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### 108 - RIYA HOBBS

REVISED EDITION! No Bull...This is the most concise and to the point review for U.S. History and Government available. Your review book shouldn't need a review book, and that's why we're here! This book contains definitions and explanations of the most important terms, concepts, and themes in the U.S. History and Government curriculum. With 250 multiple choice questions, and an incredible review sheet that navigates the entire book, the No Bull Review is a must-have whether you are purchasing it for history class in September, or hours before your next test. NOTE: This book is for standard U.S. History and Government classes. The practice questions have four choices.

AP Biology Premium Prep, 2021, previously titled Cracking the AP Biology Exam, Premium Edition, will now include a total of 6 full-length practice tests. The Premium edition continues to provide students with comprehensive topic reviews of all AP Biology subjects, from photosynthesis to genetics to evolution. It also includes strategies for all AP Biology question types, including grid-in and short free-response questions, and contains detailed guidance on how to write a topical, cohesive, point-winning essay. This Premium edition now includes 6 full-length practice tests (4 in the book and 2 online) for the most practice possible.

From her place in the store, Klara, an Artificial Friend with outstanding observational qualities, watches carefully the behaviour of those who come in to browse, and of those who pass in the street outside. She remains hopeful a customer will soon choose her, but when the possibility emerges that her circumstances may change for ever, Klara is warned not to invest too much in the promises of humans. In 'Klara and the Sun', Kazuo Ishiguro looks at our rapidly-changing modern world through the eyes of an unforgettable narrator to explore a fundamental question: what does it mean to love?

"Lindsay Teague Moreno is one of the smartest, most insightful people I've ever met when it comes to getting noticed. I read this, not just because I wanted to endorse it, but because I needed it. Don't miss this!" - Jon Acuff, New York Times Bestselling Author / Speaker "Lindsay Teague Moreno's Getting Noticed is an inspiring read for anyone looking to be more intentional in social media and get real results. Her kind spirit combined with relentless hustle shines brightly in her candid storytelling, making it clear why she has achieved so much success." - Jessica Turner, Wall Street Journal Bestselling Author of The Fringe Hours Montpreneurs, listen up! You don't have time for another "change everything you're doing on social media and be just like me" book. You need information and you need it fast. Do you want to grow your following, sell more product, and experience the freedom that comes with being your own boss? Getting Noticed isn't the "secret to social media" - it's a no fluff, take charge guide to the way we present ourselves, our business, and connect with customers online. Lindsay Teague Moreno knows the hardcore mom life. In between wash cycles, packing lunches, and balancing a to-do list that would make Santa jealous, she grew a business from nothing into a team of 300,000 people producing over \$15,000,000 each month in just three years. Lindsay knows you don't have time for another book that leaves you with temporary warm fuzzies but no real content to actually building your business. Getting noticed is the first step to entrepreneurial success in our fast-paced, online world. Step up your game."

Written in plain English by a board-certified cardiologist and a clinical psychologist who specializes in heart disease, this is a practical "what-to-expect" guide that will help readers cope with their confusion, fear, and lack of information, as well as decode what doctors really mean when they describe certain cardiac procedures, treatments, and medications. The authors clearly explain these issues so that anyone who is at risk of heart disease, or who already has it, will have a deeper understanding of what a heart attack is, how to deal with the hospital experience, and how to interact more effectively with their doctors. In addition, the book offers insights into often-neglected aspects of the disease such as the role a patient's spouse and family play in recovery and what women should be aware of in the diagnostic phase of their treatment. Finally, the authors supply workable motivational tools—an effective treatment model anyone can understand and use—to help make important lifestyle changes in order to get better, stay better, and avoid invasive and expensive procedures in the future.

WINNER OF BUSINESS BOOK OF THE YEAR AWARD 2020: LEADERSHIP FOR THE FUTURE A Financial Times Business Book of the Month 'A brilliant set of leadership tools that will help you succeed whatever your goal' - Sir Clive Woodward 'A punchy, plainly writ-

ten guide, offering a readable and enlightened view of what leaders do and how they should do it' - Financial Times 'A new rubric on leadership' - Evening Standard Inspiration behind the No Bullsh\*t Leadership Intelligence Squared podcast Leadership is not some special club, open only to elites. It's not a gold star given only to those with expensive degrees. Leadership is for everyone. Based on the author's hard-won experience as a Global CEO, this smart, fun book delivers a step-by-step working manual on how to lead - for anyone. Full of simple and direct approaches, it demystifies an over-analysed subject to get to the heart of modern leadership: the life-changing, career-transforming power to get stuff done. These principles and actionable steps apply to every field, from small businesses to community initiatives, from schools to sports teams to global enterprises. No matter your goal, this book will show you how to: - make effective decisions - build a world-class team - take care of yourself and others - achieve results "Super Natural Strength is a great source of information for anyone who wants real drug-free strength training, without hype, fads, worthless supplements or training advice from steroid users." --Dick Conner, Powerlifting Coach, (Multiple National Champion), Strength Expert -----

"In an era where trends and training fallacy run ramped, 'Maximum' Bob Whelan has stepped up and provided rock-solid information in his new book, SUPER NATURAL STRENGTH. Bob's candid, no-nonsense approach to training will unquestionably leave an indelible mark on the strength world as he shares his years of experience on all aspects of physical culture." --Fred Fornicola, Strength/Conditioning Coach, Strength Writer/Author -----

"Have you ever wondered how much real world experience some authors have when they write articles and books about weight training and weight lifting? Who is that person behind the computer or typewriter? What do they really know about the Iron Game? If you picked up this book, SUPER NATURAL STRENGTH by Bob Whelan, you have definitely come to the RIGHT place." --Osmo Kiiha, Editor, The Iron Master -----

"The one word that best describes Bob Whelan is HONEST. Super Natural Strength is a wealth of information about training the RIGHT WAY." --Drew Israel, Co-Author Iron Nation, Passion for Hard Training -----

