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Separating Fact from Fiction in the Science of Everyday Life
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Music Theory for the Bass Player
Information Architecture for Everybody
How the Musical Brain Created Human Nature
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Stumbling on Happiness
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The Art and Practice of Breakthrough Thinking
Summary of "Money: Master The Game" by Tony Robbins - Free book by QuickRead.com
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How to Create Intrigue and Connect with Anyone

MORGAN ASHLEY

Separating Fact from Fiction in the Science of Everyday Life Simon and Schuster

ASP.NET Core in Action, Second Edition is a comprehensive guide to creating web applications with ASP.NET Core 5.0. Go from basic HTTP concepts to advanced framework customization. Summary Fully updated to ASP.NET 5.0, ASP.NET Core in Action, Second Edition is a hands-on primer to building cross-platform web applications with your C# and .NET skills. Even if you've never worked with ASP.NET you'll start creating productive cross-platform web apps fast. And don't worry about late-breaking changes to ASP.NET Core. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the technology Build full-stack web applications that run anywhere. Developers love ASP.NET Core for its libraries and pre-built components that maximize productivity. Version 5.0 offers new features for server-side apps, as well as background services for cross-platform development. About the book ASP.NET Core in Action, Second Edition is a comprehensive guide to creating web applications with ASP.NET Core 5.0. Go from basic HTTP concepts to advanced framework customization. Illustrations and annotated code make learning visual and easy. Master logins, dependency injection, security, and more. This updated edition covers the latest features, including Razor Pages and the new hosting paradigm. What's inside Developing apps for Windows and non-Windows servers Configuring applications Building custom components Logging, testing, and security About the reader For intermediate C# developers. About the author Andrew Lock is a Microsoft MVP who has worked with ASP.NET Core since before its first release. Table of Contents PART 1 - GETTING STARTED WITH ASP.NET CORE 1 Getting started with ASP.NET Core 2 Your first application 3 Handling requests with the middleware pipeline 4 Creating a website with Razor Pages 5 Mapping URLs to Razor Pages using routing 6 The binding model: Retrieving and validating user input 7 Rendering HTML using Razor views 8 Building forms with Tag Helpers 9 Creating a Web API for mobile and client applications using MVC PART 2 - BUILDING COMPLETE APPLICATIONS 10 Service configuration with dependency injection 11 Configuring an ASP.NET Core application 12 Saving data with Entity Framework Core 13 The MVC and Razor Pages filter pipeline 14 Authentication: Adding users to your application with Identity 15 Authorization: Securing your application 16 Publishing and deploying your application PART 3 - EXTENDING YOUR APPLICATIONS 17 Monitoring and troubleshooting errors with logging 18 Improving your application's security 19 Building custom components 20 Building custom MVC and Razor Pages components 21 Calling remote APIs with IHttpConnectionFactory 22 Building background tasks and services 23 Testing your application

The Net and the Butterfly St. Martin's Essentials

The bestselling popular science author "has made it his mission to tackle myths about science and the so-called experts who spread them" (CBC Radio). The internet is a powerful beast when it comes to science; the answer to any query you may have is just a few keystrokes away. But when there are multiple answers from various sources, how do we know what information is reliable? In *Monkeys,*

Myths, and Molecules, bestselling author Dr. Joe Schwarcz takes a critical look at how facts are misconstrued in the media. He debunks the myths surrounding canned food, artificial dyes, SPF, homeopathy, cancer, chemicals, and much more. Unafraid to expose the sheer nonsense people are led to believe about health, food, drugs, and our environment, Dr. Joe confronts pseudoscience and convincingly and entertainingly advocates for a scientific approach to everyday life. "A compendium of short articles on a variety of subjects, written in a humorous, accessible style, and larded with intriguing trivia . . . Dr. Joe skewers food myths, opposition to GMOs, Dr. Oz, and Vani Hari, aka the Food Babe." —*Science-Based Medicine* "Ultimately, the author successfully demonstrates how claims should be queried and analyzed before they are accepted . . . Recommended for readers of health, nutrition, and popular science." —*Library Journal* "The book is chock-full of captivating anecdotes . . . The author engages readers with his wit and wisdom." —*The Canadian Jewish News*
The World in Six Songs Routledge

