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This timely anthology brings together thought-provoking maxims on the art of conscious living, inspired by the ancient tradition of the Golden Mean and the natural laws of economy and conservation. Less Is More draws us into the company of men and women from many eras and cultures whose writings explore the virtues of simplicity and moderation in living. Confucious, Patañjali, Ovid, St. Matthew, Milarepa, Rumi, Eckhart, da Vinci, St. Teresa of Avila, Basho, Thoreau, Tagore, Suzuki, Illich, and many others share profound thoughts on our wants and needs, lifestyles and lifeworks. Here is a book to be savored in quiet moments when we reflect on our hectic pace of life; when we wonder if the race to riches is worth the struggle; or when we wonder if the earth can sustain our greed for many more generations.

A century ago, Henry Ford saw a sea change in worker productivity. It was the industrial revolution. Where other-s saw only more profits, Ford had a much grander vision. He invented the eight-hour workday, cut his employees' workdays nearly in half and doubled their pay. Productivity and profitability soared. By giving more to his workers, he changed the quality of life of an entire nation. Today, we're in the midst of a massive productivity shift for knowledge workers. And yet, the eight-hour workday hasn't changed. Until now, that is. This book is about one company that simply asked why. A company that had the courage to try an experiment, toward re-inventing a more sensible, productive, and healthy workday for today's knowledge workers. That company is Tower Paddle Boards, one of the fastest-growing companies in the nation, and one of Mark Cuban's best Shark Tank investments. In this book, you'll learn how the five-hour workday: Improves business operations, efficiency, and profitability Attracts the brightest minds, the hardest workers, and the best performers Stimulates employee performance and increases retention rates Can be implemented and tested at your company, temporarily and without risk Can change your life into something better than you ever imagined possible

Poet, artist and mystic Kahlil Gibran was born in 1883 to a poor Christian family in Lebanon and emigrated to the United States as an adolescent. His masterpiece, *The Prophet*, a book of poetic essays written in his youth, has sold over eight million copies in more than twenty languages since its first publication in 1923. But all Gibran's works - essays, stories, parables, prose poems - are imbued with equally powerful simplicity and wisdom, whether meditating upon love, marriage, friendship, work, pleasure, time or grief. Perhaps no other twentieth-century writer has touched the hearts and minds of so remarkably varied and widespread a readership. Included in this volume are *The Madman*, *The Forerunner*, *The Prophet*, *Sand and Foam*, *Jesus the Son of Man*, *Earth Gods*, *The Wanderer*, *The Garden of the Prophet*, *Prose Poems*, *Spirits Rebellious*, *Nymphs of the Valley* and *A Tear and a Smile*.

How maverick companies have passed up the growth treadmill — and focused on greatness instead. It's an axiom of business that great companies grow their revenues and profits year after year. Yet quietly, under the radar, a small number of companies have rejected the pressure of endless growth to focus on more satisfying business goals. Goals like being great at what they do, creating a great place to work, providing great customer service, making great contributions to their communities, and finding great ways to lead their lives. In *Small Giants*, veteran journalist Bo Burlingham takes us deep inside fourteen remarkable companies that have chosen to march to their own drummer. They include Anchor Brewing, the original microbrewer; CitiStorage Inc., the premier independent records-storage business; Clif Bar & Co., maker of organic energy bars and other nutrition foods; Righteous Babe Records, the record company founded by singer-songwriter Ani DiFranco; Union Square Hospitality Group, the company of restaurateur Danny Meyer; and Zingerman's Community of Businesses, including the world-famous Zingerman's Deli of Ann Arbor. Burlingham shows how the leaders of these small giants recognized the full range of choices they had about the type of company they could create. And he shows how we can all benefit by questioning the usual definitions of business success. In his new afterward, Burlingham reflects on the similarities and learning lessons from the small giants he covers in the book.

Do you want to lose fat, double testosterone, get the perfect posterior or give your partner a fifteen-minute female orgasm? Whatever your physical goal, *The 4-Hour Body* eclipses every other health manual by sharing the best kept secrets in the latest science and research to provide new strategies for redesigning the human body. And you don't need to exhaust yourself. International bestselling author, Timothy Ferriss, helps you reach your true genetic potential in 3-6 months with a commitment of less than four hours per week. You can pick and choose from a menu of options, from sim-

ple to extreme, for dramatic body changes. Based on over 15 years of research and with personal stories, amazing before and after photos, recipes and sidebars, *The 4-Hour Body* will give unbelievable results and change the way you look forever.

