

Peak Performance Book Capsltd

An instant New York Times bestseller and #1 Wall Street Journal bestseller. JIM KWIK, the world's #1 brain coach, has written the owner's manual for mental expansion and brain fitness. Limitless gives people the ability to accomplish more--more productivity, more transformation, more personal success and business achievement--by changing their Mindset, Motivation, and Methods. These "3 M's" live in the pages of Limitless along with practical techniques that unlock the superpowers of your brain and change your habits. For over 25 years, Jim Kwik has worked closely with successful men and women who are at the top in their fields as actors, athletes, CEOs, and business leaders from all walks of life to unlock their true potential. In this groundbreaking book, he reveals the science-based practices and field-tested tips to accelerate self learning, communication, memory, focus, recall, and speed reading, to create fast, hard results. Learn how to: **FLIP YOUR MINDSET** Your brain is like a supercomputer and your thoughts program it to run. That's why the Kwik Brain process starts with unmasking assumptions, habits, and procrastinations that stifle you, redrawing the borders and boundaries of what you think is possible. It teaches you how to identify what you want in every aspect of your life, so you can move from negative thinking to positive possibilities. **IGNITE YOUR MOTIVATION** Uncovering what motivates you is the key that opens up limitless mental capacity. This is where Passion + Purpose + Energy meet to move you closer to your goals, while staying focused and clear. Your personal excitement will be sustainable with self-renewing inspirations. Your mind starts strong, stays strong, and drives further exponentially faster. **MASTER THE METHOD** We've applied the latest neuroscience for accelerated learning. Our process, programs, podcasts, and products unleash your brain's own superpowers. Finish a book 3x faster through speed reading (and remember every part of it), learn a new language in record time, and master new skills with ease. These are just a few of the life-changing self-help benefits. With Kwik Brain, you'll get brain-fit and level-up your mental performance. With the best Mindset, Motivation and Method, your powers become truly limitless.

In this book, authors H.A. Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game.

This is the ultimate guide to sports and the perfect reference for the upcoming Olympics. - an amazing moment for sport. Discover everything you need to know about more than 200 sports, including all of the Olympic and Paralympic events featured in PyeongChang and Tokyo. Get the authoritative inside scoop from each sport's leading experts, conferences, leagues, and associations. Discover game-winning insights into the strategies and tactics of the world's top competitors. And learn all of the facts, stats, and stories behind the Olympic Games - the most spectacular sporting event on the planet. Fully revised with up-to-date information on the rules and results for more than 200 of the world's greatest sports, The Sports Book also includes the latest facts and statistics and updated world and Olympic records. It is perfect for any sports buffs in need of an ultimate quick-reference guide, or anyone looking to top up their sports knowledge.

The inspirational bestseller that ignited a movement and asked us to find our WHY Discover the book that is captivating millions on TikTok and that served as the basis for one of the most popular TED Talks of all time—with more than 56 million views and counting. Over a decade ago, Simon Sinek started a movement that inspired millions to demand purpose at work, to ask what was the WHY of their organization. Since then, millions have been touched by the power of his ideas, and these ideas remain as relevant and timely as ever. **START WITH WHY** asks (and answers) the questions: why are some people and organizations more innovative, more influential, and more profitable than

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others? Why do some command greater loyalty from customers and employees alike? Even among the successful, why are so few able to repeat their success over and over? People like Martin Luther King Jr., Steve Jobs, and the Wright Brothers had little in common, but they all started with WHY. They realized that people won't truly buy into a product, service, movement, or idea until they understand the WHY behind it. **START WITH WHY** shows that the leaders who have had the greatest influence in the world all think, act and communicate the same way—and it's the opposite of what everyone else does. Sinek calls this powerful idea The Golden Circle, and it provides a framework upon which organizations can be built, movements can be led, and people can be inspired. And it all starts with WHY.

Describes the ways in which scientific advances have contributed to athletic performance focusing on sports medicine and the work of the U.S. Olympic Training Centers.

