

Free epub Skinnytaste fast and slow knockout quick fix and slow cooker recipes (PDF)

Thinking, Fast and Slow Thinking, Fast and Slow... in 30 Minutes Moral Thinking, Fast and Slow Mindset Stop and Go, Fast and Slow The Skinnytaste Cookbook The Undoing Project Fast and Slow Noise Mindset - Updated Edition Fast and Slow The Millionaire Fastlane The Foundations of Behavioral Economic Analysis One Dark Window You Are Not a Gadget Everything is Obvious Nature Fast and Nature Slow Thinking, Fast and Slow HBR's 10 Must Reads on Making Smart Decisions (with featured article "Before You Make That Big Decision..." by Daniel Kahneman, Dan Lovallo, and Olivier Sibony) Animal Friends: Things That Go Fast & Slow The Inheritance Games The Feeling Brain: The Biology and Psychology of Emotions Fast and Slow The Infinite Sea When Slow Is Fast Enough Chicken Soup for the Soul BABIES: Fast AND Slow (Both Just Right!) The Art of Thinking Clearly The Well-Tuned Brain: The Remedy for a Manic Society Small Is Big, Slow Is Fast The Fast 800 Boats Deep Learning for Coders with fastai and PyTorch The Devil's Financial Dictionary Summary and Analysis of Thinking, Fast and Slow House of Earth and Blood Inside Nudging Motion Cambridge Advanced Learner's Dictionary Summary Thinking Fast and Slow in Less Than 30 Minutes Cinderella

Thinking, Fast and Slow 2011-10-25

major new york times bestseller winner of the national academy of sciences best book award in 2012 selected by the new york times book review as one of the ten best books of 2011 a globe and mail best books of the year 2011 title one of the economist s 2011 books of the year one of the wall street journal s best nonfiction books of the year 2011 2013 presidential medal of freedom recipient kahneman s work with amos tversky is the subject of michael lewis s the undoing project a friendship that changed our minds in his mega bestseller thinking fast and slow daniel kahneman the renowned psychologist and winner of the nobel prize in economics takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think system 1 is fast intuitive and emotional system 2 is slower more deliberative and more logical the impact of overconfidence on corporate strategies the difficulties of predicting what will make us happy in the future the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation each of these can be understood only by knowing how the two systems shape our judgments and decisions engaging the reader in a lively conversation about how we think kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking he offers practical and enlightening insights into how choices are made in both our business and our personal lives and how we can use different techniques to guard against the mental glitches that often get us into trouble winner of the national academy of sciences best book award and the los angeles times book prize and selected by the new york times book review as one of the ten best books of 2011 thinking fast and slow is destined to be a classic

Thinking, Fast and Slow... in 30 Minutes 2012-12-01

decisions you make hundreds every day but do you really know how they are made when can you trust fast intuitive judgment and when is it biased how can you transform your thinking to help avoid overconfidence and become a better decision maker thinking fast and slow in 30 minutes is the essential guide to quickly understanding the fundamental components of decision making outlined in daniel kahneman s bestselling book thinking fast and slow understand the key ideas behind thinking fast and slow in a fraction of the time concise chapter by chapter synopses essential insights and takeaways highlighted illustrative case studies demonstrate kahneman s groundbreaking research in behavioral economics in thinking fast and slow daniel kahneman best selling author and recipient of the nobel prize in economics has compiled his many years of groundbreaking research to offer practical knowledge and insights into how people s minds make decisions challenging the standard model of judgment kahneman aims to enhance the everyday language about thinking to more accurately discuss diagnose and reduce poor judgment thought kahneman explains has two distinct systems the fast and intuitive system 1 and the slow and effortful system 2 intuitive decision making is often effective but in thinking fast and slow kahneman highlights situations in which it is unreliable when decisions require predicting the future and assessing risks presenting a framework for how these two systems impact the mind thinking fast and slow reveals the far reaching impact of cognitive biases from creating public policy to playing the stock market to increasing personal happiness and provides tools for applying behavioral economics toward better decision making a 30 minute expert summary of thinking fast and slow designed for those whose desire to learn exceeds the time they have available the thinking fast and slow expert summary helps readers quickly and easily become experts in 30 minutes

