

# INTRODUCTION hooked 30 minute expert guide official summary [PDF]

Hooked - 30 Minute Expert Guide Hooked - 30 Minute Expert Guide The Challenger Sale ...in 30 Minutes - The Expert Guide to Matthew Dixon and Brent Adamson's Critically Acclaimed Book Life Code in 30 Minutes - the Expert Guide to Dr. Phil McGraw's Critically Acclaimed Book To Sell Is Human in 30 Minutes - the Expert Guide to Daniel H. Pink's Critically Acclaimed Book Good to Great in 30 Minutes - The Expert Guide to Jim Collins's Critically Acclaimed Book (the 30 Minute Expert Series) Proof of Heaven in 30 Minutes - The Expert Guide to Eben Alexander's Critically Acclaimed Book The 48 Laws of Power in 30 Minutes - The Expert Guide to Robert Greene's Critically Acclaimed Book The One Thing in 30 Minutes - The Expert Guide to Gary Keller and Jay Papasan's Critically Acclaimed Book The Power of Now in 30 Minutes - The Expert Guide to Eckhart Tolle's Critically Acclaimed Book The Signal and the Noise in 30 Minutes - The Expert Guide to Nate Silver's Critically Acclaimed Book (the 30 Minute Expert Series) What Do Women Want? in 30 Minutes - The Expert Guide to Daniel Bergner's Critically Acclaimed Book Thinking, Fast and Slow in 30 Minutes - The Expert Guide to Daniel Kahneman's Critically Acclaimed Book (the 30 Minute Expert Series) Cooked ...in 30 Minutes - The Expert Guide to Michael Pollan's Critically Acclaimed Book How Children Succeed in 30 Minutes - the Expert Guide to Paul Tough's Critically Acclaimed Book Influence in 30 Minutes - The Expert Guide to Robert B. Cialdini's Critically Acclaimed Book The Tapping Solution in 30 Minutes - The Expert Guide to Nick Ortner's Critically Acclaimed Book Crucial Conversations ...in 30 Minutes - The Expert Guide to Kerry Patterson's Critically Acclaimed Book The Challenger Sale ... in 30 Minutes - the Expert Guide to Matthew Dixon and Brent Adamson's Critically Acclaimed Book The Meaning of Marriage in 30 Minutes - The Expert Guide to Timothy Keller's Critically Acclaimed Book The Five Dysfunctions of a Team in 30 Minutes - The Expert Guide to Patrick Lencioni's Critically Acclaimed Bestseller Getting Things Done in 30 Minutes - The Expert Guide to David Allen's Critically Acclaimed Book The Fast Diet in 30 Minutes - The Expert Guide to Michael Mosley's Critically Acclaimed Book The Hormone Cure in 30 Minutes - The Expert Guide to Dr. Sara Gottfried's Critically Acclaimed Book Clean Gut ...in 30 Minutes - The Expert Guide to Alejandro Junger's Critically Acclaimed Book The Untethered Soul ...in 30 Minutes - The Expert Guide to Michael A. Singer's Critically Acclaimed Book The China Study in 30 Minutes - The Expert Guide to T. Colin Campbell's Critically Acclaimed Book Daring Greatly in 30 Minutes - The Expert Guide to Brene Brown's Critically Acclaimed Book Eleven Rings ...in 30 Minutes - The Expert Guide to Phil Jackson and Hugh Delehanty's Critically Acclaimed Book Help, Thanks, Wow in 30 Minutes - The Expert Guide to Anne Lamott's Critically Acclaimed Book (the 30 Minute Expert Series) How to Win Friends and Influence People in 30 Minutes ? the Expert Guide to Dale Carnegie's Critically Acclaimed Book The 7 Habits of Highly Effective People in 30 Minutes - the Expert Guide to Stephen R. Covey's Critically Acclaimed Book In Everything In Life Is Negotiable The Expert Guide to Phil Jackson's Eleven Rings-- in 30 Minutes The Expert Guide to Daniel Bergner's What Do Women Want?-- in 30 Minutes The Expert Guide to Michael A. Singer's The Untethered Soul-- in 30 Minutes 10-Minute Declutter The Expert Guide to Dr. Alejandro Junger's Clean Gut ... in 30 Minutes The Expert Guide to Patrick Lencioni's The Five Dysfunctions of a Team-- in 30 Minutes Expert Guide to Otolaryngology