In graphic novel format, follows MacKayla's rescue from the Fear Dorcha by the dreamy-eyed bartender, an event that prompts an extraordinary adventure for young sidhe-seer Dani.

INTERNATIONAL BESTSELLER • With a new foreword by Tim Ferriss • “Vagabonding easily remains in my top-10 list of life-changing books. Why? Because one incredible trip, especially a long-term trip, can change your life forever. And Vagabonding teaches you how to travel (and think), not just for one trip, but for the rest of your life.”—Tim Ferriss, from the foreword There’s nothing like vagabonding: taking time off from your normal life—from six weeks to four months to two years—to discover and experience the world on your own terms. In this one-of-a-kind handbook, veteran travel writer Rolf Potts explains how anyone armed with an independent spirit can achieve the dream of extended overseas travel. Now completely revised and updated, *Vagabonding* is an accessible and inspiring guide to • financing your travel time • determining your destination • adjusting to life on the road • working and volunteering overseas • handling travel adversity • re-assimilating back into ordinary life Updated for our ever-changing world, *Vagabonding* is an indispensable guide for the modern traveler.

In his New York Times bestseller *Steal Like an Artist*, Austin Kleon showed readers how to unlock their creativity by “stealing” from the community of other movers and shakers. Now, in an even more forward-thinking and necessary book, he shows how to take that critical next step on a creative journey—getting known. *Show Your Work!* is about why generosity trumps genius. It’s about getting findable, about using the network instead of wasting time “networking.” It’s not self-promotion, it’s self-discovery—let others into your process, then let them steal from you. Filled with illustrations, quotes, stories, and examples, *Show Your Work!* offers ten transformative rules for being open, generous, brave, productive. In chapters such as *You Don’t Have to Be a Genius*; *Share Something Small Every Day*; and *Stick Around*, Kleon creates a user’s manual for embracing the communal nature of creativity— what he calls the “ecology of talent.” From broader life lessons about work (you can’t find your voice if you don’t use it) to the etiquette of sharing—and the dangers of oversharing—to the practicalities of Internet life (build a good domain name; give credit when credit is due), it’s an inspiring manifesto for succeeding as any kind of artist or entrepreneur in the digital age.

Life-changing wisdom from 130 of the world's highest achievers in short, action-packed pieces, featuring inspiring quotes, life lessons, career guidance, personal anecdotes, and other advice

SHORTLISTED FOR THE BUSINESS BOOK AWARDS 2021 In *The 4 Day Week*, entrepreneur and business innovator Andrew Barnes makes the case for the four-day work week as the answer to many of the ills of the 21st-century global economy. Barnes conducted an experiment in his own business, the New Zealand trust company Perpetual Guardian, and asked his staff to design a four-day week that would permit them to meet their existing productivity requirements on the same salary but with a 20% cut in work hours. The outcomes of this trial, which no business leader had previously attempted on these terms, were stunning. People were happier and healthier, more engaged in their personal lives, and more focused and productive in the office. The world of work has seen a dramatic shift in recent times: the former security and benefits associated with permanent employment are being displaced by the less stable gig economy. Barnes explains the dangers of a focus on flexibility at the expense of hard-won worker protections, and argues that with the four-day week, we can have the best of all worlds: optimal productivity, work-life balance, worker benefits and, at long last, a solution to pervasive economic inequities such as the gender pay gap and lack of diversity in business and governance. *The 4 Day Week* is a practical, how-to guide for business leaders and employees alike that is applicable to nearly every industry. Using qualitative and quantitative data from research gathered through the Perpetual Guardian trial and other sources by the University of Auckland and Auckland University of Technology, the book presents a step-by-step approach to preparing businesses for productivity-focused flexibility, from the necessary cultural conditions to the often complex legislative considerations. The story of Perpetual Guardian's unprecedented work experiment has made headlines around the world and stormed social media, reaching a global audience in more than seventy countries. A mix of trenchant analysis, personal observation and actionable advice, *The 4 Day Week* is an essential guide for leaders and workers seeking to make a change for the better in their work world.