"Super Natural Strength is literally a gold mine of strength training information that is the nuts and bolts of what is necessary for someone to get big and strong. Bob's works are synonymous with Common Sense Strength Training. Needless to say, I highly recommend this book to be a part of every iron warrior's library." --Bill Piche, Editor, Cyberpump.com -----

"Bob Whelan's mantra of 'No Toning, No Chrome, No Bull, ' rips through the pages of Super Natural Strength in gale force fashion. You can feel the intensity, inspiration, emotion, and commitment to hard, productive training grip your attention like the knurling on your favorite bar. If you were introduced to strength training in a musty cellar that was lit with a single light bulb, a floor covered with paint chips from the corroded stone walls, and accessorized with implements covertly manufactured in the local steel mill, then you possess the pre-requisite mind-set for this truly outstanding work of training science and art."--Ken Mannie, Head Strength/Conditioning Coach, Michigan State University -----

"SUPER NATURAL STRENGTH is a wonderful source of honest information, especially for those who train drug-free. It cuts through the fads and hype, and provides a wealth of guidance that really works. I was very happy to have had Bob as one of my main writers for about 10 years -- he was one of my rocks. His book is comprised of his HARDGAINER articles, and thus expresses the "basics, 'breviated and best" drug-free philosophy that the magazine taught. I strongly endorse this outstanding source of rock-solid information." --Stuart McRobert, Author of Brawn, Publisher/Editor of Hardgainer Magazine -----

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In No Bullsh!t Leadership, Moore outlines his proven leadership principles, learned over his 33+ year career, in a clear, direct way. He sweeps away the mystical fog surrounding leadership today and lays out the essential steps for success. Moore combines this tangible advice with honest, real-world examples from his own career to provide a no-nonsense look at the skills a true leader possesses. Wherever you are in your career, No Bullsh!t Leadership will help you develop the skills and form the habits needed to

become a no bullsh\*t leader.

AP U.S. History Crash Course Achieve a Higher AP Score in Less Time REA's Crash Course is perfect for the time-crunched student, last-minute studier, or anyone who wants a refresher on the subject! Are you crunched for time? Have you started studying for your AP U.S. History exam yet? How will you memorize all that history before the test? Do you wish there was a fast and easy way to study for the exam AND boost your score? If this sounds like you, don't panic. REA's AP U.S. History Crash Course is just what you need. Our Crash Course gives you: Targeted, Focused Review - Study Only What You Need to Know The Crash Course is based on an in-depth analysis of the AP U.S. History course description outline and actual AP test questions. It covers only the information tested on the exam, so you can make the most of your valuable study time. Broken down into major topics and themes, REA gives you two ways to study the material — chronologically or thematically. Expert Test-taking Strategies Written by an AP teacher who has studied the AP U.S. History Exam for 20 years, the author shares his detailed, question-level strategies and explains the best way to answer the multiple-choice and essay questions. By following his expert advice, you can boost your overall point score! Key Terms You Must Know Mastering AP vocabulary terms is an easy way to boost your score. Our AP expert gives you the key terms all AP U.S. History students must know before test day. Take REA's FREE Practice Exam After studying the material in the Crash Course, go online and test what you've learned. Our full-length practice exam features timed testing, detailed explanations of answers, and automatic scoring. The exam is balanced to include every topic and type of question found on the actual AP exam, so you know you're studying the smart way! When it's crucial crunch time and your AP U.S. History exam is just around the corner, you need REA's AP U.S. History Crash Course!

UPDATED EDITION FOR THE GLOBAL HISTORY AND GEOGRAPHY II REGENTS ... IF TAKING TRANSITIONAL REGENTS, SEE OTHER BOOK AVAILABLE. No Bull...This is a concise and to the point review for the New York State Global History and Geography II Regents. Your review book shouldn't need a review book, and that's why we're here! This edition of No Bull Review contains all of the great material from our World History book, but is guided towards the Global Regents. It has definitions and explanations for the most important terms, concepts, & themes in the Global History and Geography II curriculum. In addition to giving you advice for the Enduring Issues Essay, we've included a MASSIVE ENDURING ISSUES LIST ... and noted specific Enduring Issues at the end of each chapter. We will help you attack the multiple choice and Constructive-Response sections as well. Hey, why not? We are including all of our Global I information for background. We are also giving you 135 "old style" multiple choice questions for general practice. At the very end, we will leave you with the "No Bull Review Sheet" which will highlight the important terms and concepts of the entire book. The No Bull Review is a must-have whether you are purchasing it for history class in September, or hours before the big exam.

In 1980, Durham, N.C., was a downtrodden city without baseball or much identity at all beyond the tobacco industry, which was slowly fading away. Enter the Durham Bulls, who debuted to instant success that year and led to an era of rebirth for the city. This is the story of the 1980 Durham Bulls, told by the beat writer who followed them from spring training through the dog days of August, and how they gave rise to successes that none of them could have envisioned. Just as covering the Brooklyn Dodgers in the 1950s proved to be "The Boys of Summer" for author Roger Kahn, the 1980 Durham Bulls provided Ron Morris with a story to cover that has endured over the next three decades. While many baseball fans think the success of the movie "Bull Durham" led to the rise of the Durham Bulls, in fact the opposite is true. The Bulls were a hit from the first time they opened the gates in 1980, and their sustained success led to the rebirth of Durham, N.C., as a city, to the renaissance of minor league baseball as a viable industry, and even the rise of Baseball America as the recognized leader in baseball media. In "No Bull," Morris follows the 1980 Durham Bulls through their inaugural season, using that narrative thread to explore all the ripples that the team caused in the city and beyond. Morris was the reporter who covered the team for the Durham Herald-Sun that season, and now he has gone back and interviewed the former players and coaches, as well as residents of Durham, to examine the team's impact on the city.