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Hooked - 30 Minute Expert Guide 2014-12-04 learn how to create habit forming products people love in 30 minutes the official summary of hooked is your essential guide to understanding how to drive customer engagement and innovate with confidence and clarity in his bestselling book hooked author nir eyal distills years of research consulting and practical experience and provides a how to guide for product development a blueprint he searched for as start up founder but never found an essential tool for entrepreneurs product managers designers marketers and anyone else interested in driving customer engagement the 30 minute expert guide to nir eyal s hooked offers a chapter by chapter synopsis that identifies the key concepts outlined in nir eyal s bestselling book hooked actionable steps designed to help you implement your own habit forming strategies and create better more successful products illustrative examples of habit forming products including amazon twitter the bible app and more

*Hooked - 30 Minute Expert Guide* 2015-02-17 learn they key concepts in nir eyal s hooked in 30 minutes this 30 minute expert guide is the official summary of eyal s bestselling book hooked and includes a foreword by the author in hooked author nir eyal distills years of research consulting and practical experience and provides a how to guide for product development a blueprint he searched for as start up founder but never found an essential tool for entrepreneurs product managers designers marketers and anyone else interested in driving customer engagement the 30 minute expert guide to nir eyal s hooked offers a chapter by chapter synopsis that identifies the key concepts outlined in nir eyal s bestselling book hooked actionable steps designed to help you implement your own habit forming strategies and create better more successful products illustrative examples of habit forming products including amazon twitter the bible app and more

*The Challenger Sale ...in 30 Minutes - The Expert Guide to Matthew Dixon and Brent Adamson's Critically Acclaimed Book* 2013 life is unfair the real question is what are you going to do about it life code in 30 minutes is the essential guide to understanding how to stop being victimized and start being victim wise as outlined by dr phil in his latest best selling book life code presenting dr phil s method for building self confidence and resilience by constructing a new code to live by life code in 30 minutes offers insight to identifying users and abusers or in dr phil s words baiters individuals who are backstabbers abusers imposters takers and exploiters and who are reckless to boot real world applications for actualizing dr phil s life code concepts including overcoming self imposed barriers setting goals and standing up for yourself definitions of key terms and recommendations for further reading about taking personal responsibility for life events setting goals dealing with antisocial personalities and engaging in successful negotiations life code is deeply rooted in the personal experiences of best selling author and television self help guru dr phil and in his exploration of how people sometimes succeeded in cheating exploiting and betraying him over the course of his thirty five years in private practice as a psychologist in life code dr phil demarcates a no whining zone for anyone willing to step onto dr phil s planet and step up to the responsibility of taking on bullies and jerks the baiters who stop at nothing to push their agendas on the pushovers of the world dr phil s techniques tactics and exercises for building self confidence and resilience offer an advantage to good people in the battle against self obsessed destructive antisocial personalities an indispensable read for anyone who aspires to take charge of their life life code in 30 minutes provides the essential ideas behind building a new life code and getting more of what you want in life about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes

**Life Code in 30 Minutes - the Expert Guide to Dr. Phil McGraw's Critically Acclaimed Book**

2013-04 we strongly encourage you to purchase daniel h pink s original book to sell is human the surprising truth about moving others everyone is in sales one in nine americans work in sales according to the u s bureau of labor statistics and according to daniel h pink best selling author of to sell is human so do the other eight whether you are selling houses or convincing your child to go to bed you are in sales to sell is human in 30 minutes is the indispensable guide to quickly understanding the science of modern sales and persuasion as outlined in daniel h pink s best selling book to sell is human to sell is human in 30 minutes offers insightful information about best selling author daniel h pink critical reception to the work highlighting essential arguments by major

publications and thought leaders key concepts from the book including the new abc s of sales attunement buoyancy and clarity and the successors to the elevator pitch illustrative case studies and stories demonstrating pink s research in social science real world applications for understanding how to better influence persuade and move others in to sell is human pink draws on social science to redefine the rules of selling offering thought provoking insights on how and why the art of the deal has changed pink contends that the line between seller and customer has blurred and everyone no matter the occupation spends most of their time selling something an idea an agenda an item to somebody a fresh perspective on the art of selling to sell is human is essential reading for anyone seeking to improve their ability to successfully move others in their professional or personal life about the 30 minute expert series offering a concise exploration of a book s ideas history application and critical reception each text in the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the 30 minute expert series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original work the 30 minute expert series enables readers to develop expert knowledge of an important work in 30 minutes