Moral Thinking, Fast and Slow 2018-09-11

in recent research dual process theories of cognition have been the primary model for explaining moral judgment and reasoning these theories understand moral thinking in terms of two separate domains one deliberate and analytic the other quick and instinctive this book presents a new theory of the philosophy and cognitive science of moral judgment hanno sauer develops and defends an account of triple process moral psychology arguing that moral thinking and reasoning are only insufficiently understood when described in terms of a quick but intuitive and a slow but rational type of cognition this approach severely underestimates the importance and impact of dispositions to initiate and engage in critical thinking the cognitive resource in charge of counteracting my side bias closed mindedness dogmatism and breakdowns of self control moral cognition is based not on emotion and reason but on an integrated network of intuitive algorithmic and reflective thinking moral thinking fast and slow will be of great interest to philosophers and students of ethics philosophy of psychology and cognitive science

Mindset 2012-02-02

world renowned stanford university psychologist carol dweck in decades of research on achievement and success has discovered a truly groundbreaking idea the power of our mindset dweck explains why it's not just our abilities and talent that bring us success but whether we approach them with a fixed or growth mindset she makes clear why praising intelligence and ability doesn't foster self-esteem and lead to accomplishment but may actually jeopardize success with the right mindset we can motivate our kids and help them to raise their grades as well as reach our own goals personal and professional dweck reveals what all great parents teachers CEOs and athletes already know how a simple idea about the brain can create a love of learning and a resilience that is the basis of great accomplishment in every area

Stop and Go, Fast and Slow 2011-08-01

emergent readers observe the way things move in different directions and speeds

The Skinnytaste Cookbook 2014-09-30

get the recipes everyone is talking about in the debut cookbook from the wildly popular blog skinnytaste gina homolka is america's most trusted home cook when it comes to easy flavorful recipes that are miraculously low-calorie and made from all-natural easy-to-find ingredients her blog skinnytaste is the number one go-to site for slimmed-down recipes that you'd swear are anything but it only takes one look to see why people go crazy for gina's food cheesy creamy fettuccini alfredo with chicken and broccoli with only 420 calories per serving breakfast dishes like make-ahead western omelet muffins that truly fill you up until lunchtime and sweets such as double chocolate chip walnut cookies that are low in sugar and butter-free but still totally indulgent the skinnytaste cookbook features 150 amazing recipes 125 all-new dishes and 25 must-have favorites as a busy mother of two gina started skinnytaste when she wanted to lose a few pounds herself she turned to weight watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track instead she started skinnyfying her favorite meals so that she could eat happily while losing weight with 100 stunning photographs and detailed nutritional information for every recipe the skinnytaste cookbook is an incredible resource of fulfilling joy-inducing meals that every home cook will love

The Undoing Project 2016-12-06

the new international bestseller from the author of the big short and flash boys a gripping account of how two psychologists reshaped the way we think what a story it is sunday times you'll love it full of surprises and no small degree of tragedy tim harford in 1969 two men met on a university campus their names were daniel kahneman and amos tversky they were different in every way but they were both obsessed with the human mind and both happened to be geniuses together they would change the way we see the world an enchanted collaboration during the final pages i was blinking back tears the new york times my favourite writer full stop engages both heart and brain like no other daily telegraph brilliant a wonderful book a masterclass spectator psychology's lennon and mccartney lewis is exactly the storyteller they deserve observer

Fast and Slow 2018-12-15

this title will teach readers all things fast and slow using examples like animals fun objects and other things that they would recognize in their everyday lives complete with colorful and fun photos text and images complement each other so that readers will learn what opposites are and how to recognize them in their daily lives aligned to common core standards and correlated to state standards abdo kids junior is an imprint of abdo kids a division of abdo

Noise 2021-05-18

the international bestseller a monumental gripping book outstanding sunday times

Mindset - Updated Edition 2017-01-12

world renowned stanford university psychologist carol dweck in decades of research on achievement and success has discovered a truly groundbreaking idea the power of our mindset dweck explains why it s not just our abilities and talent that bring us success but whether we approach them with a fixed or growth mindset she makes clear why praising intelligence and ability doesn t foster self esteem and lead to accomplishment but may actually jeopardize success with the right mindset we can motivate our kids and help them to raise their grades as well as reach our own goals personal and professional dweck reveals what all great parents teachers ceos and athletes already know how a simple idea about the brain can create a love of learning and a resilience that is the basis of great accomplishment in every area