This textbook covers the material for an undergraduate linear algebra course: vectors, matrices, linear transformations, computational techniques, geometric constructions, and theoretical foun-

dations. The explanations are given in an informal conversational tone. The book also contains 100+ problems and exercises with answers and solutions. A special feature of this textbook is the prerequisites chapter that covers topics from high school math, which are necessary for learning linear algebra. The presence of this chapter makes the book suitable for beginners and the general audience-readers need not be math experts to read this book. Another unique aspect of the book are the applications chapters (Ch 7, 8, and 9) that discuss applications of linear algebra to engineering, computer science, economics, chemistry, machine learning, and even quantum mechanics.

Master all the guitar barre chords you need to know to play literally hundreds of songs on the guitar with this step-by-step guitar method book including downloadable audio practice tracks. Many guitar players struggle with barre chords for months or even years... but with No Bull Barre Chords for Guitar you can systematically learn and master all of the essential barre chord shapes and techniques guitar players and singer-songwriters need to know, and in a fraction of the time it takes most other guitar players. This book is perfect for you if: -You are a beginner guitarist who wants to use barre chords to take your playing to the next step -You've always struggled to play barre chords (and want to finally crack them!) -You're looking for a systematic way to massively grow your knowledge of chord shapes on the guitar -You're frustrated with not being able to play all the chords you need to play many of your favourite songs -You know you need to learn about barre chords but are confused about where to begin -You've tried playing barre chords but found them impossible! -You want to use just a handful of chord shapes to play almost any chord you'll ever need to play! This step-by-step guitar method book gives you the exact process that I've used in over 30,000 hours of hands-on teaching and shows you the practice techniques, exercises and 'insider tips' I've used to help hundreds of guitar players master barre chords and play the music they enjoy. Inside No Bull Barre Chords for Guitar you'll discover: -How to quickly learn and remember any chord shape...fast -Barre chord hand position tips for crystal-clear sounding chords every time -How to combine barre chords with other chord shapes like open chords to play literally thousands of potential songs -Tips to get you smoothly changing between barre chord shapes (without it taking ages!) -How to add strumming rhythm to your barre chords, common barre chord 'embellishments' and much more Explained and demonstrated in 100% confusion free language with no music reading necessary, No Bull Barre Chords for Guitar can help you: -Avoid most of the common barre chord mistakes which hold players up -Avoid the common barre chord problems (weak hand position, 'dead' sounding strings etc) that can stop you in your tracks and make playing barre chords seem impossible! -Practice and conquer the must-know barre chords you need to be able to play literally thousands of possible chord progressions and songs -'Unlock' the guitar neck to massively expand your chord library and be able to find a shape for almost any chord you'll ever need to play With exact practice exercises and routines to follow plus free downloadable practice tracks, No Bull Barre Chords for Guitar is the answer to those barre chord blues, so grab your copy now and start your journey towards mastering barre chords today!

When the official history of twentieth-century Wall Street is written, it will certainly contain more than a few pages on Michael Steinhardt. One of the most successful money managers in the history of "The Street," Steinhardt far outshone his peers by achieving an average annual return of over thirty percent-significantly greater than that of every market benchmark. During his almost thirty-year tenure as a hedge fund manager, he amassed vast wealth for his investors and himself. One dollar invested with Steinhardt Partners L.P., his flagship hedge fund, at its inception in 1967 would have been worth \$462 when he retired from active money management in 1995. No Bull offers an account of some of the investment strategies that drove Michael Steinhardt's historic success as a hedge fund manager including a focus on his skills as an industry analyst and consummate stock picker. He also reveals how his uncanny talent for knowing when to trade against the prevailing market trend-a talent that was not always appreciated by several erstwhile high-profile clients-resulted in many of his greatest successes. Here he provides detailed accounts of some of his most sensational coups-including his momentous decision, in 1981, to stake everything on bonds-and his equally sensational failures, such as his disastrous foray into global macro-trading in the mid-1990s. At the same time, No Bull is the rags-to-riches story of a boy from Bensonhurst and his rise from the streets of Brooklyn to the heights of Wall Street. In a thoroughly engaging narrative, Steinhardt relates the early influences that shaped his attitudes toward life and success, as well as the beginning of his love affair with stock investing. Further, he chronicles his dawning awareness of the need for a purpose in life beyond the acquisition of wealth and how it led to his decision to retire and redirect his energies. We learn about his experiences as the chairman of the Democratic Leadership Council for nearly a decade, as well as his innovative thinking and ambitious projects to strengthen the Jewish community. The inspiring true story of a Wall Street genius and world-class philanthropist, No Bull is an unforgettable read for finance professionals and students of human nature alike. Michael Steinhardt is one of the most successful money managers in the

history of Wall Street. He is also widely known for his philanthropic activities, particularly in the Jewish community-most notably as cofounder with Charles Bronfman of birthright israel, a program whose mission is to provide a free educational opportunity for every young Jewish person of the Diaspora to visit Israel.