To Sell Is Human in 30 Minutes - the Expert Guide to Daniel H. Pink's Critically Acclaimed Book 2013-04 for a complete understanding of jim collins s good to great we strongly encourage you to purchase the original book titled good to great why some companies make the leap and others don t by harperbusiness what does it take for a company large or small to make the leap from merely being good to being great can the principles of greatness in business be universally applied outside the corporate world in his multimillion selling blockbuster good to great why some companies make the leap and others don t jim collins surveys eleven of america s most successful companies and attempts to answer why they are so great good to great in 30 minutes is a concise guide to understanding jim collins s theory that good companies transcend their limitations to becoming great through discipline focused ambitious leadership and use of technology to accelerate growth this expert guide details jim collins s background as a research based business strategist critical analysis of collins s methodology for determining truly great companies and how they became industry leaders a chapter by chapter synopsis explaining the main principles in good to great collins s key concepts of assembling the right team overcoming adversity and achieving and sustaining greatness key terms and definitions covering concepts such as a doom loop and level 5 leaders recommended reading and a bibliography for further research into this fascinating business theory good to great in 30 minutes is an introduction to the key concepts of good to great and a detailed look at how jim collins and his colleagues arrived at their conclusions good to great appeals not only to business leaders but also to anyone interested in taking an organization from good to great about the 30 minute expert series offering a concise exploration of a book s ideas history application and critical reception the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works more than just a summary the 30 minute expert series offers detailed analysis critical presentation of key ideas and their application extensive reading lists for additional information and a contextual understanding of the work of leading authors designed as a companion to the original work the 30 minute expert series enables readers to develop expert knowledge of an important work in 30 minutes

*Good to Great in 30 Minutes - The Expert Guide to Jim Collins's Critically Acclaimed Book (the 30 Minute Expert Series)* 2013-03-29 a pragmatic neurosurgeon escapes death and discovers truth in the afterworld proof of heaven in 30 minutes is the essential guide to quickly understanding dr eben alexander s life altering journey into the afterlife as told in his best selling book proof of heaven understand the key ideas of proof of heaven in a fraction of the time using this guide s concise synopsis which examines the remarkable near death experience recounted in proof of heaven in depth analysis of dr alexander s spiritual transformation including the three fundamental truths revealed to him during his venture into the afterworld insightful background on dr alexander a former associate professor of surgery at harvard medical school extensive recommended reading list and bibliography in proof of heaven dr eben alexander a neurosurgeon with a deep scientific understanding of how the brain works recollects his brush with death and the transformative spiritual journey that transpired during his seven day coma though his neocortex the part of the brain that s responsible for higher level functions was inactive the whole time his conscious mind experienced rich spiritual realms that are recounted in great detail in proof of heaven formerly an

atheist alexander conveys his experiences with the divine source of the universe and shares the three essential truths he learned as a result of his near death experience god s gift is unconditional love we are all intrinsically connected to an infinite universe and belief is a powerful force for healing and happiness a remarkable story proof of heaven recounts a neurosurgeon s journey into the afterlife and the life changing answers he discovered along the way about the 30 minute expert series offering a concise exploration of a book s ideas history application and critical reception each text in the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title proof of heaven a neurosurgeon s journey into the afterlife