Fast and Slow 2017

fast and slow helps emergent readers understand and differentiate between these opposites while providing them with a supportive first nonfiction reading experience carefully crafted text uses high frequency words repetitive sentence patterns and strong visual references to support emergent readers ensuring reading success by making sure they arent facing too many challenges at once

The Millionaire Fastlane 2011-01-04

10th anniversary edition is the financial plan of mediocrity a dream stealing soul sucking dogma known as the slowlane your plan for creating wealth you know how it goes it sounds a lil something like this go to school get a good job save 10 of your paycheck buy a used car cancel the movie channels quit drinking expensive starbucks mocha lattes save and penny pinch your life away trust your life savings to the stock market and one day when you are oh say 65 years old you can retire rich the mainstream financial gurus have sold you blindly down the river to a great financial gamble you ve been hoodwinked to believe that wealth can be created by recklessly trusting in the uncontrollable and unpredictable markets the housing market the stock market and the job market this impotent financial gamble dubiously promises wealth in a wheelchair sacrifice your adult life for a financial plan that reaps dividends in the twilight of life accept the slowlane as your blueprint for wealth and your financial future will blow carelessly asunder on a sailboat of hope hope you can find a job and keep it hope the stock market doesn t tank hope the economy rebounds hope hope and hope do you really want hope to be the centerpiece for your family s financial plan drive the slowlane road and you will find your life deteriorate into a miserable exhibition about what you cannot do versus what you can for those who don t want a lifetime subscription to settle for less and a slight chance of elderly riches there is an alternative an expressway to extraordinary wealth that can burn a trail to financial independence faster than any road out there why jobs 401 k s mutual funds and 40 years of mindless frugality will never make you rich young why most entrepreneurs fail and how to immediately put the odds in your favor the real law of wealth leverage this and wealth has no choice but to be magnetized to you the leading cause of poorness change this and you change everything how the rich really get rich and no it has nothing to do with a paycheck or a 401k match why the guru s grand deity compound interest is an impotent wealth accelerator why the guru myth of do what you love will most likely keep you poor not rich and 250 more poverty busting distinctions demand the fastlane an alternative road to wealth one that actually ignites dreams and creates millionaires young not old change lanes and find your explosive wealth accelerator hit the fastlane crack the code to wealth and find out how to live rich for a lifetime

The Foundations of Behavioral Economic Analysis 2019-02-14

taken from the first definitive introduction to behavioral economics the foundations of behavioral economic analysis other regarding preferences is an authoritative and cutting edge guide to this essential topic for advanced undergraduate and postgraduate students it considers the evidence from experimental games on human sociality and gives models and applications of inequity aversion intention based reciprocity conditional cooperation human virtues and social identity this updated extract from dhami s leading textbook allows the reader to pursue subsections of this vast and rapidly growing field and to tailor their reading to their specific interests in behavioural economics

One Dark Window 2022-09-27

the fantasy booktok sensation for fans of uprooted and for the wolf comes a dark lushly gothic fantasy about a maiden who must unleash the monster within to save her kingdom but the monster in her head isn t the only threat lurking elspeth needs a monster the monster might be her elspeth spindle needs more than luck to stay safe in the eerie mist locked kingdom she calls home she needs a monster she calls him the nightmare an ancient mercurial spirit trapped in her head he protects her he keeps her secrets but nothing comes for free especially magic when elspeth meets a mysterious highwayman on the forest road her life takes a drastic turn thrust into a world of shadow and deception she joins a dangerous quest to cure the kingdom of the dark magic infecting it except the highwayman just so happens to be the king s own nephew captain of the destriers and guilty of high treason he and elspeth have until solstice to gather twelve providence cards the keys to the cure but as the stakes heighten and their undeniable attraction intensifies elspeth is forced to face her darkest secret yet the nightmare is slowly darkly taking over her mind and she might not be able to stop him