Unlock essential guitar theory to boost your ability and confidence as a guitarist. Easy language. Music reading not required! (includes audio lessons - see inside book for details) Inside the 12 chapters of this guitar theory book you'll learn about intervals, triads, major and minor keys, chord sequences - and understand how to apply them to your playing, improvising and songwriting. I'll use diagrams and simple, non-intimidating language to teach you in minutes, things which confuse some guitarists for years. This guitar music theory book is for you if: - You want to boost your music theory knowledge so you can become the guitar player you really want to be - You're a singer songwriter who needs to learn about chords, keys and chord progressions in order to write great songs (like you hear on recordings!) - You want to learn music theory but are unsure where to start - You're a student who needs a crash course in music theory essentials to prepare for college auditions, entrance exams etc - You're a beginner who wants to easily learn how music works as you take your first steps in learning to play guitar so you can avoid confusion, improve faster and learn more easily - You feel confused and intimidated by the 'jargon' you hear other musicians or YouTube teachers use - You 'kind of' understand theory... but you're not really sure how well! What will this book teach you about? In the 12 lessons you'll find super clear explanations, practical examples and quiz questions on: - The Musical Alphabet (the only 12 notes used in all music!) - Tones and Semitones - The Major Scale (learn what it actually is...) - Major and Minor Triads (as used in most pop, country, rock and folk music) - Major Scale Intervals (major 3rds, perfect 4ths...what are they?) - Chromatic Intervals (discover what weird names like diminished and augmented really mean) - Major Keys (Parts 1 & 2) - Chord Progressions (start writing pro sounding chord sequences and songs of your own) - Pentatonic Scales (the most common guitar scales ever...) - The Natural Minor Scale (essential for minor key soloing in rock, pop and other styles) - Minor Key Basics (learn the secrets of awesome minor key songs and chord sequences) How will you learn and remember all this? Easy! Each chapter introduces a new element of guitar theory. You get a clear but detailed explanation of the concept and multiple examples/practical exercises, FAQs and more to drive your understanding home. Test yourself using the quiz questions at the end of each chapter (answers supplied). To help you play certain practical examples there is also an appendix of common open chord shapes and barre chords at the back of the book. Plus, every chapter is also available to you as an audio file so you can immerse yourself in guitar theory whilst at the gym or walking the dog! You'll find details for these in the book. You Can Do This ... and without all the bull! 'No Bull Music Theory for Guitarists' will make your journey as a guitarist much more enjoyable and way less confusing than mine has been! As a self-taught 18 year old guitarist, it literally took me years to figure this stuff out. I've taught the material in this book to thousands of musicians around the world both in person and via my website, and I can tell you this: Learning about music theory doesn't need to be scary, confusing, difficult or something that you avoid doing because you don't know where to start. It's time to become the guitar player you know you could be!

No Bull...This is a concise and to the point review for the New York State Global History and Geography Regents (Global 1 and 2 Format). Your review book shouldn't need a review book, and that's why we're here! This edition of No Bull Review contains all of the great material from our World History book, but is guided towards the Global Regents. It has definitions and explanations for the most important terms, concepts, & themes in the Global Studies and Geography curriculum. With 250 multiple choice questions, 20 Regents-style thematic essays, a comparative timeline, and an incredible review sheet that organizes the entire book, the No Bull Review is a must-have whether you are purchasing it for history class in September, or hours before the big exam. This book is designed for both the Global 1 and Global 2 student.

Legendary economist Dr. Henry Kaufman shares a classic Wall Street story that has never been fully told: a firsthand account of the day in August 1982 that would define US economics for decades. Dr. Henry Kaufman is the most famous economist Wall Street has ever seen, renowned well beyond the financial industry. He was the subject of New Yorker cartoons, had cameos in drama productions and two seminal literary works of the 1980s, was subject to death threats, and enjoyed the nickname "Dr. Doom." His pinnacle of influence arrived on August 17, 1982. That single day turned out to be the beginning of the world that we now live in. At the time, after painful years of high interest rates and the inflation of the late 1960s and 1970s, consumers were paying 17 percent and higher to borrow money. But by the end of one summer day almost 40 years ago, the stock market had undergone its second-biggest rally since WWII, while bond prices soared and interest rates plunged. Dr. Kaufman himself had written a memo that sparked this tremendous boom-and it set the global markets on fire, marking the start of almost four decades of US economic growth. The Day the Markets Roared answers the

questions: • Why did Dr. Kaufman break with his longstanding bearish views to make a momentous prediction that spurred blaring headlines everywhere from Brazil to Beijing? • How could a private individual exercise such profound influence over global financial markets? • How did we get to today's rock-bottom and even negative rates? And what is their continuing impact on the economy, our financial markets and our livelihoods? The Day the Markets Roared is a firsthand, minute-by-minute account of one remarkable day in financial and economic history, with a rich cast of characters, from Salomon's John Gutfreund to interest rate guru Sydney Homer, to Dr. Kaufman's longtime friend, Fed Chairman Paul Volcker. Dr. Kaufman reflects on the lessons of the historic August 1982 episode, harkening back to a more optimistic moment in American history, and offering inspiration for better times ahead.

Guitar players: want to nail your guitar fretboard, scales, improvisation and soloing skills? This step-by-step guitar method (with over 50 minutes of bonus video content) teaches you how to do exactly that using the CAGED System! Armed with the CAGED system, you can learn and master the essential guitar scales all over the guitar neck, organise your fretboard for greater understanding and faster progress, use the exercises shown to practice smarter and more efficiently and become a better guitar player, soloist, improviser and all-round musician. In this method book (with accompanying demonstration videos and backing tracks) you'll discover how to use the CAGED method to unlock your guitar fretboard and overcome the fretboard 'roadblocks' which prevent most guitar players from ever truly mastering the guitar neck. After the CAGED system has been clearly explained, you'll learn how to apply it to the most useful guitar scales all guitar players need to know: the minor pentatonic, major pentatonic, major scale and natural minor scale plus arpeggio shapes for major7, dominant7, minor7 and minor7b5. I'll also reveal how to use what you've learned to master other essential guitar scales like the Dorian mode, Lydian mode, Mixolydian mode, minor6 pentatonic, harmonic minor and the blues scale. The CAGED System for Guitar gives you 40 sample guitar licks (with video demonstrations) to help you build your guitar solos and soloing vocabulary. You also get step-by-step practice routines and guitar exercises you can use as well as 'speed learning' techniques to help you to master your fretboard in a fraction of the time that it takes most other players. In The CAGED System for Guitar you'll discover: - The five CAGED chord shapes to use for organising and finally understanding your guitar fretboard. Learn how to memorise these quickly and easily using 'speed learning' techniques, circle of fourths exercises and 'visualisation' approaches for a solid fretboard foundation - How to 'build' scale shapes and patterns around CAGED chord shapes for unshakeable fretboard knowledge and confidence. Use this method to find a shape for any scale, in any key, anywhere on the fretboard and play guitar with freedom at last! - 40 sample CAGED licks (with video demonstrations) show you how to go from playing scale shapes to playing killer licks and solos all over the fretboard. These licks show you the tastiest bends, double stops and scale runs to help you build your soloing vocabulary and start using each of the CAGED scale shapes like a pro (practice required!) - Connecting patterns to improvise and solo all over the entire guitar neck (no more getting stuck in 'box patterns') - How to build an endless number of great lick and soloing ideas. Use the techniques and practice methods described in the 'Vocab Accelerator' chapter to grow your soloing vocabulary, lick library and soloing skills - Step-by-step practice routines and I'll give you the exact fretboard exercises to use in order to thoroughly and efficiently assimilate everything shown into your guitar playing repertoire. Follow these and see the results roll in! The CAGED System for Guitar comes with over 50 mins of video content demonstrating licks and approaches used in the book plus 13 downloadable backing tracks for you to practice and play to. Using The CAGED System for Guitar, any player can learn, understand, master and apply everything they need to gain a whole new understanding of the guitar fretboard. So, if you: - Find your lack of fretboard knowledge holds you up - You find yourself losing your way when you try to improvise - You hit that 'wall' when you play and don't know where to go or which notes will work - You find yourself playing the same licks and ideas all the time (frustrating...) - You want a step-by-step, easy to use method for thoroughly improving your fretboard knowledge - You're sick of being stuck in the same little zone of the guitar neck - You want to boost your knowledge of the essential scales and modes we use on guitar and learn how to use them... ..then grab a copy of The CAGED System for Guitar and begin transforming your playing and guitar skills!