“We finally have the definitive treatise on PyTorch! It covers the basics and abstractions in great detail. I hope this book becomes your extended reference document.” —Soumith Chintala, co-creator of PyTorch

Key Features Written by PyTorch's creator and key contributors

- Develop deep learning models in a familiar Pythonic way
- Use PyTorch to build an image classifier for cancer detection
- Diagnose problems with your neural network and improve training with data augmentation

Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications.

About The Book Every other day we hear about new ways to put deep learning to good use: improved medical imaging, accurate credit card fraud detection, long range weather forecasting, and more. PyTorch puts these superpowers in your hands. Instantly familiar to anyone who knows Python data tools like NumPy and Scikit-learn, PyTorch simplifies deep learning without sacrificing advanced features. It's great for building quick models, and it scales smoothly from laptop to enterprise. **Deep Learning with PyTorch** teaches you to create deep learning and neural network systems with PyTorch. This practical book gets you to work right away building a tumor image classifier from scratch. After covering the basics, you'll learn best practices for the entire deep learning pipeline, tackling advanced projects as your PyTorch skills become more sophisticated. All code samples are easy to explore in downloadable Jupyter notebooks.

What You Will Learn

- Understanding deep learning data structures such as tensors and neural networks
- Best practices for the PyTorch Tensor API, loading data in Python, and visualizing results
- Implementing modules and loss functions
- Utilizing pretrained models from PyTorch Hub
- Methods for training networks with limited inputs
- Sifting through unreliable results to diagnose and fix problems in your neural network
- Improve your results with augmented data, better model architecture, and fine tuning

This Book Is Written For For Python programmers with an interest in machine learning. No experience with PyTorch or other deep learning frameworks is required.

About The Authors Eli Stevens has worked in Silicon Valley for the past 15 years as a software engineer, and the past 7 years as Chief Technical Officer of a startup making medical device software. Luca Antiga is co-founder and CEO of an AI engineering company located in Bergamo, Italy, and a regular contributor to PyTorch. Thomas Viehmann is a Machine Learning and PyTorch speciality trainer and consultant based in Munich, Germany and a PyTorch core developer.

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How are the best athletes in the world able to function under the immense pressure of competition? By harnessing the potential of their minds to train smart, stay committed, focus, and deliver winning performances with body and mind when the time is right. The mental side of performance has always been a crucial component for success - but nowadays coaches, teams, and athletes of all levels and abilities are using sport psychology to help fulfil their potential and serve up success. It goes without saying that business performance has many parallels with sporting performance. But did you realize that the scientific principles of sport psychology, used by elite athletes the world over, are being used by some of the most successful business professionals? Performance - in any context - is about utilizing and deploying every possible resource to fulfil your potential. This book is about getting into a winning state of body and mind for your performance - whatever that might be - sales pitches, presentations, leadership, strategic thinking, delivery, and more. In *What Business Can Learn From Sport Psychology* you will develop the most important weapon you need to succeed in business: your mental approach to performance. This book reveals the secrets of the winning mind by exploring the strategies and techniques used by the most successful athletes and professionals on the planet. As you read this book you will learn about practical and powerful techniques and refine your mental approach to business performance. Based on decades of scientific research, the authors' professional experiences, and the experiences of winning athletes and business professionals, this book is a practical and evidence-driven resource that will teach you how to deal with pressure, break through adversity, embrace challenges, project business confidence, and much more. - Discover and Utilize sport psychology techniques to Maximize your potential and that of your organization - Develop ways to not just cope but Thrive under pressure - Harness the power of your mind to avoid Overthinking; Seize your Opportunities - Understand the Power of Communication, Preparation, and Pre-Performance Routines - Prevent destructive thoughts from taking hold - Learn how to Self-Regulate in pressure situations through Relaxation and Activation Exercises - Full of practical guidance, and tried-and-tested performance methodologies Who are the authors? Dr Martin Turner is a Lecturer in Sport and Exercise Psychology in the School of Psychology, Sport and Exercise at Staffordshire University. Martin is an active researcher and a Chartered practitioner psychologist. He consults with professional athletes, teams, and coaches, and works extensively with business professionals and management in multinational organizations. Dr Jamie Barker is Associate Professor of Applied Performance Psychology at Staffordshire University, and a Chartered psychologist. Jamie is an active researcher and contributor to the Centre for Sport, Health, and Exercise Research (CSHER), works with business leaders and professionals across many disciplines, and is the co-author of the acclaimed Bennion Kearny title: *The Psychology of Cricket: Developing Mental Toughness*, amongst others. Includes bibliographical references.