You Are Not a Gadget 2010-01-12

a national bestseller a programmer musician and father of virtual reality technology jaron lanier was a pioneer in digital media and among the first to predict the revolutionary changes it would bring to our commerce and culture now with the influencing virtually every aspect of our lives he offers this provocative critique of how digital design is shaping society for better and for worse informed by lanier s experience and expertise as a computer scientist you are not a gadget discusses the technical and cultural problems that have unwittingly risen from programming choices such as the nature of user identity that were locked in at the birth of digital media and considers what a future based on current design philosophies will bring with the proliferation of social networks cloud based data storage systems and 2 0 designs that elevate the wisdom of mobs and computer algorithms over the intelligence and wisdom of individuals his message has never been more urgent

Everything is Obvious 2011-07-01

why is the mona lisa the most famous painting in the world why did facebook succeed when other social networking sites failed did the surge in iraq really lead to less violence and does higher pay incentivize people to work harder if you think the answers to these questions are a matter of common sense think again as sociologist and network science pioneer duncan watts explains in this provocative book the explanations that we give for the outcomes that we observe in life explanations that seem obvious once we know the answer are less useful than they seem watts shows how commonsense reasoning and history conspire to mislead us into thinking that we understand more about the world of human behavior than we do and in turn why attempts to predict manage or manipulate social and economic systems so often go awry only by understanding how and when common sense fails can we improve how we plan for the future as well as understand the present an argument that has important implications in politics business marketing and even everyday life

Nature Fast and Nature Slow 2021-05-19

this book is a vision of biology set within the entire timescale of the universe it is about the timing of life from microsecond movements to evolutionary changes over millions of years human consciousness is riveted to seconds but a split second time delay in perception means that we are unaware of anything until it has already happened we live in the very recent past over longer timescales this book examines the lifespans of the oldest organisms prospects for human life extension the evolution of whales and turtles and the explosive beginning of life four billion years ago with its poetry social commentary and humor this book will appeal to everyone interested in the natural world

Thinking, Fast and Slow 2013-04-02

for use in schools and libraries only a nobel prize winning psychologist draws on years of research to introduce his machinery of the mind model on human decision making to reveal the faults and capabilities of intuitive versus logical thinking providing insights into such topics as optimism the unpredictability of happiness and the psychological pitfalls of risk taking

HBR's 10 Must Reads on Making Smart Decisions (with featured article "Before You Make That Big Decision..." by Daniel Kahneman, Dan Lovallo, and Olivier Sibony) 2013-03-05

learn why bad decisions happen to good managers and how to make better ones if you read nothing else on decision making read these 10 articles we've combed through hundreds of articles in the harvard business review archive and selected the most important ones to help you and your organization make better choices and avoid common traps leading experts such as ram charan michael minkins and thomas davenport provide the insights and advice you need to make bold decisions that challenge the status quo support your decisions with diverse data evaluate risks and benefits with equal rigor check for faulty cause and effect reasoning test your decisions with experiments foster and address constructive criticism defeat indecisiveness with clear accountability

Animal Friends: Things That Go Fast & Slow 2021-07-27

kids will go wild for these stylish board books with tabs that introduce simple opposites children will learn the concept of opposites with these adorable animal friends join the colorful and silly animals driving cars fast while other ride their bicycles slow or flying their airplanes fast and riding in their slow hot air balloons animal friends things that go fast slow teaches children the difference between the two words in a world where wild animals ride in dump trucks and use wheelbarrows speed through the water in boats and paddle their kayaks and more children will love finding their favorite critters while also locating the items on perfectly sized tabs for little fingers a wonderful introduction to basic concepts

The Inheritance Games 2020-09-03

2 million copies sold of the 1 bestselling series a master of puzzles and plot twists e lockhart author of we were liars the addictive and twisty thriller full of dark family secrets and deadly stakes that's impossible to put down buzzfeed perfect for fans of karen mcmanus and holly jackson a billion dollar fortune to die for avery has a plan keep her head down work hard for a better future then an eccentric billionaire dies leaving her almost his entire fortune and no one least of all avery knows why a deadly game now she must move into the mansion she's inherited it's filled with secrets and codes and the old man's surviving relatives a family hell bent on discovering why avery got their money winner takes all soon she is caught in a deadly game that everyone in this strange family is playing but just how far will they go to keep their fortune avery's story continues in the hawthorne legacy the final gambit and the brothers hawthorne