In *The Charisma Myth*, Olivia Fox Cabane offered a groundbreaking approach to becoming more charismatic. Now she teams up with Judah Pollack to reveal how anyone can train their brain to have more eureka insights. The creative mode in your brain is like a butterfly. It's beautiful and erratic, hard to catch and highly valued as a result. If you want to capture it, you need a net. Enter the executive mode, the task-oriented network in your brain that help you tie your shoes, run a meeting, or pitch a client. To succeed, you need both modes to work together--your inner butterfly to be active and free, but your inner net to be ready to spring at the right time and create that "aha!" moment. But is there any way to trigger these insights, beyond dumb luck? Thanks to recent neuroscience discoveries, we can now explain these breakthrough moments--and also induce them through a series of specific practices. It turns out there's a hidden pattern to all these seemingly random breakthrough ideas. From Archimedes' iconic moment in the bathtub to designer Adam Cheyer's idea for Siri, accidental breakthroughs throughout history share a common origin story. In this book, you will learn to master the skills that will transform your brain into a consistent generator of insights. Drawing on their extensive coaching and training practice with top Silicon Valley firms, Cabane and Pollack provide a step-by-step process for accessing the part of the brain that produces breakthroughs and systematically removing internal blocks. Their tactics range from simple to zany, such as: · Imagine an alternate universe where gravity doesn't exist, and the social and legal rules that govern it. · Map Disney's Pocahontas story onto James Cameron's Avatar. · Rid yourself of imposter syndrome through mental exercises. · Literally change your perspective by climbing a tree. · Stimulate your butterfly mode by watching a foreign film without subtitles. By trying the exercises in this book, readers will emerge with a powerful new capacity for breakthrough thinking.

Organize Tomorrow Today Penguin

Linguists routinely emphasise the primacy of speech over writing. Yet, most linguists have analysed spoken language, as well as language in general, applying theories and methods that are best suited for written language. Accordingly, there is an extensive 'written language bias' in traditional and present day linguistics and other language sciences. In this book, this point is argued with rich and convincing evidence from virtually all fields of linguistics.

Asking for It Nicholas Brealey

In one way or another, we all carry trauma. It can manifest as anxiety, shame, low self-esteem, over-eating, under-eating, addiction, depression, confusion, people-pleasing, under-earning, low mood, negative thinking, social anxiety, anger, brain fog and more. Traumas, big or 'little', leave us trapped in cycles of dysfunctional behaviours, negative thoughts and difficult feelings. Yet many people are unaware they're stuck in old reactions and patterns that stem from their past traumas. Many of us are wary of the word and push it away instead of moving towards it and learning how to break free. Dr Sarah Woodhouse is a Research Psychologist who specialises in trauma and is passionate about helping people face this word and their past. In *You're Not Broken* she teaches you what a trauma is (it's probably not what you think), and how to recognise when, why and how your past is holding you back. She gently explains the pitfalls of ignoring awkward, upsetting episodes and how true freedom comes from looking back at your past with honesty. Then, sharing the latest research-based techniques and her own personal experience, she guides you towards breaking the trauma loop, reawakening your true self and reclaiming your future.

Get More Done In Less Time Da Capo Lifelong Books

INSTANT TOP 10 BESTSELLER *New York Times *USAToday *Washington Post *LA Times "Debunks the idea that aging inevitably brings infirmity and unhappiness and instead offers a trove of practical, evidence-based guidance for living longer and better." —Daniel H. Pink, author of *When and Drive* SUCCESSFUL AGING delivers powerful insights: • Debunking the myth that memory always declines with age • Confirming that "health span"—not "life span"—is what matters • Proving that sixty-plus years is a unique and newly recognized developmental stage • Recommending that people look forward to joy, as reminiscing doesn't promote health Levitin looks at the science behind what we all can learn from those who age joyously, as well as how to adapt our culture to take full advantage of older people's wisdom and experience. Throughout his exploration of what aging really means, using research from developmental neuroscience and the psychology of individual differences, Levitin reveals resilience strategies and practical, cognitive enhancing tricks everyone should do as they age. *Successful Aging* inspires a powerful new approach to how readers think about our final decades, and it will revolutionize the way we plan for old age as individuals, family members, and citizens within a society where the average life expectancy continues to rise.