16 MILLION COPIES SOLD 'A book to read, to cherish, to debate, and one that will ultimately keep the memories of the victims alive' John Boyne, author of *The Boy in the Striped Pyjamas* A prominent Viennese psychiatrist before the war, Viktor Frankl was uniquely able to observe the way that both he and others in Auschwitz coped (or didn't) with the experience. He noticed that it was the men who comforted others and who gave away their last piece of bread who survived the longest - and who offered proof that everything can be taken away from us except the ability to choose our attitude in any given set of circumstances. The sort of person the concentration camp prisoner became was the result of an inner decision and not of camp influences alone. Frankl came to believe man's deepest desire is to search for meaning and purpose. This outstanding work offers us all a way to transcend suffering and find significance in the art of living.

Discover the next frontier in sports training—improving your mental game, no matter your age or experience—and how to become the Playmaker, both in your professional and personal life. Coaches search for it. Parents dream of it. Fans love it. Athletes want it. The playmaker on any sports team possesses it: an elusive, intangible quality combining anticipation, perception, and decision-making skills. This quality raises their game above the competition and allows them to pass when no one else can, anticipate the movement of opponents, avoid costly mental mistakes, and ultimately, hold the team together. Now, for the first time, cognitive science research is revealing the secrets of the playmaker's keen sense of awareness. Just as tests of speed, strength, and agility have provided a baseline of physiological biomarkers, coaches can now capture cognitive metrics including attention, pattern recognition, anticipation, and the ability to take quick, decisive action during the chaos of competition. *The Playmaker's Advantage* is a groundbreaking book that will educate athletes of all ages about this essential creative capability in an accessible, easy to understand method.

Drive long-term profits and growth by making the company a place your employees love. In *Great Company* presents a practical approach to ensure that your employees perform at their highest possible levels. It's not about increasing salaries, offering huge bonuses, or investing in the latest employee engagement tools. The real answer is simpler, deeper, and longer-lasting: getting your people to love where they work. Founder and CEO of one of today's top leadership development firms, Best Practices Institute, Louis Carter takes you step by step through the process of building a lasting emotional connection between your staff and your company. Carter's proven strategy is founded on five key principles: collaboration, optimism, values, respect, and performance. Fuse them together, and your company will be the envy of your industry. This groundbreaking guide provides everything you need to create an environment where people have a strong sense of belonging—a place where people finally feel like they're part of something big, where employees want to work collaboratively and creatively, where your staff and your company grow together. *Bridge*

the engagement gap by ensuring that every member of your team spends their entire work day in great company.