A #1 NEW YORK TIMES BESTSELLER One of the most salient features of our culture is that there is so much bullshit. Everyone knows this. Each of us contributes his share. But we tend to take the situation for granted. Most people are rather confident of their ability to recognize bullshit and to avoid being taken in by it. So the phenomenon has not aroused much deliberate concern. We have no clear understanding of what bullshit is, why there is so much of it, or what functions it serves. And we lack a conscientiously developed appreciation of what it means to us. In other words, as Harry Frankfurt writes, "we have no theory." Frankfurt, one of the world's most influential moral philosophers, attempts

to build such a theory here. With his characteristic combination of philosophical acuity, psychological insight, and wry humor, Frankfurt proceeds by exploring how bullshit and the related concept of humbug are distinct from lying. He argues that bullshitters misrepresent themselves to their audience not as liars do, that is, by deliberately making false claims about what is true. In fact, bullshit need not be untrue at all. Rather, bullshitters seek to convey a certain impression of themselves without being concerned about whether anything at all is true. They quietly change the rules governing their end of the conversation so that claims about truth and falsity are irrelevant. Frankfurt concludes that although bullshit can take many innocent forms, excessive indulgence in it can eventually undermine the practitioner's capacity to tell the truth in a way that lying does not. Liars at least acknowledge that it matters what is true. By virtue of this, Frankfurt writes, bullshit is a greater enemy of the truth than lies are.

This bright and cheery Planner is great for daily planning for 90 days! Accepting a 90 day challenge? Use this Planner to stay on track! Each day there is room to record the date, appointments, goals, to do list, a menu and a full page to journal your thoughts, ideas etc. Stay organized - 90 days at a time. It's the perfect gift for the busy person. Be appreciated - give the gift of organization! Daily Planner 8" x 10" (20.32 x 25.4 cm) Black & White on White paper 185 pages.

In 1969, a low-budget biker movie, *Easy Rider*, shocked Hollywood with its stunning success. An unabashed celebration of sex, drugs, and rock 'n' roll (onscreen and off), *Easy Rider* heralded a heady decade in which a rebellious wave of talented young filmmakers invigorated the movie industry. In *Easy Riders, Raging Bulls*, Peter Biskind takes us on the wild ride that was Hollywood in the '70s, an era that produced such modern classics as *The Godfather*, *Chinatown*, *Shampoo*, *Nashville*, *Taxi Driver*, and *Jaws*. *Easy Riders, Raging Bulls* vividly chronicles the exuberance and excess of the times: the startling success of *Easy Rider* and the equally alarming circumstances under which it was made, with drugs, booze, and violent rivalry between costars Dennis Hopper and Peter Fonda dominating the set; how a small production company named BBS became the guiding spirit of the youth rebellion in Hollywood and how, along the way, some of its executives helped smuggle Huey Newton out of the country; how director Hal Ashby was busted for drugs and thrown in jail in Toronto; why Martin Scorsese attended the Academy Awards with an FBI escort when *Taxi Driver* was nominated; how George Lucas, gripped by anxiety, compulsively cut off his own hair while writing *Star Wars*, how a modest house on Nicholas Beach occupied by actresses Margot Kidder and Jennifer Salt became the unofficial headquarters for the New Hollywood; how Billy Friedkin tried to humiliate Paramount boss Barry Diller; and how screenwriter/director Paul Schrader played Russian roulette in his hot tub. It was a time when an "anything goes" experimentation prevailed both on the screen and off. After the success of *Easy Rider*, young film-school graduates suddenly found themselves in demand, and directors such as Francis Coppola, Peter Bogdanovich, George Lucas, and Martin Scorsese became powerful figures. Even the new generation of film stars -- Nicholson, De Niro, Hoffman, Pacino, and Dunaway -- seemed a breed apart from the traditional Hollywood actors. Ironically, the renaissance would come to an end with *Jaws* and *Star Wars*, hugely successful films that would create a blockbuster mentality and crush innovation. Based on hundreds of interviews with the directors themselves, producers, stars, agents, writers, studio executives, spouses, and ex-spouses, this is the full, candid story of Hollywood's last golden age. Never before have so many celebrities talked so frankly about one another and about the drugs, sex, and money that made so many of them crash and burn. By turns hilarious and shocking, *Easy Riders, Raging Bulls* is the ultimate behind-the-scenes account of Hollywood at work and play.

