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Being a good citizen means standing up for what's right-and here's just the way to start. From the author of *The Gutsy Girl*, this kids' guide to activism is the perfect book for those with a fierce sense of justice, a good sense of humor, and a big heart. This guide features change-maker tips, tons of DIY activities, and stories about the kids who have paved the way before, from famous activists like Malala Yousafzai and Claudette Colvin to the everyday young people whose habit changes triggered huge ripple effects. So make a sign, write a letter, volunteer, sit-in, or march! There are lots of tactics to choose from, and you're never too young to change the world. The #1 New York Times bestseller. Over 4 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether

you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal. From the ill-fated dot-com bubble to unprecedented merger and acquisition activity to scandal, greed, and, ultimately, recession -- we've learned that widespread and difficult change is no longer the exception. By outlining the process organizations have used to achieve transformational goals and by identifying where and how even top performers derail during the change process, Kotter provides a practical resource for leaders and managers charged with making change initiatives work. Award-winning photojournalist Braasch presents this illustrated guide to the effects of climate change on the Earth and its inhabitants. The accompanying text offers an upbeat and intelligent account of how to lessen the effects of our near total dependence on fossil fuel. Includes original text of the Occupational safety and health act of 1970. In these pages are 101 of the best Sabbath activity ideas that Guide editors have ever seen; nearly two years' worth of fun! Some of these activities are great for groups, while others are perfect for solo ventures. And whether you plan ahead or flip through on the spur of the moment, you're sure to find something to make you smile, laugh, have fun, and learn about God! In this easy-to-read mini eBook, Danny Chivers presents the New Internationalist guide to debunking the myths of the climate change deniers. Sceptics are people who don't take things at face value; they demand facts, and are ready to change opinions based on the weight of evidence, even if that goes against personal preferences or beliefs. Deniers, on the other hand, refuse to accept evidence that conflicts with their personal beliefs, desires or ideology. People in denial gather reasons and excuses, however flimsy, that allow them to not believe in whatever unwelcome truth they're trying to avoid. This first in the New Internationalist series of mini eBook Essential Guides will help you understand the psychology of climate change denial, and will provide memorable tools for debunking the myths of the climate change deniers. A complete reference guide for cyclists planning extended trips includes everything a responsible biker needs to know, including the ultimate packing checklist, tips on selecting a bike and what clothing to wear, and much more. Original. 15,000 first printing. An inspiring and thorough guide to the ultimate cross-training and fitness adventure. You don't need to travel to experience the joy of bird-watching: just take a look at the pigeons in your nearby park! With this fun, quirky, and scientifically correct field guide to the most common bird in most cities, you'll learn to see pigeons and doves (they're the same thing) with a bird-watcher's expertise, understanding their fascinating behavior and appreciating nature right outside your window. "Over the last few years we've seen a remarkable surge of women running for office, and even better, winning. Running takes courage, passion, and commitment, but it also takes books like this. June and Kate have created a wonderful resource for women as they think about taking the leap."—Hillary Rodham Clinton Turn "can I do this?" into "yes, I can!" Join the growing wave of women leaders with Represent, an energetic, interactive, and inspiring step-by-step guide showing how to run for the approximately 500,000 elected offices in the US. Written with humor and honesty by writer, comedian, actress, and activist June Diane Raphael and Kate Black, former chief of staff at EMILY's list, Represent is structured around a 21-point document called "I'm Running for Office: The Checklist." Doubling as a workbook, Represent covers it all, from the nuts and bolts of where to run, fundraising, and filing deadlines, to issues like balancing family and campaigning, managing social media and how running for office can work in your real life. With infographics, profiles of women politicians, and wisdom and advice from women in office, this is a must-own for any woman thinking of joining the pink wave. Alternative medicine holds the key to losing weight permanently. By correcting imbalances resulting from such conditions as food allergies, overactive hormones, yeast infections, an underactive thyroid, or parasites, the health-promoting tips and techniques in this book will help you restructure your health-and melt away unwanted pounds. This simple program kicks off with a comprehensive detox to flush toxins-commonly stored in fat cells-out of the system. Next it presents