. Learn to Develop a Powerful Mindset for Complete Success and Fulfilment This 4 Book Bundle Contains Book 1: Millionaire Mindset Strategies Book 2: Best Wealth Magnet Activities Book 3: Ideal Steps to Business Success Book 4: Super Wealthy Mindset Habits Become unstoppable in the face of challenges and obstacles One of the most important features of our lives is our ability to live up to our full potential and this collection of wealth-oriented books have been designed specifically to identify the essential ingredients that can be used to create success. Based on a series of interviews and mentorships with groups of exceptionally successful individuals, the principles discussed within the four books reveal the fact that sustained success is not an accident. It's a product of consistently doing the right things. But what constitutes 'the right things'? And how important is the role of attitude in the creation of success? The good news is that the attitudes, actions and behaviours of highly successful and fulfilled individuals can be learned and that means that all of us can benefit from the models and examples that others have set. This saves us an enormous amount of time and wasted effort and can catapult us into the upper levels of personal success and fulfilment. The books have been designed as an exploration of the underlying attitudes that will serve either to support or hinder our ambitions. Their purpose is to encourage us to dream and set goals that are truly worthy of our deeper potential. The first volume examines the attitudes and behaviours of super-successful individuals and reveals the principles that these people adopted to promote their efforts to live the lives of their dreams. It's an intoxicating message of hope, inspiration and practical principles for raising the quality of our lives to new levels of expression. The second volume explores the principles of developing a very positive attitude towards wealth and its resistance-free acquisition. The third volume focuses on the principles of creating success in business and the fourth book examines the essential attributes of the successful mind set. Amongst a treasure trove of powerful advice, insights, tips and principles, you can learn how to Identify the beliefs that previously held you back and banish all negative and restrictive attitudes and behaviours Set goals that will draw on your latent creativity and inspire you to grow Discover and channel the power of your unconscious and make firm friends with the concept of wealth and abundance Take control of your business and tune it towards new levels of success and profitability Create your own mental framework for positive expectations and design your own affirmations for driving you ever closer towards your dreams and goals Become comfortable with the concept of personal success and fulfilment This collection of the essential principles for success has been produced to share the message that our fate is very much in our own hands and that each of us has the potential to make our lives better than they are today. This profound message of hope is a wake-up call to seize the day and experience the power of your own potential. It's a message of power and practical wisdom, a set of guides for making the most of this precious gift we call life.

The authors document how four forces--exponential technologies, the DIY innovator, the Technophilanthropist, and the Rising Billion--are conspiring to solve our biggest problems. "Abundance" establishes hard targets for change and lays out a strategic roadmap for governments, industry and entrepreneurs, giving us plenty of reason for optimism. Acclaim for Joel Greenblatt's New York Times bestseller THE LITTLE BOOK THAT BEATS THE MARKET "One of the best, clearest guides to value investing out there." —Wall Street Journal "Simply perfect. One of the most important investment books of the last fifty years!" —Michael Price "A landmark book—a stunningly simple and low-risk way to significantly beat the market!" —Michael Steinhardt, the dean of Wall Street hedge-fund managers "The best book on the subject in years." —Financial Times "The best thing about this book—from which I intend to steal liberally for the next edition of The Only Investment Guide You'll Ever Need—is that most people won't believe it. . . . That's good, because the more people who know about a good thing, the more expensive that thing ordinarily becomes. . . ." —Andrew Tobias, author of The Only Investment Guide You'll Ever Need "This book is the finest simple distillation of modern value investing principles ever written. It should be mandatory reading for all serious investors from the fourth grade on up." —Professor Bruce Greenwald, director of the Heilbrunn Center for Graham and Dodd Investing, Columbia Business School

“This book is a breakthrough, a lyrical, powerful, science-based narrative that actually shows us how to get better (much better) at the things we care about.”—Seth Godin, author of Linchpin “Anyone who wants to get better at anything should read [Peak]. Rest assured that the book is not mere theory. Ericsson’s research focuses on the real world, and he explains in detail, with examples, how all of us can apply the principles of great performance in our work or in any other part of our lives.”—Fortune Anders Ericsson has made a career studying chess champions, violin virtuosos, star athletes, and memory mavens. Peak distills three decades of myth-shattering research into a powerful learning strategy that is fundamentally different from the way people traditionally think about acquiring new abilities. Whether you want to stand out at work, improve your athletic or musical performance, or help your child achieve academic goals, Ericsson’s revolutionary methods will show you how to improve at almost any skill that matters to you. “The science of excellence can be divided into two eras: before Ericsson and after Ericsson. His groundbreaking work, captured in this brilliantly useful book, provides us with a blueprint for achieving the most important and life-changing work possible: to become a little bit better each day.”—Dan Coyle, author of The Talent Code “Ericsson’s research has revolutionized how we think about human achievement. If everyone would take the lessons of this book to heart, it could truly change the world.”—Joshua Foer, author of Moonwalking with Einstein

