome sculpture. Topics cover the latest art historical research and scientific analyses of original techniques and materials, as well as historical sources, such as medieval treatises and descriptions of painting techniques in historical literature. Chapters include the painting methods of Rembrandt and Vermeer, Dutch 17th-century landscape painting, wall paintings in English churches, Chinese paintings on paper and canvas, and Tibetan thangkas. Color plates and black-and-white photographs illustrate works from the Middle Ages to the 20th century.

Business Model Generation Alexander Osterwalder 2013-02-01 Business Model Generation is a handbook for visionaries, game changers, and challengers striving to defy outmoded business models and design tomorrow's enterprises. If your organization needs to adapt to harsh new realities, but you don't yet have a strategy that will get you out in front of your competitors, you need Business Model Generation. Co-created by 470 "Business Model Canvas" practitioners from 45 countries, the book features a beautiful, highly visual, 4-color design that takes powerful strategic ideas and tools, and makes them easy to implement in your organization. It explains the most common Business Model patterns, based on concepts from leading business thinkers, and helps you

reinterpret them for your own context. You will learn how to systematically understand, design, and implement a game-changing business model--or analyze and renovate an old one. Along the way, you'll understand at a much deeper level your customers, distribution channels, partners, revenue streams, costs, and your core value proposition. Business Model Generation features practical innovation techniques used today by leading consultants and companies worldwide, including 3M, Ericsson, Capgemini, Deloitte, and others. Designed for doers, it is for those ready to abandon outmoded thinking and embrace new models of value creation: for executives, consultants, entrepreneurs, and leaders of all organizations. If you're ready to change the rules, you belong to "the business model generation!"

Joint Operational Warfare Milan N. Vego 2009 Smallholder farmers and pastoralists fulfil an invaluable yet undervalued role in conserving biodiversity. They act as guardians of locally adapted livestock breeds that can make use of even marginal environments under tough climatic conditions and therefore are a crucial resource for food security. But in addition, by sustaining animals on natural vegetation and as part of local ecosystems, these communities also make a significant contribution to the conservation of wild biodiversity and of cultural landscapes. This publication provides a glimpse into the often intricate knowledge systems that pastoralists and smallholder farmers have developed for the management of their breeds in specific production systems and it also describes the multitude of threats and challenges these often marginalized communities have to cope with.

The Death of Expertise Thomas M. Nichols 2017 A cult of anti-expertise sentiment has coincided with anti-intellectualism, resulting in massively viral yet poorly informed debates ranging from the anti-vaccination movement to attacks on GMOs. As Tom Nichols shows in *The Death of Expertise*, there are a number of reasons why this has occurred--ranging from easy access to Internet search engines to a customer satisfaction model within higher education.

Operational Warfare at Sea Milan Vego 2008-10-27 This new volume provides a comprehensive analysis of both the theory and practice of operational warfare at sea. The book is unique in using diverse sources and examples to present a comprehensive topical description and analysis of the key components of operational warfare at sea today. It opens with a survey of the emergence of operational warfare at sea since the end of the Napoleonic Wars, going on to describe and analyze the objectives of naval warfare at the operational level and methods of employment of naval forces for accomplishing these objectives. The book explains the specifics of operational functions in a maritime theatre, discusses the personality traits and professional education required for successful naval operational commanders, and explores naval operational command and control in both peacetime and war, closing with predictions for the future of operational warfare at sea. This book serves as a primer of how to plan, prepare and execute major naval operations and campaigns for naval commanders and their staffs, but will also be of interest to advanced students of naval history, strategic studies and military history in general.

Learning Web Design Jennifer Robbins 2018-05-11 Do you want to build web pages but have no prior experience? This friendly guide is the perfect place to start. You'll begin at square one, learning how the web and web pages work, and then steadily build from there. By the end of the book, you'll have the skills to create a simple site with multicolumn pages that adapt for mobile devices. Each chapter provides exercises to help you learn various techniques and short quizzes to make sure you understand key concepts. This thoroughly revised edition is ideal for students and professionals of all backgrounds and skill levels. It is simple and clear enough for beginners, yet thorough enough to be a useful reference for experienced developers keeping their skills up to date. Build HTML pages with text, links, images, tables, and forms Use style sheets (CSS) for colors, backgrounds, formatting text, page layout, and even simple animation effects Learn how JavaScript works and why the language is so important in web design Create and optimize web images so they'll download as quickly as possible NEW! Use CSS Flexbox and Grid for sophisticated and flexible page layout NEW! Learn the ins and outs of Responsive Web Design to make web pages look great on all devices NEW! Become familiar with the command line, Git, and other tools in the modern web developer's toolkit NEW! Get to know the super-powers of SVG graphics

The Edge of Never J.A Redmerski 2013-03-12 Discover the beloved New York Times bestseller about two lost souls who embark on an epic road trip and find love along the way. A New York Times, USA Today, and Wall Street Journal bestselling blockbuster! Twenty-year-old Camryn Bennett thought she knew exactly where her life was going. But after a wild night at the hottest club in downtown Raleigh, North Carolina, she shocks everyone-including herself-when she decides to leave the only life she's ever known and set out on her own. Grabbing her purse and her cell phone, Camryn boards a Greyhound bus ready to find herself. Instead, she finds Andrew Parrish. Sexy and exciting, Andrew lives life like there is no tomorrow. He persuades Camryn to do things she never thought she would and shows her how to give in to her deepest, most forbidden desires. Soon he becomes the center of her daring new life, pulling love and lust and emotion out of her in ways she never imagined possible. But there is more to Andrew than Camryn realizes. Will his secret push them inseparably together -- or destroy them forever?