This is the road map to a seven-figure business . . . in one year or less The word "entrepreneur" is today's favorite buzzword, and any aspiring business owner has likely encountered an overwhelming number of so-called "easy paths to success." The truth is that building a real, profitable, sustainable business requires thousands of hours of commitment, grit, and hard work. It's no wonder why more than half of new businesses close within six years of opening, and fewer than 5 percent will ever earn more than \$1 million annually. *12 Months to \$1 Million* condenses the startup phase into one fast-paced year that has helped hundreds of new entrepreneurs hit the million-dollar level by using an exclusive and foolproof formula. By cutting out the noise and providing a clear and proven plan, this roadmap helps even brand-new entrepreneurs make decisions quickly, get their product up for sale, and launch it to a crowd that is ready and waiting to buy. This one-year plan will guide you through the three stages to your first \$1 million: •

The Grind (Months 0-4): This step-by-step plan will help you identify a winning product idea, target customers that are guaranteed to buy, secure funding, and take your first sale within your first four months. • The Growth (Months 5 - 8): Once you're in business, you will discover how to use cheap and effective advertising strategies to get your product to at least 25 sales per day, so you can prove you have a profitable business. • The Gold (Months 9-12): It's time to establish series of products available for sale, until you are averaging at least 100 sales per day, getting you closer to the million-dollar mark every single day. Through his training sessions at Capitalism.com, Ryan Daniel Moran has helped new and experienced entrepreneurs launch scalable and sustainable online businesses. He's seen more than 100 entrepreneurs cross the seven-figure barrier, many of whom go on to sell their businesses. If your goal is to be a full-time entrepreneur, get ready for one chaotic, stressful, and rewarding year. If you have the guts to complete it, you will be the proud owner of a million-dollar business and be in a position to call your own shots for life.

Please note: This is a companion version & not the original book. Sample Book Insights: #1 The most fundamental American question is hard for me to answer these days. If it weren't, you wouldn't be holding this book in your hands. I never enjoyed answering this cocktail question because it reflects an epidemic I was part of: job descriptions as self-descriptions. #2 The New Rich are those who abandon the deferred-life plan and create luxury lifestyles in the present using the currency of the New Rich: time and mobility. This is an art and a science called Lifestyle Design. #3 The Deal-maker process is a set of steps and strategies that will help you become a member of the New Rich. It replaces self-defeating assumptions and explains concepts such as relative wealth and eustress. #4 The E for Elimination section provides the first luxury lifestyle design ingredient: time. It explains how I used the words of an Italian economist to turn 12-hour days into two-hour days in 48 hours.

A new, updated and expanded edition of this New York Times bestseller on how to reconstruct your life so it's not all about work Forget the old concept of retirement and the rest of the deferred-life plan - there is no need to wait and every reason not to, especially in unpredictable economic times. Whether your dream is escaping the rat race, experiencing high-end world travel, earning a monthly five-figure income with zero management, or just living more and working less, this book is the blueprint. This step-by-step guide to luxury lifestyle design teaches: * How Tim went from \$40,000 dollars per year and 80 hours per week to \$40,000 per MONTH and 4 hours per week * How to outsource your life to overseas virtual assistants for \$5 per hour and do whatever you want * How blue-chip escape artists travel the world without quitting their jobs * How to eliminate 50% of your work in 48 hours using the principles of a forgotten Italian economist * How to trade a long-haul career for short work bursts and frequent 'mini-retirements'. This new updated and expanded edition includes: More than 50 practical tips and case studies from readers (including families) who have doubled their income, overcome common sticking points, and reinvented themselves using the original book as a starting point * Real-world templates you can copy for eliminating email, negotiating with bosses and clients, or getting a private chef for less than £5 a meal * How lifestyle design principles can be suited to unpredictable economic times * The latest tools and tricks, as well as high-tech shortcuts, for living like a diplomat or millionaire without being either.