new ideas for losing weight by matching your diet to your unique body type and learning to choose the right fats, sweeteners, and supplements. Featuring more than twenty healthy recipes, detox teas and juices, lymph-stimulating methods for banishing cellulite, a menu-based eating plan, and the Super Seven Home Workout, *ALTERNATIVE MEDICINE MAGAZINE'S DEFINITIVE GUIDE TO WEIGHT LOSS* contains everything you need to get energized and become the healthy, trim person you've always wanted to be. This fascinating cultural history, studded with vivid details bringing the experience of Victorian-era travel alive, explores the beginnings of urban tourism, and sets the phenomenon within a larger cultural transformation that encompassed fundamental changes in urban life and national identity." A reckoning with one of our most beloved art forms, whose past and present are shaped by gender, racial, and class inequities—and a look inside the fight for its future Every day, in dance studios all across America, legions of little children line up at the barre to take ballet class. This time in the studio shapes their lives, instilling lessons about gender, power, bodies, and their place in the world both in and outside of dance. In *Turning Pointe*, journalist Chloe Angyal captures the intense love for ballet that so many dancers feel, while also grappling with its devastating shortcomings: the power imbalance of an art form performed mostly by women, but dominated by men; the impossible standards of beauty and thinness; and the racism that keeps so many people of color out of ballet. As the rigid traditions of ballet grow increasingly out of step with the modern world, a new generation of dancers is confronting these issues head on, in the studio and on stage. For ballet to survive the twenty-first century and forge a path into a more socially just future, this reckoning is essential. Provides factual information about climate change, including what is happening to the environment now and what may happen in the future, how scientists study climate change, and what ordinary people can do about climate change. A practical and comprehensive guide to surviving the greatest disaster of our time, from New York Times bestselling self-help author and beloved CBS Sunday Morning science and technology correspondent David Pogue. You might not realize it, but we're already living through the beginnings of climate chaos. In Arizona, laborers now start their day at 3 a.m. because it's too hot to work past noon. Chinese investors are snapping up real estate in Canada. Millennials have evacuation plans. Moguls are building bunkers. Retirees in Miami are moving inland. In *How to Prepare for Climate Change*, bestselling self-help author David Pogue offers sensible, deeply researched advice for how the rest of us should start to ready ourselves for the years ahead. Pogue walks readers through what to grow, what to eat, how to build, how to insure, where to invest, how to prepare your children and pets, and even where to consider relocating when the time comes. (Two areas of the country, in particular, have the requisite cool temperatures, good hospitals, reliable access to water, and resilient infrastructure to serve as climate havens in the years ahead.) He also provides wise tips for managing your anxiety, as well as action plans for riding out every climate catastrophe, from superstorms and wildfires to ticks and epidemics. Timely and enlightening, *How to Prepare for Climate Change* is an indispensable guide for anyone who read *The Uninhabitable Earth* or *The Sixth Extinction* and wants to know how to make smart choices for the upheaval ahead. Your next act starts now. You're ready for something new, but it's hard to start over. Just the idea of trading the security you have now for the unknown or throwing away the education and time you've invested in your current career can plunge you into a swirl of indecision and anxiety. But mixing things up every few years is an increasingly normal and cyclical part of a healthy work life--a way to gain new skills and stretch your existing ones by applying them to different contexts. Whether you know what you want to do next or you're still evaluating options, the *HBR Guide to Changing Your Career* will help you: Imagine other professional selves Identify the skills you need--and those you already possess that will transfer to another industry Assess the financial implications of the change you're considering Try out new roles without endangering your current job Explain a seemingly winding career path Pitch yourself into a new role Longlisted for the 2021 Porchlight Business Book Awards,

Big Ideas & New Perspectives “She offers something both broad and scarce: a compelling new story about how to create a desirable future.”—New York Times An award-winning author and leading international economist delivers a hard-hitting and much needed critique of modern capitalism in which she argues that, to solve the massive crises facing us, we must be innovative—we must use collaborative, mission-oriented thinking while also bringing a stakeholder view of public private partnerships which means not only taking risks together but also sharing the rewards. Capitalism is in crisis. The rich have gotten richer—the 1 percent, those with more than \$1 million, own 44 percent of the world's wealth—while climate change is transforming—and in some cases wiping out—life on the planet. We are plagued by crises threatening our lives, and this situation is unsustainable. But how do we fix these problems decades in the making? Mission Economy looks at the grand challenges facing us in a radically new way. Global warming, pollution, dementia, obesity, gun violence, mobility—these environmental, health, and social dilemmas are huge, complex, and have no simple solutions. Mariana Mazzucato argues we need to think bigger and mobilize our resources in a way that is as bold as inspirational as the moon landing—this time to the most ‘wicked’ social problems of our time.. We can only begin to find answers if we fundamentally restructure capitalism to make it inclusive, sustainable, and driven by innovation that tackles concrete problems from the digital divide, to health pandemics, to our polluted cities. That means changing government tools and culture, creating new markers of corporate governance, and ensuring that corporations, society, and the government coalesce to share a common goal. We did it to go to the moon. We can do it again to fix our problems and improve the lives of every one of us. We simply can no longer afford not to. “My favorite book of the year.”—Doug McMillon, CEO, Wal-Mart Stores Harvard Business School Professor of Strategy Bharat Anand presents an incisive new approach to digital transformation that favors fostering connectivity over focusing exclusively on content. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Companies everywhere face two major challenges today: getting noticed and getting paid. To confront these obstacles, Bharat Anand examines a range of businesses around the world, from The New York Times to The Economist, from Chinese Internet giant Tencent to Scandinavian digital trailblazer Schibsted, and from talent management to the future of education. Drawing on these stories and on the latest research in economics, strategy, and marketing, this refreshingly engaging book reveals important lessons, smashes celebrated myths, and reorients strategy. Success for flourishing companies comes not from making the best content but from recognizing how content enables customers’ connectivity; it comes not from protecting the value of content at all costs but from unearthing related opportunities close by; and it comes not from mimicking competitors’ best practices but from seeing choices as part of a connected whole. Digital change means that everyone today can reach and interact with others directly: We are all in the content business. But that comes with risks that Bharat Anand teaches us how to recognize and navigate. Filled with conversations with key players and in-depth dispatches from the front lines of digital change, The Content Trap is an essential new playbook for navigating the turbulent waters in which we find ourselves. Praise for The Content Trap “A masterful and thought-provoking book that has reshaped my understanding of content in the digital landscape.”—Ariel Emanuel, co-CEO, WME | IMG “The Content Trap is a book filled with stories of businesses, from music companies to magazine publishers, that missed connections and could never escape the narrow views that had brought them past success. But it is also filled with stories of those who made strategic choices to strengthen the links between content and returns in their new master plans. . . . The book is a call to clear thinking and reassessing why things are the way they are.”—The Wall Street Journal Offers advice to aspiring journalists on how to write effective feature articles, and explains how to sell the articles to newspapers, magazines, and trade publications. Your Essential Reference for Writing for Magazines! In The Writer's Digest Guide to Magazine Article Writing,