Kafka on the Shore Haruki Murakami 2005-01-18 Kafka on the Shore displays one of the world's great storytellers at the peak of his powers. Here we meet a teenage boy, Kafka Tamura, who is on the run, and Nakata, an aging simpleton who is drawn to Kafka for reasons that he cannot fathom. As their paths converge, acclaimed author Haruki Murakami enfolds readers in a world where cats talk, fish fall from the sky, and spirits slip out of their bodies to make love or commit murder, in what is a truly remarkable journey.

The 'Made in Germany' Champion Brands Ugesh A. Joseph 2016-03-09 Germany's economic miracle is a widely-known phenomenon, and the world-leading,

innovative products and services associated with German companies are something that others seek to imitate. In The 'Made in Germany' Champion Brands, Ugesh A. Joseph provides an extensively researched, insightful look at over 200 of Germany's best brands to see what they stand for, what has made them what they are today, and what might be transferable. The way Germany is branded as a nation carries across into the branding of its companies and services, particularly the global superstar brands - truly world-class in size, performance and reputation. Just as important are the medium-sized and small enterprises, known as the 'Mittelstand'. These innovative and successful enterprises from a wide range of industries and product / service categories are amongst the World market leaders in their own niche and play a huge part in making Germany what it is today. The book also focuses on German industrial entrepreneurship and a selection of innovative and emergent stars. All these companies are supported and encouraged by a sophisticated infrastructure of facilitators, influencers and enhancers - the research, industry, trade and standards organizations, the fairs and exhibitions and all the social and cultural factors that influence, enhance and add positive value to the country's image. Professionals or academics interested in business; entrepreneurship; branding and marketing; product or service development; international trade and business development policy, will find fascinating insights in this book; while those with an interest in Germany from emerging industrial economies will learn something of the secrets of German success.

The Oxygen Advantage Patrick McKeown 2015-09-15 A simple yet revolutionary approach to improving your body's oxygen use, increasing your health, weight loss, and sports performance—whether you're a recovering couch potato or an Ironman triathlon champion. With a foreword by New York Times bestselling author Dr. Joseph Mercola. Achieve more with less effort: The secret to weight loss, fitness, and wellness lies in the most basic and most overlooked function of your body—how you breathe. One of the biggest obstacles to better health and fitness is a rarely identified problem: chronic over-breathing. We often take many more breaths than we need—without realizing it—contributing to poor health and fitness, including a host of disorders, from anxiety and asthma to insomnia and heart problems. In The Oxygen Advantage, the man who has trained over 5,000 people—including Olympic and professional athletes—in reduced breathing exercises now shares his scientifically validated techniques to help you breathe more efficiently. Patrick McKeown teaches you the fundamental relationship between oxygen and the body, then gets you started with a Body Oxygen Level Test (BOLT) to determine how efficiently your body uses oxygen. He then shows you how to increase your BOLT score by using light breathing exercises and learning how to simulate high altitude training, a technique used by Navy SEALs and professional athletes to help increase endurance, weight loss, and vital red blood cells to dramatically improve cardio-fitness. Following his program, even the most out-of-shape person (including those with chronic respiratory conditions such as asthma) can climb stairs, run for a bus, or play soccer without gasping for air, and everyone can achieve: Easy weight loss and weight maintenance Improved sleep and energy Increased concentration Reduced breathlessness during exercise Heightened athletic performance Improved

cardiovascular health Elimination of asthmatic symptoms, and more. With The Oxygen Advantage, you can look better, feel better, and do more—it's as easy as breathing.

Between the Devil and the Deep Mark Cowan 2021-07-22 'One of the best accounts ever written of deep-water diving and its staggering, haunting dangers' Robert Kurson, New York Times bestselling author of *Shadow Divers* Deep underwater lurks a mysterious man-made illness. It has gone by many names over the years – Satan's disease, diver's palsy, the chokes – but today, medics call it decompression sickness. You know it as the bends. That's the devil British diver Martin Robson faces each time he plunges beneath the surface. In the winter of 2012, Robson was part of an expedition to Blue Lake, southern Russia, which sought to find a submerged cave system never seen by the human eye. On the final day of the expedition, as Robson returned from diving deeper into the lake than anyone had before, disaster struck: just seventy-five feet down, he was ambushed by the bends. Robson knew that if he continued up to the surface he would probably die before help arrived. Instead, he sank back into the water, gambling on an underwater practice most doctors believe is a suicidal act. Soon the only hope he had of saving his life would rest in the hands of a dramatic mercy mission organised at the highest levels of the Russian government. *Between the Devil and the Deep* is the first book to tell the terrifying true story of what it feels like to get the bends, taking you inside the body and mind of a man who suffered the unthinkable. Writer Mark Cowan also explores the grimly fascinating history of decompression sickness, the science behind what causes the disease, and the stories of the forgotten divers who pushed the limits of physical endurance to help find a solution.

The Wim Hof Method Wim Hof 2020-10-20 INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." –Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath**—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- **Science**—How users of this method have

redefined what is medically possible in study after study • Health–True stories and testimonials from people using the method to overcome disease and chronic illness • Performance–Increase your endurance, improve recovery time, up your mental game, and more • Wim’s Story–Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph • Spiritual Awakening–How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.