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of

martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

This book integrates findings from across domains in performance psychology to focus on core research on what influences peak and non-peak performance. The book explores basic and applied research identifying cognition-action interactions, perception-cognition interactions, emotion-cognition interactions, and perception-action interactions. The book explores performance in sports, music, and the arts both for individuals and teams/groups, looking at the influence of cognition, perception, personality, motivation and drive, attention, stress, coaching, and age. This comprehensive work includes contributions from the US, UK, Canada, Germany, and Australia. Integrates research findings found across domains in performance psychology Includes research from sports, music, the arts, and other applied settings Identifies conflicts between cognition, action, perception, and emotion Explores influences on both individual and group/team performance Investigates what impacts peak performance and error production

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners. NATIONAL BESTSELLER CNBC and Strategy + Business Best Business Book of 2017 "A mind-blowing tour along the path from sex and drugs to R&D." - Financial Times It's the biggest revolution you've never heard of, and it's hiding in plain sight. Over the past decade, Silicon Valley executives like Eric Schmidt and Elon Musk, Special Operators like the Navy SEALs and the Green Berets, and maverick scientists like Sasha Shulgin and Amy Cuddy have turned everything we thought we knew about high performance upside down. Instead of grit, better habits, or 10,000 hours, these trailblazers have found a surprising short cut. They're harnessing rare and controversial states of consciousness to solve critical challenges and outperform the competition. New York Times bestselling author Steven Kotler and high performance expert Jamie Wheal spent four years investigating the leading edges of this revolution—from the home of SEAL Team Six to the Googleplex, the Burning Man festival, Richard Branson's Necker Island, Red Bull's training center, Nike's innovation team, and the United Nations' Headquarters. And what they learned was stunning: In their own ways, with differing languages, techniques, and applications, every one of these groups has been quietly seeking the same thing: the boost in information and inspiration that altered states provide. Today, this revolution is spreading to the mainstream, fueling a trillion dollar underground economy and forcing us to rethink how we can all lead richer, more productive, more satisfying lives. Driven by four accelerating forces—psychology, neurobiology, technology and pharmacology—we are gaining access to and insights about some of the most contested and misunderstood terrain in history. Stealing Fire is a provocative examination of what's actually possible; a guidebook for anyone who wants to radically upgrade their life.

"Sports nutritionist Matt Fitzgerald lets us in on his no-diet secrets that can help endurance athletes get leaner, stronger, and faster." ? Men's Fitness Revealing new research and drawing from the best practices of elite athletes, *Racing Weight* is a proven weight-management program designed specifically for endurance athletes. Coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training. His comprehensive and science-based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The *Racing Weight* program helps athletes: Improve diet quality Manage appetite Balance energy sources Easily monitor weight and performance Time nutrition throughout the day Train to get—and stay—lean *Racing Weight* offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. *Racing Weight* superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite. Athletes know that every extra pound wastes energy and hurts performance. With *Racing Weight*, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale.

Being successful in the sport starts here. It starts with your wrestling journal. As heard about on the *Wrestling Core Podcast*, you can track your goals, wrestling record, daily progress and more in this journal. Don't leave this tool out of your tool box. With the weekly quotes, there isn't anything that this guide is missing. Get your *Wrestling Journal* today.