The Feeling Brain: The Biology and Psychology of Emotions 2015-05-11

a reader friendly exploration of the science of emotion after years of neglect by both mainstream biology and psychology the study of emotions has emerged as a central topic of scientific inquiry in the vibrant new discipline of affective neuroscience elizabeth johnston and leah olson trace how work in this rapidly expanding field speaks to fundamental questions about the nature of emotion what is the function of emotions what is the role of the body in emotions what are feelings and how do they relate to emotions why are emotions so difficult to control is there an emotional brain the authors tackle these questions and more in this tasting menu of cutting edge emotion research they build their story around the path breaking 19th century works of biologist charles darwin and psychologist and philosopher william james james s 1884 article what is an emotion continues to guide contemporary debate about minds brains and emotions while darwin s treatise on the expression of emotions in animals and humans squarely located the study of emotions as a critical concern in biology throughout their study johnston and olson focus on the key scientists whose work has shaped the field zeroing in on the most brilliant threads in the emerging tapestry of affective neuroscience beginning with early work on the brain substrates of emotion by such workers such as james papez and paul maclean who helped define an emotional brain they then examine the role of emotion in higher brain functions such as cognition and decision making they then investigate the complex interrelations of emotion and pleasure introducing along the way the work of major researchers such as antonio damasio and joseph ledoux in doing so they braid diverse strands of inquiry into a lucid and concise introduction to this burgeoning field and begin to answer some of the most compelling questions in the field today how does the science of normal emotion inform our understanding of emotional disorders to what extent can we regulate our emotions when can we trust our emotions and when might they lead us astray how do emotions affect our memories and vice versa how can we best describe the relationship between emotion and cognition johnston and olson lay out the most salient questions of contemporary affective neuroscience in this study expertly situating them in their biological psychological and philosophical contexts they offer a compelling vision of an increasingly exciting and ambitious field for mental health professionals and the interested lay audience as well as for undergraduate and graduate students

Fast and Slow 2019-09-01

little ones love things that go introduce first vocabulary about modes of transportation with this essential baby book the appealing textured illustrations compare slow moving vehicles like hot air balloons and bikes with speedy machines like cars and rockets

The Infinite Sea 2014-09-16

the riveting follow up to the new york times bestselling the 5th wave hailed by justin cronin as wildly entertaining how do you rid the earth of seven billion humans rid the humans of their humanity surviving the first four waves was nearly impossible now cassie sullivan finds herself in a new world a world in which the fundamental trust that binds us together is gone as the 5th wave rolls across the landscape cassie ben and ringer are forced to confront the others ultimate goal the extermination of the human race cassie and her friends haven t seen the depths to which the others will sink nor have the others seen the heights to which humanity will rise in the ultimate battle between life and death hope and despair love and hate praise for the 5th wave just read it entertainment weekly a modern sci fi masterpiece usa today wildly entertaining i couldn t turn the pages fast enough justin cronin the new york times book review nothing short of amazing kirkus reviews starred review gripping publishers weekly starred review everyone i trust is telling me to read this book the atlantic wire

When Slow Is Fast Enough 1993-03-12

fascinating lively well documented and challenging both timely and necessary an ideal resource for professionals who work with delayed children it is so readable it will also be valued by parents of these children lee combrinck graham m d in matters of education are all children created equal despite reforms that champion the rights of handicapped youngsters are we really punishing such children with the very systems that are supposed to help them joan goodman s bold and controversial book asks what we are accomplishing in early intervention programs that attempt to accelerate development in delayed young children she questions the value of

such programs on educational psychological and moral grounds suggesting that in pressuring these children to perform more and sooner we undermine their capacity for independent development and deprive them of the freedom we insist upon for the nondelayed goodman argues that we need a more tolerant less directive model of instruction in which the aim is to support the child s natural and spontaneous albeit slow development and to stimulate individual processes of discovery and self expression the elements of this more supportive model are then described in detail raising fundamental questions about our ambitions for children and how we fulfill them this lively and provocative book is bound to stir controversy it is especially timely as early intervention programs rapidly gear up to serve all handicapped children from ages 0 to 5

Chicken Soup for the Soul BABIES: Fast AND Slow (Both Just Right!) 2022-04-12

chicken soup for the soul babies combines sweet stories with humorous lessons to bring out little one s best behavior jaguar likes to go fast but sloth likes to go slow jaguar and sloth both try out each other s speeds and learn something new about themselves and one another we accept one another s differences when we understand that we come from different walks of life and some walks are just slower than others