Learn how to Live the 4-Hour Workweek. Come enjoy the good life on the cheap in Thailand for 12 weeks or more. Instead of spending another month living paycheck to paycheck wouldn't you rather say: "I spend my days laying under the warm sun with a coconut in my hand." "I started my fight camp 12 weeks ago, and last night, I won my first pro muay thai match." "I can't believe I actually get paid to take people scuba diving, this is the best job ever." "I spend less in an entire month traveling, getting massages, eating out, and living in Thailand than I spent on rent alone back home." 12 Weeks in Thailand: The Good Life on the Cheap is a true story that follows the author Johnny F.D. from his home in Los Angeles, California to his first 3 week vacation to Thailand where he decides to give it all up in pursuit of a happier life under the sun. He goes home to sell everything he owns and comes straight back to Thailand for his first of many 12 week trips.

Publisher Fact Sheet Explains in clear, simple, easy-to-understand, common sense terms the skills readers need to get their message across in any speaking situation.

Presents a practical but unusual guide to mastering food and cooking featuring recipes and cooking tricks from world-renowned chefs.

"This is your field guide to getting yourself to want to do everything you always wanted to want to do"--Page [4] of cover.

"Liberty is slow fruit. It is never cheap; it is made difficult because freedom is the accomplishment and perfectness of man." — Ralph Waldo Emerson This book is for people who also believe personal freedom is the most important thing in life. In our free world, we can do what we want, spend time with people we like, and have a career that gives us joy. And yet, we don't use our freedom. Why is that? The problem is that we're held captive by ourselves. On a deeper level, we all strive for the same thing: To be free. It's in our nature. Every human has the desire and the need to be free. What It Takes To Be Free will lead you on the path to personal freedom. It's a highly practical guide that's based on timeless wisdom and personal experience. You're the ruler of your own kingdom. You can do anything you want, spend time with people you like, and have a career that you love. If you're willing to do what it takes, you will be free to do those things.

The Year of Less In her late twenties, Cait Flanders found herself stuck in the consumerism cycle that grips so many of us: earn more, buy more, want more, rinse, repeat. Even after she worked her way out of nearly \$30,000 of consumer debt, her old habits took hold again. When she realized that nothing she was doing or buying was making her happy—only keeping her from meeting her goals—she decided to set herself a challenge: she would not shop for an entire year. The Year of Less documents Cait's life for twelve months during which she bought only consumables: groceries, toiletries, gas for her car. Along the way, she challenged herself to consume less of many other things besides shopping. She decluttered her apartment and got rid of 70 percent of her belongings; learned how to fix things rather than throw them away; researched the zero waste movement; and completed a television ban. At every stage, she learned that the less she consumed, the more fulfilled she felt. The challenge became a lifeline when, in the course of the year, Cait found herself in situations that turned her life upside down. In the face of hardship, she realized why she had always turned to shopping, alcohol, and food—and what it had cost her. Unable to reach for any of her usual vices, she changed habits she'd spent years perfecting and discovered what truly mattered to her. Blending Cait's compelling story with inspiring insight and practical guidance, The Year of Less will leave you questioning what you're holding on to in your own life—and, quite possibly, lead you to find your own path of less.

The Time Trap has shown countless readers how to squeeze the optimal efficiency--and satisfaction--out of their work day. This much-needed guide

provides the quick solutions you need be more effective with your time and avoid and escape the so-called "time savers" that don't really work. Backed by decades of research with businesspeople around the world, authors Pat Nickerson and Alec Mackenzie explain how to: set realistic goals and make commitments they can keep; juggle multiple demands; estimate time needed on new tasks; pinpoint and combat the most tenacious time wasters; protect priorities; and upgrade personal productivity for professional success. Plus, the fourth edition has been extensively revised to include technology-based solutions to the challenges and opportunities we all face in the virtual world. Filled with smart tactics, revealing interviews, and handy time management tools, The Time Trap is your go-to resource for leveraging twenty-first century opportunities and overcoming challenges to maximizing your work time.

"Fitness, money, and wisdom--here are the tools. Over the last two years ... Tim Ferriss has collected the routines and tools of world-class performers around the globe. Now, the distilled notebook of tips and tricks that helped him double his income, flexibility, happiness, and more is available as Tools of Titans"--Page 4 of cover.