Thinking Straight In The Age Of Information Overload Createspace Independent Publishing Platform

A fresh, personal, and entertaining exploration of a topic that concerns all of us: how to be more productive at work and in every facet of our lives. Chris Bailey turned down lucrative job offers to pursue a lifelong dream—to spend a year performing a deep dive experiment into the pursuit of productivity, a subject he had been enamored with since he was a teenager. After obtaining his business degree, he created a blog to chronicle a year-long series of productivity experiments he conducted on himself, where he also continued his research and interviews with some of the world's foremost experts, from Charles Duhigg to David Allen. Among the experiments that he tackled: Bailey went several weeks with getting by on little to no sleep; he cut out caffeine and sugar; he lived in total isolation for 10 days; he used his smartphone for just an hour a day for three months; he gained ten pounds of muscle mass; he stretched his work week to 90 hours; a late riser, he got up at 5:30 every morning for three months—all the while monitoring the impact of his experiments

on the quality and quantity of his work. The Productivity Project—and the lessons Chris learned—are the result of that year-long journey. Among the counterintuitive insights Chris Bailey will teach you: · slowing down to work more deliberately; · shrinking or eliminating the unimportant; · the rule of three; · striving for imperfection; · scheduling less time for important tasks; · the 20 second rule to distract yourself from the inevitable distractions; · and the concept of productive procrastination. In an eye-opening and thoroughly engaging read, Bailey offers a treasure trove of insights and over 25 best practices that will help you accomplish more.

A Field Guide to Lies Penguin

The Organized Mind Thinking Straight in the Age of Information Overload Penguin UK

Timeless Wisdom for Leading without Authority ECW Press

Want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. A guide to mastering your money by learning the ins and outs of investments that will allow you to live the lifestyle you want and achieve financial freedom. Is your money working hard or hardly working? Ideally, your money should work for you, making you money while you sleep. But how can you do this? Simply leaving your money in a bank will never guarantee financial success, instead, investing your money is the key to earning financial independence. Let it sit and watch it grow! It's not as easy as it sounds, and for many, investing seems too overwhelming. But Tony Robbins is here to spell it out for you and expel the myths about investments that many people believe. For instance, it does not take money to make money, anyone can begin their path to financial freedom no matter how many or few assets they have. Get started now, master your money, and climb the financial mountain to success.

Imagination CreateSpace

This book covers all basic areas of mechanical engineering, such as fluid mechanics, heat conduction, beams and elasticity with detailed derivations for the mass, stiffness and force matrices. It is especially designed to give physical feeling to the reader for finite element approximation by the introduction of finite elements to the elevation of elastic membrane. A detailed treatment of computer methods with numerical examples are provided. In the fluid mechanics chapter, the conventional and vorticity transport formulations for viscous incompressible fluid flow with discussion on the method of solution are presented. The variational and Galerkin formulations of the heat conduction, beams and elasticity problems are also discussed in detail. Three computer codes are provided to solve the elastic membrane problem. One of them solves the Poisson's equation. The second computer program handles the two dimensional elasticity problems and the third one presents the three dimensional transient heat conduction problems. The programs are written in C++ environment.