The Art of Thinking Clearly 2014-05-06

a world class thinker counts the 100 ways in which humans behave irrationally showing us what we can do to recognize and minimize these thinking errors to make better decisions and have a better life despite the best of intentions humans are notoriously bad that is irrational when it comes to making decisions and assessing risks and tradeoffs psychologists and neuroscientists refer to these distinctly human foibles biases and thinking traps as cognitive errors cognitive errors are systematic deviances from rationality from optimized logical rational thinking and behavior we make these errors all the time in all sorts of situations for problems big and small whether to choose the apple or the cupcake whether to keep retirement funds in the stock market when the dow tanks or whether to take the advice of a friend over a stranger the behavioral turn in neuroscience and economics in the past twenty years has increased our understanding of how we think and how we make decisions it shows how systematic errors mar our thinking and under which conditions our thought processes work best and worst evolutionary psychology delivers convincing theories about why our thinking is in fact marred the neurosciences can pinpoint with increasing precision what exactly happens when we think clearly and when we don t drawing on this wide body of research the art of thinking clearly is an entertaining presentation of these known systematic thinking errors offering guidance and insight into everything why you shouldn t accept a free drink to why you should walk out of a movie you don t like it to why it s so hard to predict the future to why shouldn t watch the news the book is organized into 100 short chapters each covering a single cognitive error bias or heuristic examples of these concepts include reciprocity confirmation bias the it gets better before it gets worse trap and the man with a hammer tendency in engaging prose and with real world examples and anecdotes the art of thinking clearly helps solve the puzzle of human reasoning

The Well-Tuned Brain: The Remedy for a Manic Society 2015-05-18

in this optimistic and inspiring book peter whybrow the prize winning author of american mania returns to offer a prescription for genuine human progress the well tuned brain is a call to action swept along by the cascading advances of today s technology most of us take for granted that progress brings improvement despite spectacular material advance however the evidence grows that we are failing to create a sustainable future for humanity we are out of tune with the planet that nurtures us technology itself is not the problem as whybrow explains but rather our behavior throughout its evolution the ancient brain that guides us each day has been focused on short term survival but fortunately we are intensely social creatures without the caring behaviors that flow from intimate attachments to others we would be relying on a brain that is only marginally adapted to the complexity of the problems we must now face together today we must grapple with survival not in its immediacy but over the long term the first step in finding our way forward is to reexamine who we are as creatures of this planet to this end whybrow takes us on a fascinating tour of self discovery drawing extensively upon his decades of experience as a psychiatrist and his broad knowledge of neuroscience and human behavior illustrated throughout with engaging personal stories the book s trove of cutting edge science is enriched by philosophical historical and cultural perspectives what emerges is a summons to rediscover the essential virtues of earlier nurturing of mentored education and an engagement with the natural world

through curiosity and imagination neuroscience can open the search for a better future but technology alone will not save us to achieve success we will need the strength and wisdom of our better nature as humane social beings

Small Is Big, Slow Is Fast 2014-10-28

you don't need to have the talents of a rock star or the wisdom of yoda to effectively and naturally live a life on mission with god and you do not have to add a big list of new activities to your life instead it is the everyday ordinary things done with greater gospel intentionality slowly over time that make all the difference biblical and super practical small is big slow is fast helps readers respond to jesus call to each of us to be a missionary right where we live in our own families and neighborhoods it shows you step by step the essential elements that create environments for organic kingdom growth and multiplication whether you're looking to lead your own family or are taking first steps toward starting a church that has discipleship and mission at its core you will discover the secret to starting out small and going seemingly slower and not feeling guilty about it and you'll be encouraged to trust that when you lay the right foundations multiplication will occur and will always be faster and more successful in the long run

The Fast 800 2018-12-27

from the creator of the international bestselling 5 2 a simple flexible new weight loss programme based on groundbreaking science the most eagerly awaited health book of the year daily mail dr michael mosley started a health revolution with the 5 2 fast diet telling the world about the incredible power of intermittent fasting in this book he brings together all the latest science including a new approach time restricted eating to create an easy to follow programme recent studies have shown that 800 calories is the magic number when it comes to successful dieting it's an amount high enough to be manageable but low enough to speed weight loss and trigger a range of desirable metabolic changes the secret of this new programme is that it is highly flexible depending on your goals you can choose how intensively you want to do it along with delicious low carb mediterranean style recipes and menu plans by dr clare bailey the fast 800 offers an effective way to help you lose weight improve mood and reduce blood pressure inflammation and blood sugars take your future health into your own hands