At the heart of Portland's red-hot food scene is Toro Bravo, a Spanish-inspired restaurant whose small plates have attracted a fiercely loyal fan base. But to call Toro Bravo a Spanish restaurant doesn't begin to tell the whole story. For chef John Gorham, each dish reflects a time, a place, a moment. For Gorham, food is more than mere sustenance. The Toro Bravo cookbook is an honest look behind the scenes: from Gorham's birth to a teenage mother who struggled with drug addiction, to time spent in his grandfather's crab-shack dance club, to formative visits to Spain, to becoming a father and opening a restaurant. Toro Bravo also includes 95 of the restaurant's recipes, from simple salads to homemade chorizo, along with an array of techniques that will appeal to both the home cook and the most seasoned, forearm-burned chef.

**NEW YORK TIMES BESTSELLER** • The intimate, inspiring, and authoritative biography of Sandra Day O'Connor, America's first female Supreme Court justice, drawing on exclusive interviews and first-time access to Justice O'Connor's archives—as seen on PBS's *American Experience* "She's a hero for our time, and this is the biography for our time."—Walter Isaacson Finalist for the Los Angeles Times Book Prize • Named One of the Best Books of the Year by NPR and The Washington Post She was born in 1930 in El Paso and grew up on a cattle ranch in Arizona. At a time when women were expected to be homemakers, she set her sights on Stanford University. When she graduated near the top of her law school class in 1952, no firm would even interview her. But Sandra Day

O'Connor's story is that of a woman who repeatedly shattered glass ceilings—doing so with a blend of grace, wisdom, humor, understatement, and cowgirl toughness. She became the first ever female majority leader of a state senate. As a judge on the Arizona Court of Appeals, she stood up to corrupt lawyers and humanized the law. When she arrived at the United States Supreme Court, appointed by President Ronald Reagan in 1981, she began a quarter-century tenure on the Court, hearing cases that ultimately shaped American law. Diagnosed with cancer at fifty-eight, and caring for a husband with Alzheimer's, O'Connor endured every difficulty with grit and poise. Women and men who want to be leaders and be first in their own lives—who want to learn when to walk away and when to stand their ground—will be inspired by O'Connor's example. This is a remarkably vivid and personal portrait of a woman who loved her family, who believed in serving her country, and who, when she became the most powerful woman in America, built a bridge forward for all women. Praise for *First* "Cinematic . . . poignant . . . illuminating and eminently readable . . . First gives us a real sense of Sandra Day O'Connor the human being. . . . Thomas gives O'Connor the credit she deserves."—The Washington Post "[A] fascinating and revelatory biography . . . a richly detailed picture of [O'Connor's] personal and professional life . . . Evan Thomas's book is not just a biography of a remarkable woman, but an elegy for a worldview that, in law as well as politics, has disappeared from the nation's main stages."—The New York Times Book Review

Often calculus and mechanics are taught as separate subjects. It shouldn't be like that. Learning calculus without mechanics is incredibly boring. Learning mechanics without calculus is missing the point. This textbook integrates both subjects and highlights the profound connections between them. This is the deal. Give me 350 pages of your attention, and I'll teach you everything you need to know about functions, limits, derivatives, integrals, vectors, forces, and accelerations. This book is the only math book you'll need for the first semester of undergraduate studies in science. With concise, jargon-free lessons on topics in math and physics, each section covers one concept at the level required for a first-year university course. Anyone can pick up this book and become proficient in calculus and mechanics, regardless of their mathematical background.

The first comprehensive history of the Lakota Indians and their profound role in shaping America's history Named One of the New York Times Critics' Top Books of 2019 - Named One of the 10 Best History Books of 2019 by Smithsonian Magazine - Winner of the MPIBA Reading the West Book Award for narrative nonfiction "Turned many of the stories I thought I knew about our nation inside out."--Cornelia Channing, Paris Review, Favorite Books of 2019 "My favorite non-fiction book of this year."--Tyler Cowen, Bloomberg Opinion "A brilliant, bold, gripping history."--Simon Sebag Montefiore, London Evening Standard, Best Books of 2019 "All nations deserve to have their stories told with this degree of attentiveness"--Parul Sehgal, New York Times This first complete account of the Lakota Indians traces their rich and often surprising history from the early sixteenth to the early twenty-first century. Pekka Hämmäläinen explores the Lakotas' roots as marginal hunter-gatherers and reveals how they reinvented themselves twice: first as a river people who dominated the Missouri Valley, America's great commercial artery, and then—in what was America's first sweeping westward expansion—as a horse people who ruled supreme on the vast high plains. The Lakotas are imprinted in American historical memory. Red Cloud, Crazy Horse, and Sitting Bull are iconic figures in the American imagination, but in this groundbreaking book they emerge as something different: the architects of Lakota America, an expansive and enduring Indigenous regime that commanded human fates in the North American interior for generations. Hämmäläinen's deeply researched and engagingly written history places the Lakotas at the center of American history, and the results are revelatory.

**THE SUNDAY TIMES BESTSELLER** What if you could attract more money just by changing how you think? In *The Money Is Coming*, Sarah Akwison, founder of No Bull Business School, gives you an easy-to-follow, ten step system to manifest more money into your life. By using a unique blend of Sarah's no bullsh\*t style and an honest, inquisitive look at the universe and the law of attraction, you will learn to re-programme your brain to work for you, breaking down negative money blocks to replace them with new thought patterns for a positive money mindset. This book will have you seeing new money opportunities, feeling excited about your financial future and on the road to living your best life.