Got Your Attention? Vintage Canada

Have you ever . . . Invested time in something that, in hindsight, just wasn't worth it? Paid too much in an eBay auction? Continued to do something you knew was bad for you? Sold stocks too late, or too early? Taken credit for success, but blamed failure on external circumstances? Backed the wrong horse? These are examples of what the author calls cognitive biases, simple errors all of us make in day-to-day thinking. But by knowing what they are and how to identify them, we can avoid them and make better choices: whether in dealing with personal problems or business negotiations, trying to

save money or earn profits, or merely working out what we really want in life—and strategizing the best way to get it. Already an international bestseller, *The Art of Thinking Clearly* distills cutting-edge research from behavioral economics, psychology, and neuroscience into a clever, practical guide for anyone who's ever wanted to be wiser and make better decisions. A novelist, thinker, and entrepreneur, Rolf Dobelli deftly shows that in order to lead happier, more prosperous lives, we don't need extra cunning, new ideas, shiny gadgets, or more frantic hyperactivity—all we need is less irrationality. Simple, clear, and always surprising, this indispensable book will change the way you think and transform your decision making—at work, at home, every day. From why you shouldn't accept a free drink to why you should walk out of a movie you don't like, from why it's so hard to predict the future to why you shouldn't watch the news, *The Art of Thinking Clearly* helps solve the puzzle of human reasoning.

From Your Closets to Your Finances, the Week-by-Week Guide to Getting Completely Organized for Good Da Capo Lifelong Books

Even the smartest mind can't beat the organized mind . . . In the digital age we are overwhelmed by information. Unable to make sense of it all, our creativity plummets and decision-making suffers. Daniel Levitin shows us how we got here and why smart organization improves our memory, our attention span and even our imagination. You'll discover that: Your brain has a daily processing limit - why waste it on cat photos? Daydreaming is your brain at its most productive Multitasking is a bad way to do nearly everything The Organized Mind will teach you to function better, go further and find more time to do the things you actually want to do. 'Thought-provoking and practical . . . Good advice based on sound neuroscientific principles.' Sunday Times 'Sensible, practical advice . . . a comprehensive account of the way we think about organizing everything from our possessions to our friends.' Financial Times 'Deservedly a bestseller . . . ' Independent 'Levitin is as knowledgeable a guide to neuroscience as one might hope for.' New York Times Book Review

Monkeys, Myths, and Molecules New Directions Publishing

We don't think of imagination the way that we should. The word is often only associated with children, artists and daydreamers, but in reality, imagination is an integral part of almost every action and decision that we make. Simply put, imagination is a person's ability to create scenarios in his or her head: this can include everything from planning a grocery list, to honing a golf swing, to having religious hallucinations. And while imagination has positive connotations, it can also lead to decreased productivity and cooperation, or worse, the continuous reliving of past trauma. The human brain is remarkable in its ability to imagine—it can imagine complex possible futures, fantasy worlds, or tasty meals. We can use our imaginations to make us relaxed or anxious. We can imagine what the world might be, and construct elaborate plans. People have been fascinated with the machination of the human brain and its ability to imagine for centuries. There are books on creativity, dreams, memory, and the mind in general, but how exactly do we create those scenes in our head? With chapters ranging from hallucination and imaginary friends to how imagination can make you happier and more productive, Jim Davies' *Imagination* will help us explore the full potential of our own mind.

[8 Ways to Retrain Your Mind to Optimize Performance at Work and in Life](#) Crossroad Publishing Company

Do you ever think you're the only one making any sense? Or tried to reason with your partner with disastrous results? Do long, rambling answers drive you crazy? Or does your colleague's abrasive manner rub you the wrong way? You are not alone. After a disastrous meeting with a highly successful entrepreneur, who was genuinely convinced he was 'surrounded by idiots', communication expert and bestselling author, Thomas Erikson dedicated himself to understanding how people function and why we often struggle to connect with certain types of people. *Surrounded by Idiots* is an international phenomenon, selling over 1.5 million copies worldwide. It offers a simple, yet ground-breaking method for assessing the personalities of people we communicate with - in and out of the office - based on four personality types (Red, Blue, Green and Yellow), and provides insights into how we can adjust the way we speak and share information. Erikson will help you understand yourself better, hone communication and social skills, handle conflict with confidence, improve dynamics with your boss and team, and get the best out of the people you deal with and manage. He also shares simple tricks on body language, improving written communication, advice on when to back away or when to push on, and when to speak up or shut up. Packed with 'aha!' and 'oh no!' moments, *Surrounded by Idiots* will help you understand and communicate with those around you, even people you currently think are beyond all comprehension. And with a bit of luck you can also be confident that the idiot out there isn't you!