Do you want to stop forgetting appointments, birthdays, and other important dates? Work more efficiently at your job? Study less and get better grades? Remember the names and faces of people you meet? The good news is that it's all possible. Your Memory will help to expand your memory abilities beyond what you thought possible. Dr. Higbee reveals how simple techniques, like the Link, Loci, Peg, and Phonetic systems, can be incorporated into your everyday life and how you can also use these techniques to learn foreign languages faster than you thought possible, remember details you would have otherwise forgotten, and overcome general absentmindedness. Higbee also includes sections on aging and memory and the latest information on the use of mnemonics.

The international bestseller on escaping the 9-5 and finding a new way of living Forget the old concept of retirement and the rest of the deferred-life plan - there is no need to wait and every reason not to, especially in unpredictable economic times. Whether your dream is escaping the rat race, experiencing high-end world travel, earning a monthly five-figure income with zero management, or just living more and working less, this book is the blueprint. This step-by-step guide to living the life you want reveals: * How Tim went from \$40,000 dollars per year and 80 hours per week to \$40,000 per MONTH and 4 hours per week * How to outsource your life and do whatever you want * How to eliminate 50% of your work in 48 hours * How to trade a long-haul career for short work bursts and frequent 'mini-retirements' This edition also includes: * More than 50 practical tips and case studies from readers (including families) who have doubled their income, overcome common sticking points and reinvented themselves using the original book as a starting point * Real-world templates you can copy for eliminating email and negotiating with bosses and clients * How lifestyle design principles can be used to live ambitiously in unpredictable economic times * The latest tools and tricks, as well as high-tech shortcuts, for living like a diplomat or millionaire without being either.

The self-employment revolution is here. Learn the latest pioneering tactics from real people who are bringing in \$1 million a year on their own terms. Join the record number of people who have ended their dependence on traditional employment and embraced entrepreneurship as the ultimate way to control their futures. Determine when, where, and how much you work, and by what values. With up-to-date advice and more real-life success stories, this revised edition of The Million-Dollar, One-Person Business shows the latest strategies you can apply from everyday people who--on their own--are bringing in \$1 million a year to live exactly how they want.

A fully revised and updated edition of the bible of the newspaper industry

"... a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD."--Publisher's website.

In A Good Food Day, more than 100 recipes made with good-for-you ingredients make a good food day--a day when feeling good and eating well go hand in hand--easy and attainable. After years of thoughtless eating that led to weight gain and poor health, chef Marco Canora knew he had to make every day a good food day: a whole day in which every meal was full of healthy and delicious ingredients. But he wasn't willing to give up flavor for health. Instead of dieting, he decided to make simple, natural recipes fit for a food lover's palate. Marco explains the secret powers of good-for-you ingredients (such as low-GI carbohydrates and alkaline-forming greens), and then builds them into recipes that are all about satisfaction, such as Amaranth Polenta with Tuscan Kale, Black Rice Seafood Risotto, Citrus-Spiked Hazelnut and Rosemary Granola, and Chickpea Crepe Sandwiches. He covers techniques to coax natural flavor out of dishes, including infusing seasoning into vegetable salads and pounding fresh herbs and spices into lean meats. To make a lasting change in your diet, the food you eat has to be delicious. A Good Food Day is for people who love real food, and know that healthy and flavorful can go hand in hand.

The 4-Hour Workweek In 20 Minutes Summary Tim Ferriss The 4-Hour Work Week teaches techniques to increase your time and financial freedom giving you more lifestyle options. The 4-Hour Workweek: Escape 9-5, Live Anywhere, and Join the New Rich (2007) is a self-help book by Timothy Ferriss, an American writer, educational activist, and entrepreneur. The book has spent more than four years on The New York Times Best Seller List, has been translated into 35 languages and has sold more than 1,350,000 copies worldwide. It deals with what Ferriss refers to as "lifestyle design" and repudiates the traditional "deferred" life plan in which people work grueling hours and take few vacations for decades and save money in order to relax

after retirement.