"Lovely gifts in luscious yarns . . . that will never go out of style" that can be completed in about 10 hours or—way—less (Planet Purl). Today's knitters are chic, smart-and busy. Although they love to knit and enjoy making gifts for family and friends, they're constantly faced with the challenge of finding enough time to actually finish what they've started. Last-Minute Knitted Gifts solves this problem. Joelle Hoverson, owner of Purl, the hip knitting supply store in downtown Manhattan, has designed more than 30 fun, fresh, beautiful patterns, most of which can be made in less than ten hours—some in as little as two! Known for her keen sense of color, Hoverson includes instructions for classic gifts like baby booties and bonnets, sweaters, and scarves, plus imaginative options like a cashmere tea cozy, a felted yoga mat bag, floor

cushions, and a poncho—surely something for everyone on the gift list. And to make each present extra-special, Hoverson offers easy tips on how to incorporate knitting and other yarn embellishments into the gift wrap.

From the Nobel Prize-winning author of *Thinking, Fast and Slow* and the coauthor of *Nudge*, a revolutionary exploration of why people make bad judgments and how to make better ones—"a tour de force" (New York Times). Imagine that two doctors in the same city give different diagnoses to identical patients—or that two judges in the same courthouse give markedly different sentences to people who have committed the same crime. Suppose that different interviewers at the same firm make different decisions about indistinguishable job applicants—or that when a company is handling customer complaints, the resolution depends on who happens to answer the phone. Now imagine that the same doctor, the same judge, the same interviewer, or the same customer service agent makes different decisions depending on whether it is morning or afternoon, or Monday rather than Wednesday. These are examples of noise: variability in judgments that should be identical. In *Noise*, Daniel Kahneman, Olivier Sibony, and Cass R. Sunstein show the detrimental effects of noise in many fields, including medicine, law, economic forecasting, forensic science, bail, child protection, strategy, performance reviews, and personnel selection. Wherever there is judgment, there is noise. Yet, most of the time, individuals and organizations alike are unaware of it. They neglect noise. With a few simple remedies, people can reduce both noise and bias, and so make far better decisions. Packed with original ideas, and offering the same kinds of research-based insights that made *Thinking, Fast and Slow* and *Nudge* groundbreaking New York Times bestsellers, *Noise* explains how and why humans are so susceptible to noise in judgment—and what we can do about it.

A Civil War drama told in sixteen voices, this 'is a heartbreaking and remarkably vivid portrait of a war that remains our nation's bloodiest conflict.... Fleischman's artistry is nothing short of astounding.' —Publishers Weekly. 'Fleischman has done what he does best—create a unique piece of fiction with echoes of his poetry throughout.' —H. 'Outstanding... unforgettable as historical fiction... an important book for every library.' —SLJ. Notable Children's Books of 1994 (ALA) 1994 Best Books for Young Adults (ALA) 1994 Fanfare Honor List (The Horn Book) Best Books of 1993 (SLJ) 1993 Books for Youth Editors' Choices (BL) 1994 Teachers' Choices (IRA) Notable 1994 Children's Trade Books in Social Studies (NCSSE/CBC) 1994 Notable Trade Books in the Language Arts (NCTE) 1994 Scott O'Dell Award for Historical Fiction for Children 1993 Choices: The Year's Best Books (Publishers Weekly) Children's Books of 1993 (Library of Congress) 1994 Books for the Teen Age (NY Public Library) 100 Books for Reading and Sharing 1994 (NY Public Library) 1994 Silver Medal for Literature (Commonwealth Club of California) 1994 Anne Izard Storytellers' Choice Award Winner (Westchester, NY Library System)

Who is Dennis Rodman? Readers flocked to find out with *Bad As I Wanna Be*, a confessional by Rodman himself that sold roughly 600,000 copies. But an autobiography rarely attains objectivity, nor tells the whole story. *No Bull* chronicles the life of America's Bad Boy - from the time his mother fled a broken marriage to Dallas with Dennis and his two sisters, to his early arrest for theft, to his emergence as a star at Southeastern Oklahoma State. Bickley follows Dennis during his rookie year and beyond with the Detroit Pistons, where he began to make headlines for more than his basketball talent, to suspensions while playing for the San Antonio Spurs, to his time with Michael Jordan and Chicago Bulls. We see Dennis Rodman on and off the court, and the reader can be sure no punches are pulled.

Much like Lin-Manuel Miranda did in *Hamilton*, the New York Times best-selling author David Elliott turns a classic on its head in form and approach, updating the timeless story of Theseus and the Minotaur. A rough, rowdy, and darkly comedic young adult retelling in verse, which NPR called "beautifully clever," *Bull* will have readers reevaluating one of mythology's most infamous monsters. SEE THE STORY OF THESEUS AND THE MINOTAUR IN A WHOLE NEW LIGHT Minos thought he could Pull a fast one On me, Poseidon! God of the Sea! But I'm the last one On whom you Should try such a thing. The nerve of that guy. The balls. The audacity. I AM THE OCEAN! I got capacity! Depths! Darkness! Delphic power! So his sweet little plan Went big-time sour And his wife had a son Born with horns and a muzzle Who ended up In an underground puzzle. What is it with you mortals? You just can't seem to learn: If you play with fire, babies, You're gonna get burned.

Clear, concise, prescriptive steps for improving memory loss and keeping the brain young—from one of the world's top memory experts. Everybody forgets things sometimes—from your keys to your lunch date to the name of an acquaintance. According to Dr. Gary Small, the director of the UCLA Center on Aging, much of this forgetfulness can be eliminated easily through his innovative memory exercises and brain fitness program—now available for the first time in a book. Using Small's recent scientific discoveries, *The Memory Bible* can immediately improve your mental performance. One of the ten commandments that Dr. Small has pioneered to improve your memory immediately is LOOK, SNAP, CONNECT: 1: LOOK: actively observe what you want to learn 2:

SNAP: create a vivid snapshot and memorable image 3: CONNECT: visualize a link to associate images In addition, Dr. Small's comprehensive program includes a "brain diet" of memory-enhancing foods and a list of the most effective drugs, as well as a workbook with a weekly and daily calendar. Remember, as Dr. Small says, "Great memories are not born, they are made."