Accomplishing More by Managing Your Time, Attention, and Energy Simon and Schuster
Author and neuroscientist Daniel Levitin tackles the problems of twenty-first century information overload in his New York Times bestselling book *The Organized Mind*. 'The Organized Mind is smart, important, and as always, exquisitely written' - Daniel Gilbert, Harvard University, author of *Stumbling on Happiness* Overwhelmed by demands on your time? Baffled by the sheer volume of data? You're not alone: modern society is in a state of information overload. *The Organized Mind* investigates this phenomenon and the effect it has on us, analysing how and why our brains are struggling to keep up with the demands of the digital age. The twenty-first century sees us drowning under emails, forever juggling six tasks at once and trying to make complex decisions ever more quickly. Using a combination of academic research and examples from daily life, neuroscientist and bestselling author Daniel Levitin explains how to take back control of your life. This book will take you through every aspect of modern life, from healthcare to online dating to raising kids, showing that the secret to success is always organization. Levitin's research is surprising, powerful and will change the way you see the world. It's time to learn why there's no such thing as multitasking, why email is so addictive and why all successful people need a junk drawer. In a world where information is power, *The Organized Mind* holds the key to harnessing that information and making it work for you. Dr. Daniel J. Levitin has a PhD in Psychology, training at Stanford University Medical School and UC Berkeley. He is the author of the No. 1 bestseller *This Is Your Brain On Music* (Dutton, 2006), published in nineteen languages, and *The World in Six Songs* (Dutton, 2008) which hit the bestseller lists in its first week of release. Currently he is a James McGill Professor of Psychology, Behavioral Neuroscience and Music at McGill University in Montreal, Canada.

Critical Thinking with Statistics and the Scientific Method Viking

The Webb School of Bell Buckle is the oldest continuously operating boarding school in the South. In Culleoka, Tennessee, in 1870, William Robert "Sawney" Webb Sr. founded the school, and classes

were taught in the basement of a Methodist church. Webb's brother, John Maurice, joined as coprincipal in 1873. Having family ties to the town of Bell Buckle, the Webbs moved the school to its permanent home in 1886. With Sawney known for his drive and discipline and John known for his "saintly character, deep learning, and the gift of imparting it," according to Vanderbilt University professor emeritus Edwin Mims (Webb School class of 1888), the brothers were a powerful force in education and later became founding members of the Southern Association of Independent Schools. In addition to 10 Rhodes Scholars, the school has produced governors, university presidents, diplomats, CEOs, actors, artists, and several award-winning authors. The Webb School celebrates its sesquicentennial in 2020.

One Year to an Organized Life Penguin

A 'kluge' is an engineering term for a makeshift solution, an inelegant construction that somehow works. This is Gary Marcus's analogy for the way the human mind has evolved. Arguing against a whole tradition that praises our human minds as the most perfect result of evolution, Marcus shows how imperfect and ill-adapted our brains really are. They have had to adapt from the environment of our early hominid origins to a complex world in which our penchant for short-term satisfactions is literally fatal. We are prone to rages, addictions and other habits that limit our capacity for rational action in every sphere, from food to politics. A breathtaking, witty and revolutionary book.