After thirty five years, Mandell, Douglas, and Bennett's *Principles and Practice of Infectious Diseases*, 8th Edition is still the reference of choice for comprehensive, global guidance on diagnosing and treating the most challenging infectious diseases. Drs. John E. Bennett and Raphael Dolin along with new editorial team member Dr. Martin Blaser have meticulously updated this latest edition to save you time and to ensure you have the latest clinical and scientific knowledge at your fingertips. With new chapters, expanded and updated coverage, increased worldwide perspectives, and many new contributors, Mandell, Douglas, and Bennett's *Principles and Practice of Infectious Diseases*, 8th Edition helps you identify and treat whatever infectious disease you see. Get the answers to any questions you have with more in-depth coverage of epidemiology, etiology, pathology, microbiology, immunology, and treatment of infectious agents than you'll find in any other ID resource. Apply the latest knowledge with updated diagnoses and treatments for currently recognized and newly emerging infectious diseases, such as those caused by avian and swine influenza viruses. Put the latest knowledge to work in your practice with new or completely revised chapters on Influenza (new pandemic strains); New Middle East Respiratory Syndrome (MERS) Virus; Probiotics; Antibiotics for resistant bacteria; Antifungal drugs; New Antivirals for hepatitis B and C; *Clostridium difficile* treatment; Sepsis; Advances in HIV prevention and treatment; Viral gastroenteritis; Lyme Disease; *Helicobacter pylori*; Malaria; Infections in immunocompromised hosts; Immunization (new vaccines and new recommendations); and Microbiome. Benefit from fresh perspectives and expanded global insights from an expanded team of American and International contributors. Martin Blaser, MD, a leading expert and Muriel G. and George W. Singer Professional of Translational Medicine at New York University School of Medicine, joins veteran PPID editors John E.

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Bennett, MD, and Raphael Dolin, MD to continue a legacy of excellence. Find and grasp the information you need easily and rapidly with newly added chapter summaries.

Bold is a radical how-to guide for using exponential technologies, moonshot thinking, and crowd-powered tools to create extraordinary wealth while also positively impacting the lives of billions. A follow-up to the authors' *Abundance* (2012).

Noted sports performance expert and bestselling author of *Core Performance*, Verstegen reveals the training program he uses with elite athletes and U.S. Special Operations Forces. As founder and president of EXOS, Mark Verstegen has trained the world's top athletes in sports including the NFL, Major League Baseball, and worldwide soccer powers, along with the most elite "tactical athletes"—U.S. Special Operations Forces personnel. More than a decade ago, Verstegen's groundbreaking book *Core Performance* revolutionized the fitness industry and made core conditioning and functional training mainstream. In his new book, Verstegen presents his most hardcore program yet: a demanding system that challenges readers to perform at the highest level. Borrowing heavily from his regimens used by the military and NFL-combine hopefuls, Verstegen breaks the system down into tough but easy-to-follow workouts that help readers become faster, more explosive, and more powerful while moving with greater efficiency and with far less potential for injury. If you've ever wanted to perform like the top sports champions or elite fighting forces, this is the book for you.

Track your performance of clinical nursing skills with convenient checklists! *Skills Performance Checklists* makes it easy to document and assess your proficiency in all of the more than 200 skills and procedures presented in Perry & Potter's *Clinical Nursing Skills & Techniques, 10th Edition* text. Follow these checklists step by step, and mark the completion of each step. Perforated pages make it easy to submit your work to instructors for evaluation. It's an excellent tool for building and assessing essential nursing skills! More than 200 skills performance checklists are included, with step-by-step instructions for each of the basic, intermediate, and advanced nursing skills in the *Clinical Nursing Skills & Techniques, 10th Edition* textbook. Thorough and convenient documentation of skill mastery makes it easier to evaluate your performance of each skill. Perforated pages make it easy to submit forms to instructors during clinical skills lab. F NEW! Updated content ensures that each checklist reflects the latest accepted clinical practice.

The first research-based program to offer concise, clear ways to realize your best performance. As a therapist, physician, and mental coach, Dr. Michael Lardon has dedicated his career to helping athletes understand and better achieve peak performance. In *Finding Your Zone*, he shares with readers what he's discovered about reaching the state in which thoughts and actions are occurring in complete synchronicity, and how this state is accessible to all, not just the few. In ten key lessons illustrated by personal anecdotes from his clients' Lardon teaches readers how to access the zone not only in sports but in all aspects of their lives, by understanding how to: - Transform desire into will - Channel emotions to victory - Trust instincts and keep it simple - Conquer fear through acceptance - Perform under pressure