Most visitors know all about Kansas City's barbecue, jazz, and football success, but there are hidden gems and wild pieces of trivia around every turn in Missouri's largest city. Is the giant Hereford bull anatomically correct? Can a seed that's been to outer space still grow into a normal tree? And who really killed President William Henry Harrison? You'll find answers to the questions you didn't know you had in *Secret Kansas City: A Guide to the Weird, Wonderful, and Obscure*. Learn why three completely unrelated groups have chosen Kansas City as the center of the world and the place you want to be when the world ends. Between these covers, you'll also find castles, a horse buried in a cul-de-sac, a ghost who likes a good laugh, and the world's longest snake. This is not a tour guide for outsiders; it's a scavenger hunt—insiders only, please. Longtime Kansas Citian Anne Kniggendorf is at your service to bolster your love and boost your respect for this middle-of-the-map city. With her eye for the odd leading the way, you'll have a great time discovering Kansas City.

No Bull...This is the most concise and to the point review available for AP U.S. Government and Politics. Your review book shouldn't need a review book, and that's why we're here! This book contains definitions and explanations for the most important terms, concepts, and themes in the U.S. Government and Politics curriculum. With 200 multiple choice questions, 24 practice Free Response Questions, and an incredible review sheet that follows the entire book, the No Bull Review is a must-have whether you are purchasing it for government class in September, or hours before the big exam.

In his follow-up to his bestselling memoir *Tweak: Growing Up On Methamphetamines*, Nic Sheff reveals a brutally honest account of a young person's struggles with relapse and rehab. In his bestselling memoir *Tweak*, Nic Sheff took readers on an emotionally gripping roller-coaster ride through his days as an addict. In this powerful follow-up about his continued efforts to stay clean, Nic

writes candidly about eye-opening stays at rehab centers, devastating relapses, and hard-won realizations about what it means to be a young person living with addiction. By candidly revealing his own failures and small personal triumphs, Nic inspires readers to maintain hope and to remember that they are not alone in their battles. A group reading guide is included. Nic Sheff's *Tweak*, *We All Fall Down*, and his father's memoir about him (*Beautiful Boy*) are the basis of the film *Beautiful Boy* starring Steve Carell and Timothée Chalamet.

From bestselling writer David Graeber—"a master of opening up thought and stimulating debate" (Slate)—a powerful argument against the rise of meaningless, unfulfilling jobs...and their consequences. Does your job make a meaningful contribution to the world? In the spring of 2013, David Graeber asked this question in a playful, provocative essay titled "On the Phenomenon of Bullshit Jobs." It went viral. After one million online views in seventeen different languages, people all over the world are still debating the answer. There are hordes of people—HR consultants, communication coordinators, telemarketing researchers, corporate lawyers—whose jobs are useless, and, tragically, they know it. These people are caught in bullshit jobs. Graeber explores one of society's most vexing and deeply felt concerns, indicting among other villains a particular strain of finance capitalism that betrays ideals shared by thinkers ranging from Keynes to Lincoln. "Clever and charismatic" (The New Yorker), *Bullshit Jobs* gives individuals, corporations, and societies permission to undergo a shift in values, placing creative and caring work at the center of our culture. This book is for everyone who wants to turn their vocation back into an avocation and "a thought-provoking examination of our working lives" (Financial Times).

A No-Nonsense Guide to Holistic Beauty and Wellness The No Bull Beauty Guide arises out of Sheryl's commitment to only the purest ingredients and no BS approach to beauty. Her 25+ years experience as a Holistic Aesthetician and years of meticulous research have paved the way for this project. She offers this book as your guide to natural, lasting beauty. Her No Bull Beauty Blog gained so much attention that she had to answer the growing demand for information, and now in her unique, funny and witty No Bull manner her inspirational mission continues. Get to know the

No Bull Beauty Method for yourself and find out how easy Sheryl makes it to live in the pure splendor of a toxin-free lifestyle, and natural beauty. You Will Learn About: Common crappy skin conditions Beauty procedure pros and cons Toxins to toss Icky ingredients Anti-aging advice Natural beauty solutions Bogus beauty claims Superfoods for beauty Household ingredients for DIY beauty Label language lowdown Holistic remedies, dietary supplements & much more! Be fully informed before you put anything else on your face or in your body! Get your copy of Sher's guide today.

This book helps all knitters, but particularly those with larger feet and calves, to create and adapt socks to fit perfectly. Includes both a detailed process for taking your measurements and customizing fit, followed by 12 highly adaptable and gorgeous patterns.

New York Times Bestseller and Wall Street Journal Bestseller! Bar Rescue's Jon Taffer presents a new guide to getting what you want in life and business—to stop making excuses so you can get back to winning. During his many years as an entrepreneur, consultant, and star of the Paramount Network's hit show *Bar Rescue*, Jon Taffer has witnessed the destruction that results when people bullsh\*t themselves. Excuses are the root cause of nearly every business and personal problem, but fortunately, Jon knows how to fix your excuse habit for good. This book is almost as good as having Jon in your face on *Bar Rescue*, telling you the hard truths you've been avoiding. Don't Bullsh\*t Yourself! is Jon Taffer's brutally honest, no-nonsense guide to help you kick those excuses to the curb. If you can stop bullsh\*tting yourself and address your real issues, you will gain the power to turn your life around completely. Taffer breaks excuses down into six major categories, illustrating them with real-life examples such as Marcus Luttrell, the lone survivor of a SEAL team mission in Afghanistan who barely escaped Taliban territory, and Christine King, founder and CEO of *Your Best Fit*, who, despite being paralyzed in a horrific boating accident, went on to build a successful fitness company. These inspiring stories, combined with Taffer's own experiences, will give you the confidence to identify and face your own excuses head-on. It's Taffer Time! Time to stop bullsh\*tting yourself and start crushing it!