The Desire to Know and Why Your Future Depends On It Harlequin

ATTENTION: Entrepreneurs and Employees Alike... "Discover The Step-By-Step System To Overcoming Information Overload And Staying Organized!" Find Out How To Finally Free Yourself Of Overload, Reduce Your Stress And Work More Productively! Have you ever thought that maybe you had too much on? That you'd work better if you had less on your mind? Imagine how free you'd feel. Much less stressed and able to think clearly for the first time! Believe it or not, feeling the way you are now is not normal you don't have to be overloaded. Can You Imagine Working Twice As Fast? A lot of us dream about finishing our days early, about getting all our work done and then spending the rest of our time relaxing and pursuing our dreams. We all know that's possible. You can work more efficiently and you can work faster. But we suffer from so much information overload that it can be difficult to even think straight, let alone faster! Which is why it's so important that we overcome this and improve. Make Overload A Thing Of The Past People always talk about emulating the truly successful, and when we look at those who excel in their fields, they focus on single topics and dominate them. They don't cloud their brains with unneeded information like the rest of us and they don't stress about things which are out of their control. This is all mental and you can't just flick a switch and obtain this mindset. You must follow in the footsteps of those before you and understand why they've earned this mindset. This can take years. Decades. That's why we've created a detailed and informative guide that will give you guidance on how YOU can rid yourself of

information overload and work more efficiently and effectively. I'm proud to introduce to you..... Get Organized Here's exactly what you'll get inside the course: What you'll discover in this eBook: What you can do to remove information overload How to easily remove some of your stressors Find out how you can work more efficiently Developing positive habits Being more organized Making better use of the time you have Reducing the time that you waste everyday Why it's crucial that you organize parts of your life How to guard your time effectively from those who don't deserve it! And much much more... Get Instant Access Right Now!

What the Best Leaders See Viking

A delirious collection of short stories from the Latin American master of micro-fiction. A delirious collection of short stories from the Latin American master of microfiction, César Aira—the author of at least eighty novels, most of them barely one hundred pages long—The Musical Brain & Other Stories comprises twenty tales about oddballs, freaks, and loonies. Aira, with his fuga hacia adelante or "flight forward" into the unknown, gives us imponderables to ponder and bizarre and seemingly out-of-context plot lines, as well as thoughtful and passionate takes on everyday reality. The title story, first published in the New Yorker, is the creme de la creme of this exhilarating collection.

Surrounded by Idiots Penguin

A "must-read" (Booklist) from Harvard Business School Professor and Codirector of the Harvard Kennedy School's Center for Public Leadership: A guide to making better decisions, noticing important information in the world around you, and improving leadership skills. Imagine your advantage in negotiations, decision-making, and leadership if you could teach yourself to see and evaluate information that others overlook. The Power of Noticing provides the blueprint for accomplishing precisely that. Max Bazerman, an expert in the field of applied behavioral psychology, draws on three decades of research and his experience instructing Harvard Business School MBAs and corporate executives to teach you how to notice and act on information that may not be immediately obvious. Drawing on a wealth of real-world examples and using many of the same case studies and thought experiments designed in his executive MBA classes, Bazerman challenges you to explore your cognitive blind spots, identify any salient details you are programmed to miss, and then take steps to ensure it won't happen again. His book provides a step-by-step guide to breaking bad habits and spotting the hidden details that will change your decision-making and leadership skills for the better, teaching you to pay attention to what didn't happen, acknowledge self-interest, invent the third choice, and realize that what you see is not all there is. While many bestselling business books have explained how susceptible to manipulation our irrational cognitive blind spots make us, Bazerman helps you avoid the habits that lead to poor decisions and ineffective leadership in the first place. With The Power of Noticing at your side, you can learn how to notice what others miss, make wiser decisions, and lead more successfully.

Best Sellers - Books :

- [Feel-good Productivity: How To Do More Of What Matters To You By Ali Abdaal](#)
- [Iron Flame \(the Emphyrean, 2\)](#)
- [Twisted Games \(twisted, 2\) By Ana Huang](#)
- [The Light We Carry: Overcoming In Uncertain Times By Michelle Obama](#)

- [The Body Keeps The Score: Brain, Mind, And Body In The Healing Of Trauma](#)
- [Tucker By Chadwick Moore](#)
- [Love You Forever By Robert Munsch](#)
- [Saved: A War Reporter's Mission To Make It Home By Benjamin Hall](#)
- [A Court Of Thorns And Roses \(a Court Of Thorns And Roses, 1\) By Sarah J. Maas](#)
- [A Court Of Silver Flames \(a Court Of Thorns And Roses, 5\) By Sarah J. Maas](#)