The New York Times bestselling author of *The 4-Hour Body* shows readers how to live more and work less, now with more than 100 pages of new, cutting-edge content. Forget the old concept of retirement and the rest of the deferred-life plan—there is no need to wait and every reason not to, especially in unpredictable economic times. Whether your dream is escaping the rat race, experiencing high-end world travel, or earning a monthly five-figure income with zero management, *The 4-Hour Workweek* is the blueprint. This step-by-step guide to luxury lifestyle design teaches:

- How Tim went from \$40,000 per year and 80 hours per week to \$40,000 per month and 4 hours per week
- How to outsource your life to overseas virtual assistants for \$5 per hour and do whatever you want
- How blue-chip escape artists travel the world without quitting their jobs
- How to eliminate 50% of your work in 48 hours using the principles of a forgotten Italian economist
- How to trade a long-haul career for short work bursts and frequent “mini-retirements”

The new expanded edition of Tim Ferriss’ *The 4-Hour Workweek* includes:

- More than 50 practical tips and case studies from readers (including families) who have doubled income, overcome common sticking points, and reinvented themselves using the original book as a starting point
- Real-world templates you can copy for eliminating e-mail, negotiating with bosses and clients, or getting a private chef for less than \$8 a meal
- How Lifestyle Design principles can be suited to unpredictable economic times
- The latest tools and tricks, as well as high-tech shortcuts, for living like a diplomat or millionaire without being either

What do you do? Tim Ferriss has trouble answering the question. Depending on when you ask this controversial Princeton University guest lecturer, he might answer: “I race motorcycles in Europe.” “I ski in the Andes.” “I scuba dive in Panama.” “I dance tango in Buenos Aires.” He has spent more than five years learning the secrets of the New Rich, a fast-growing subculture who has abandoned the “deferred-life plan” and instead mastered the new currencies—time and mobility—to create luxury lifestyles in the here and now. Whether you are an overworked employee or an entrepreneur trapped in your own business, this book is the compass for a new and revolutionary world. Join Tim Ferriss as he teaches you:

- How to outsource your life to overseas virtual assistants for \$5 per hour and do whatever you want
- How blue-chip escape artists travel the world without quitting their jobs
- How to eliminate 50% of your work in 48 hours using the principles of a forgotten Italian economist
- How to trade a long-haul career for short work bursts and frequent “mini-retirements”
- What the crucial difference is between absolute and relative income
- How to train your boss to value performance over presence, or kill your job (or company) if it’s beyond repair
- What automated cash-flow “muses” are and how to create one in 2 to 4 weeks
- How to cultivate selective ignorance—and create time—with a low-information diet
- What the management secrets of Remote Control CEOs are
- How to get free housing worldwide and airfare at 50-80% off
- How to fill the void and create a meaningful life after removing work and the office

You can have it all—really. From the Hardcover edition.

Who's going to provide for your future? There's a crisis looming in pensions. Investing in property is time-consuming and risky. Savings accounts yield very little return. If you're not careful, you could be looking at a very uncomfortable retirement. But surely the alternative - investing in the stock market - is risky, complicated and best left to the professionals? Phil Town doesn't think so. He made a fortune, and in *Rule #1* he'll show you how he did it. *Rule #1*: - Sets out the five key numbers that really count when you're buying stocks and shares - Explains how to use new Internet tools to simplify research - Shows how to exploit the advantages of being an individual investor - Demonstrates how to pay fifty pence for every pound's worth of business This simple and straightforward method will guide you to 15% or better annual returns - in only 15 minutes a week. It's money in the bank!

An instant classic, this revised and updated edition of the phenomenal bestseller dispels the myths about starting your own business. Small business consultant and author Michael E. Gerber, with sharp insight gained from years of experience, points out how common assumptions, expectations, and even technical expertise can get in the way of running a successful business. Gerber walks you through the steps in the life of a business—from entrepreneurial infancy through adolescent growing pains to the mature entrepreneurial perspective: the guiding light of all businesses that succeed—and shows how to apply the lessons of franchising to any business, whether or not it is a franchise. Most importantly, Gerber draws the vital, often overlooked distinction between working on your business and working in your business. *The E-Myth Revisited* will help you grow your business in a productive, assured way.