Boats 2018

this elegantly illustrated non-fiction book explores thousands of years of boat making and technological advancement as well as the significance of famous boats from legends and history the history of boats is intertwined with our own since the earliest of times humans have found ways to cross the bodies of water that cut them off from further exploration and expansion from the earthenware pots used by ancient greeks to the wooden rafts used in west africa through to the log canoes of the american indian kootenai tribe and onwards to today's mighty ships trace the fascinating story of boats and their place in our culture

Deep Learning for Coders with fastai and PyTorch 2020-06-29

deep learning is often viewed as the exclusive domain of math phds and big tech companies but as this hands-on guide demonstrates programmers comfortable with python can achieve impressive results in deep learning with little math background small amounts of data and minimal code how with fastai the first library to provide a consistent interface to the most frequently used deep learning applications authors jeremy howard and sylvain gugger the creators of fastai show you how to train a model on a wide range of tasks using fastai and pytorch you'll also dive progressively further into deep learning theory to gain a complete understanding of the algorithms behind the scenes train models in computer vision natural language processing tabular data and collaborative filtering learn the latest deep learning techniques that matter most in practice improve accuracy speed and reliability by understanding how deep learning models work discover how to turn your models into web applications implement deep learning algorithms from scratch consider the ethical implications of your work gain insight from the foreword by pytorch cofounder soumith chintala

The Devil's Financial Dictionary 2015-10-13

your survival guide to the hades of wall street the devil s financial dictionary skewers the plutocrats and bureaucrats who gave us exploding mortgages freakish risks and banks too big to fail and it distills the complexities absurdities and pomposities of wall street into plain truths and aphorisms anyone can understand an indispensable survival guide to the hostile wilderness of today s financial markets the devil s financial dictionary delivers practical insights with a scorpion s sting it cuts through the fads and fakery of wall street and clears a safe path for investors between euphoria and despair staying out of financial purgatory has never been this fun

Summary and Analysis of Thinking, Fast and Slow 2017-01-24

so much to read so little time this brief overview of thinking fast and slow tells you what you need to know before or after you read daniel kahneman s book crafted and edited with care worth books set the standard for quality and give you the tools you need to be a well informed reader this short summary of thinking fast and slow by daniel kahneman includes historical context part by part summaries detailed timeline of key events important quotes fascinating trivia glossary of terms supporting material to enhance your understanding of the source work about thinking fast and slow by daniel kahneman nobel prize winning psychologist daniel kahneman explores the mysteries of intuition judgment bias and logic in the international bestseller thinking fast and slow his award winning book explains the different ways people think whether they re deciding how to invest their money or how to make friends kahneman s experiments in behavioral economics in collaboration with cognitive psychologist amos tversky led to a theory of two systems of thought the fast thinking used when ducking a blow and slow thinking that s better employed for making major life decisions applying these psychological concepts to different facets of our lives kahneman demonstrates how to better understand your own decision making and the choices made by others the summary and analysis in this ebook are intended to complement your reading experience and bring you closer to great work of nonfiction

House of Earth and Blood 2021-03-02

a 1 new york times bestseller sarah j maas s bestselling crescent city series begins with house of earth and blood which follows the story of half fae and half human bryce quinlan as she seeks revenge in a contemporary fantasy world of magic danger and searing romance bryce quinlan had the perfect life working hard all day and partying all night until a demon murdered her closest friends leaving her bereft wounded and alone when the accused is behind bars but the crimes start up again bryce finds herself at the heart of the investigation she ll do whatever it takes to avenge their deaths hunt athalar is a notorious fallen angel now enslaved to the archangels he once attempted to overthrow his brutal skills and incredible strength have been set to one purpose to assassinate his boss s enemies no questions asked but with a demon wreaking havoc in the city he s offered an irresistible deal help bryce find the murderer and his freedom will be within reach as bryce and hunt dig deep into crescent city s underbelly they discover a dark power that threatens everything and everyone they hold dear and they find in each other a blazing passion one that could set them both free if they d only let it with unforgettable characters sizzling romance and page turning suspense this richly inventive new fantasy series by 1 new york times bestselling author sarah j maas delves into the heartache of loss the price of freedom and the power of love