accomplished freelance writer, author, and instructor Kerrie Flanagan demystifies the idea that writing for magazines is a difficult process meant only for those with journalism degrees. Drawing from her 20 years as a freelance writer and instructor, Flanagan takes you step-by-step through the entire process, sharing her knowledge and experiences in a friendly, conversational way. With more than a dozen sample articles, expert advice from magazine editors and successful freelance writers, practical tips on researching potential publications and instructions on crafting compelling query letters, you'll find the tools needed to write and publish magazine articles. In this book you'll learn how to:

- Find and target ideas for the right magazine.
- Develop effective query letters to catch the attention of editors and land more assignments.
- Organize your writing life using the checklists and tools throughout the book.
- Understand and negotiate contracts.
- Write and sell personal essays to consumer, niche and trade magazines.

Whether your goal is to get your first byline or make the switch from part-time freelancer to full-time writer, *The Writer's Digest Guide to Magazine Article Writing* is your go-to resource for writing success. Discover the magical power of Witchcraft and spellcasting, and manifest clarity, healing, and transformation for yourself, others, and the natural world. We're all seeking inner peace and ways to make meaningful change in our lives. But during troubled times, how can we find a way out of overwhelming stress and negativity? Allow leading Wiccan priestess Phyllis Curott to open the door to the realms of real, life-changing magic. *Spells for Living Well* is an essential guide to the empowering magic of spells. Working with the elements, the natural world, and your own inner magic, Phyllis guides you through each spell with clear, vivid explanations. She helps you work at your own pace to discover your natural ability to tune in to the divine magic within and all around you. You'll also learn how to craft your own spells. This transformative spellbook invites you to manifest positive change in many of the daily issues affecting us in modern life—from climate change, to disconnection, to stress and anxiety. Phyllis weaves together her powerful Witchcraft wisdom and magic to teach you:

- positive energy spells to relieve anxiety and find calm within
- healing spells for living in peace and harmony
- banishing spells to break bad habits and cycles
- true love spells to open your heart and draw love in
- empowerment spells to create a life of joy, love, and grace

Magic and manifestation are waiting for you in *Spells for Living Well*. When you focus your mind and intention and take consistent action, you'll be able to create a new, more connected, and empowered way to live. 'This book covers everything. No snake oil, no sugar-coating and, above all, a celebration of the greatest change a woman will go through after puberty. Wish I'd read it at 30, 40 and 50.' Robyn Malcolm

In this engaging, easy-to-read book, expert health writer Niki Bezzant shares the latest specialist research and advice along with personal stories from real women to answer the most important questions women have about the hottest of topics. From bodies to mental health, alcohol to our stressful working lives, fertility to relationships, natural remedies to HRT, she dispels the myths and confusion around menopause - with a healthy side-serve of calling out sexism, snake-oil and bullsh*t along the way - and explains how to get the best help, for you. This is a must-have guide to menopause and beyond - the symptoms, the solutions and the stuff that really works. Includes- when menopause happens early - HRT, MHT and other treatments - periods - hot flushes, night sweats and heart palpitations - weight gain and body changes - migraines - mood changes, anxiety and depression - gut issues - sex, libido and relationships - sleep and insomnia - alcohol - exercise, nutrition and healthy eating - menopause in the workplace - and much more. 'Like striking gold. Enlightening, enriching, empowering. An essential book for a life-changing time.' Sarah Connor, *Menopause Over Martinis*

'Ever wondered what the f*ck was going on and what was going to happen next? It's all in here. The answers to the questions you have about the thing we're not supposed to talk about. Real stories, expert advice and a celebration of something that turns out to be so natural and normal that the other half of the human race is going to want to experience menopause, too.' Michelle A'Court, writer and comedian

'This book gives you the knowledge and power to make the right

decisions for you. A must-read for any woman over the age of 35.' Dr. Megan Ogilvie, reproductive endocrinologist

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