In his first work of narrative nonfiction, Matthew Pearl, bestselling author of acclaimed novel *The Dante Club*, explores the little-

known true story of the kidnapping of legendary pioneer Daniel Boone's daughter and the dramatic aftermath that rippled across the nation. On a quiet midsummer day in 1776, weeks after the signing of the Declaration of Independence, thirteen-year-old Jemima Boone and her friends Betsy and Fanny Callaway disappear near the Kentucky settlement of Boonesboro, the echoes of their faraway screams lingering on the air. A Cherokee-Shawnee raiding party has taken the girls as the latest salvo in the blood feud between American Indians and the colonial settlers who have decimated native lands and resources. Hanging Maw, the raiders' leader, recognizes one of the captives as Jemima Boone, daughter of Kentucky's most influential pioneers, and realizes she could be a valuable pawn in the battle to drive the colonists out of the contested Kentucky territory for good. With Daniel Boone and his posse in pursuit, Hanging Maw devises a plan that could ultimately bring greater peace both to the tribes and the colonists. But after the girls find clever ways to create a trail of clues, the raiding party is ambushed by Boone and the rescuers in a battle with reverberations that nobody could predict. As Matthew Pearl reveals, the exciting story of Jemima Boone's kidnapping vividly illuminates the early days of America's westward expansion, and the violent and tragic clashes across cultural lines that ensue. In this enthralling narrative in the tradition of Candice Millard and David Grann, Matthew Pearl unearths a forgotten and dramatic series of events from early in the Revolutionary War that opens a window into America's transition from colony to nation, with the heavy moral costs incurred amid shocking new alliances and betrayals.

Two of golf's most revolutionary teachers share a personalized approach to accessing your peak performance. "The VISION54 approach is far more than just pure golf technique, it allows an individual to unlock their true potential by opening their mind and believing anything is possible to achieve." - David Leadbetter, David Leadbetter Golf Academy Pia Nilsson and Lynn Marriott are Complete Game Coaches, leaders of a new kind of golf instruction that focuses on more than just the grip, the stance, and the swing. Their VISION54 method targets the complete golfer-the whole person-not just the technical aspects of the game. Their coaching philosophy focuses on possibilities, not limitations, with an end goal of MY54-the idea that any golfer can reach their own personalized version of peak performance, scoring nothing but birdies on a par-72 course. Building on the core concepts introduced in Every Shot Must Have a Purpose and the strategic thinking in The Game Within the Game, Play Your Best Golf Now takes the mystery out of the soft skills of golf and shows golfers how to add these skills to their game for peak performance. Players learn to master the 8 Essential Playing Skills: 1. LEAVE YOUR MIND BEHIND and enter the Play Box 2. DECIDE AND COMMIT to your shots 3. FIND YOUR BALANCE both physically and mentally 4. FEEL YOUR TEMPO on the course and dance to its rhythm 5. TAME TENSION to improve your swing 6. BUILD EMOTIONAL RESILIENCE 7. STORE MEMORIES and learn from the past to make a better present 8. DROWN SELF-TALK IN USEFUL THOUGHTS And the 2 Essential Practice Skills: 1. SIMULATE GOLF on the practice range to maximize your time and effort 2. INTEGRATE SKILLS and practice with a plan These Essentials complement the technical anchors of the game-the grip, the stance, the swing-and give players a foundation for achieving their peak performance. MY54 is the vision, and these are the building blocks for achieving a higher level of play. The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of

All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of The TB12 Method, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, The TB12 Method provides step-by-step guidance on how develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, The TB12 Method gives you a better way to train and get results with Tom Brady himself as living proof.

The FT Guide to Business Coaching shows you everything you need to know about becoming a business coach, from how to find out if you’ve got what it takes, through the basic tools and models that really work. This book gives you a step-by-step guide to the tools, the market knowledge and the crucial new techniques from psychology you need to become an exceptional business coach. Clear, compelling and comprehensive, covering classic and fresh material from both business and psychology, this is the first book to cover both the critical elements of world-class business coaching. This book takes you through a tried and trusted process developed specifically for senior business leaders. It will help you: Know when to coach and when to lead. Build powerful listening skills. Get to grips with the most useful and up-to-the minute coaching tools and psychological techniques. Calculate if – and crucially, how - you can make a living as a business coach. Decide if, how and when to go for accreditation as a coach.

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