Inside Nudging 2016-07-14

inside nudging is written for management professionals and scientists to feed their thinking and discussions about implementing behavioral science initiatives which includes behavioral economics and finance in business settings situations include the incubation of innovation centers behavioral science overlay capabilities and advancement of existing organizations companies need to develop grit the ability and fortitude to succeed the book introduces the behavioral grittm framework and covers key takeaways in leading an organization that implements behavioral science behavioral grittm stands for the business functions related to goals research innovation and testing the chapters are complemented by an appendix which covers ideas to introduce behavioral science initiatives i argue that first a company needs to identify its goals and identify what type of predominant organization model it wants to pursue there are five predominant organizational models i ve seen i

also offer that a company should consider a number of implementation elements that may play a role during execution example elements include an advisory board and a behavioral science officer note that the purpose of this book is not to teach people about behavioral science there are many other books out there for those purposes that said inside nudging introduces some behavioral science concepts to provide context and help develop a common language between management professionals and scientists i see the application of behavioral science as still being in the early adoption phase many companies will benefit if they take time to develop the right approach i hope inside nudging helps you with your journey stephen shu praise for inside nudging more at insidenudging com steve shu s thoughtful and very readable book inside nudging provides a unique opportunity to understand how the research from behavioral science can be best exploited by business while many popular books on behavioral science make a strong case for the value of the research none have addressed how to exploit it in such a helpful and practical manner a rarely mentioned secret brought into full view here is the fact that using behavioral science effectively is not so straightforward written specifically for business people and consultants steve shu shares his wide experience of consulting to explain the challenges and pitfalls of translating the ideas and findings of academic research into actionable solutions for real business problems this book shows you how by giving examples of how real consultancy projects were shaped to deliver valuable results for working businesses inside nudging acts as an intelligent interface between the ideas of the nerds in academia and the needs of real business people and offers tremendous potential for any business that needs to understand how people respond to their actions peter ayton professor associate dean of research and deputy dean social sciences city university london steve shu has written an excellent book for companies looking to get started with behavioral economics through his use of case studies and actionable takeaways he does a great job showing how decades of research can be combined with other business elements to accomplish amazing results inside nudging is like an executive guidebook for practitioners dilip soman professor and corus chair in communications strategy co director behavioural economics in action at rotman bear rotman school of management university of toronto author of the last mile this may be a ceo or manager s first glimpse into how they can utilize behavioral science initiatives within their own company or life jenna gould san francisco book review

Motion 2004

learn how things get moving and what makes them stop

Cambridge Advanced Learner's Dictionary 2003

the cambridge advanced learner s dictionary is the ideal dictionary for advanced efl esl learners easy to use and with a great cd rom the perfect learner s dictionary for exam success first published as the cambridge international dictionary of english this new edition has been completely updated and redesigned references to over 170 000 words phrases and examples explained in clear and natural english all the important new words that have come into the language e g dirty bomb lairy 9 11 clickable over 200 common learner error notes based on the cambridge learner corpus from cambridge esol exams plus on the cd rom smart thesaurus lets you find all the words with the same meaning quickfind automatically looks up words while you are working on screen superwrite tools for advanced writing giving help with grammar and collocation hear and practise all the words

Summary Thinking Fast and Slow in Less Than 30 Minutes 2016-03-22

thinking fast and slow by daniel kahneman book summary in this book you ll learn how your mind comes to a conclusion based upon previous results and statistics you ll learn how to better control your emotions and how to judge why you make the decisions you do for example you might find that whenever you think about a friend you ll think of a particular memory related to that person you ll learn in this book that this is an automatic reaction of system one and then system two analyses the memory to remember the conversations or exact experiences this book if interpreted correctly will teach you to have a greater level of understanding about yourself so that you can judge why you say think and do providing insight into the things you do in various scenarios here is a preview of what you ll learn 2 systems one mind enhance your mental abilities is your personal halo shining bright 2 today or 4 tomorrow do you remember now conclusion scroll up and click on buy now with 1 click to download your copy right now tags thinking fast and slow thinking fast and slow daniel kahneman daniel kahneman thinking psychology

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