For his first book, AJ Jacobs read the entire *Encyclopedia Britannica*. For his second, he followed every single rule in the Bible. Now comes a collection of his most outrageous, hilarious and thought-provoking experiments yet. In *My Experimental Life* Jacobs puts himself to a series of bizarre and ridiculous tests, from total obedience to his long-suffering wife and 'Radical Honesty', to living as a beautiful woman and outsourcing his personal life to India (whether sending an email, having a weekly chat with his parents or arguing with his wife). Written by an author who has been compared in the British press to Woody Allen and Bill Bryson, *The Guinea Pig Diaries* will be one of the funniest, most entertaining and most illuminating books of the year.

'I love this book! If you want a true manifesto, a guidebook with clear signposts, and a fun ride you'll return to again and again, you have it here in this book. I hope you enjoy it as much as I did' Tim Ferriss, author of *The 4-Hour Workweek*

The iconic manifesto on lessons learned while becoming an entrepreneur ----- You don't need a visionary master plan, loads of funding or a brilliant team to start a business. When Derek Sivers started CD Baby, he wasn't planning on building a major business. He was a successful independent musician who just wanted to sell his CDs online. He started in 1998 by helping his friends sell their CDs too. In 2000, he hired his first employee. Eight years later, he sold CD Baby for \$22 million. Sivers didn't need a business plan and neither do you. You don't need to think big; in fact, it's better if you don't. Anything You Want will inspire you to start with what you have, care about your customers more than yourself, and run your business like you don't need the money. ----- 'Some of the best hours you'll ever spend will be reading Derek Sivers's new book...Anything You Want' Forbes

The 10th anniversary edition of the bestselling foundational business training manual for ambitious readers, featuring new concepts and mental models: updated, expanded, and revised. Many people assume they need to attend business school to learn how to build a successful business or advance in their career. That's not true. The vast majority of modern business practice requires little more than common sense, simple arithmetic, and knowledge of a few very important ideas and principles. The *Personal MBA 10th Anniversary Edition* provides a clear overview of the essentials of every major business topic: entrepreneurship, product development, marketing, sales, negotiation, accounting, finance, productivity, communication, psychology, leadership, systems design, analysis, and operations management...all in one comprehensive volume. Inside you'll learn concepts such as: *The 5 Parts of Every Business*: You can understand and improve any business, large or small, by focusing on five fundamental topics. *The 12 Forms of Value*: Products and services are only two of the twelve ways you can create value for your customers. *4 Methods to Increase Revenue*: There are only four ways for a business to bring in more money. Do you know what they are? Business degrees are often a poor investment, but business skills are always useful, no matter how you acquire them. The *Personal MBA* will help you do great work, make good decisions, and take full advantage of your skills, abilities, and available opportunities--no matter what you do (or would like to do) for a living.

"A life-changing read. With warmth, honesty, and storytelling, Lynne turns everything we think we know about money upside down...It's the book we all need right now." —Brené Brown, Ph.D., author of the #1 New York Times bestseller *Rising Strong*

This liberating book shows us that examining our attitudes toward money—earning it, spending it, and giving it away—offers surprising insight into our lives. Through personal stories and practical advice, Lynne Twist asks us to discover our relationship with money, understand how we use it, and by assessing our core human values, align our relationship with it to our desired goals. In doing so, we can transform our lives. *The Soul of Money* now includes a foreword from Jack Canfield and a new introduction by Lynne Twist, in which she explores the effects of the Great Recession and environmental concerns about our monetary needs and aims.

On leaving school or university, you feel pretty pleased with yourself. You've learnt a lot, you're well-read and you know a whole bunch of obscure facts guaranteed at some point to appear in the questions on *Mastermind* or *University Challenge*. Then you get a job, and ten years later you're more eloquent and eager to argue about Britney and Big Brother than Beckett and the Brontës. Sound familiar? Well it happened to AJ Jacobs too. As an editor at *Esquire*, Jacobs had built up a rather impressive knowledge of celebrity trivia - and the cure was going to take a long time. While others might take to reading a broadsheet at the weekend, Jacobs chose to read the *Encyclopaedia Britannica*. All 33,000 pages of it. Bill Bryson meets Schott's *Original Miscellany* meets Woody Allen. Part assemblage of fascinating trivia, part journey through adulthood, all laugh-out-loud funny.