**Proof of Heaven in 30 Minutes - The Expert Guide to Eben Alexander's Critically**

**Acclaimed Book** 2013-05-01 amoral instructive and powerful the 48 laws of power in 30 minutes is the essential guide to quickly understanding the important lessons outlined in robert greene s best selling book the 48 laws of power understand the key ideas of the 48 laws of power in a fraction of the time using this guide s concise synopsis which examines the principles of robert greene in depth analysis of the essential laws including the virtue of appearing humble and why honesty is rarely the best policy insightful background on best selling author robert greene and the origins of the book key takeaways for understanding greene s theories on obtaining and keeping power extensive recommended reading list and bibliography in the 48 laws of power best selling author robert greene challenges the standard notions of morality and good faith urging readers to take the reins of their fate in hand and drive themselves into a position of power greene explores three thousand years of history to demonstrate forty eight laws for gaining and keeping power drawing on power players as diverse as genghis kahn french monarch louis xiv and machiavelli greene conveys their illustrative stories to demonstrate the use of each particular law and how it can lead to power or how not using it can lead to ruin the 48 laws of power is a must read for business executives as well as any individuals looking to improve their love lives social standing or status born out of experiences the author had as an employee the 48 laws of power provides the essential laws for understanding the dynamics of power if for no other reason than to avoid being a rung on someone else s ladder to the top about the 30 minute expert series offering a concise exploration of a book s ideas history application and critical reception each text in the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title the 48 laws of power

**The 48 Laws of Power in 30 Minutes - The Expert Guide to Robert Greene's Critically Acclaimed**

**Book** 2013-05-01 have everything by finding your one thing the one thing in 30 minutes is the essential guide to understanding the simple formula for achieving extraordinary results as outlined by gary keller in his latest best selling book the one thing understand the key ideas of the one thing in a fraction of the time using this guide s concise synopsis which examines the principles of the one thing in depth analysis of key concepts including how to generate a focusing question to identify your one thing and the common myths that derail people from achieving their goals insightful background on gary keller and coauthor jay papasan and the origins of the book extensive recommended reading list and bibliography in the one thing best selling author gary keller introduces readers to his transformative philosophy of success extraordinary results occur when a person concentrates on one thing keller argues that when people consistently ask themselves what matters most and base every action toward that purpose they build a life without regret exposing the six common myths that skew people s understanding of success keller encourages readers to concentrate on one task at a time and use discipline to help develop positive habits built on personal experiences keller provides a clear path for identifying purpose and developing habits of success both personal and professionally an indispensable read for anyone who

aspires to realize their purpose in life the one thing in 30 minutes presents gary keller s focused approach to achieving tremendous success in all aspects of life work relationships personal health and spirituality about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be a companion to the reviewed title the one thing the surprising simple truth behind extraordinary results

**The One Thing in 30 Minutes - The Expert Guide to Gary Keller and Jay Papasan's**

**Critically Acclaimed Book** 2013-05-01 the key to happiness is simple the power of now in 30 minutes is the essential guide to quickly understanding eckhart tolle s profound revelations on happiness in the power of now best selling author eckhart tolle boils down the wisdom of the ages into one simple concept living in the now understand the key ideas of the power of now in a fraction of the time using this guide s concise synopsis which examines the spiritual principles in the power of now in depth analysis of the author s revelatory concepts such as the pain body living in the now and experiencing enlightenment insightful background on eckhart tolle and the origins of the book extensive recommended reading list and bibliography in the power of now eckhart tolle shares his life changing spiritual awakening and the power the enlightenment gave him over his life drawing on his years as a counselor and spiritual teacher to present his ideas tolle reflects upon various teachings from the buddha christ and other early philosophers tolle impresses upon his readers that they have the power to bring about great positive change in their lives by learning how to live in the now with an accessible question and answer format the power of now gently persuades the reader toward a new enlightened way of approaching life a manual for achieving fulfillment the power of now explains how quieting thoughts emptying the mind and being present and aware at all times can lead to inner solitude joy and peace about the 30 minute expert series offering a concise exploration of a book s ideas history application and critical reception each text in the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title the power of now a guide to spiritual enlightenment

**The Power of Now in 30 Minutes - The Expert Guide to Eckhart Tolle's Critically**

**Acclaimed Book** 2013-06-01 for a complete understanding of nate silver s signal and the noise we strongly encourage you to purchase the original book titled the signal and the noise why so many predictions fail but some don t by penguin publishing big data has arrived whether you re using that data to make a billion dollar decision to merge two companies or to choose a team to win the world series how do you distinguish the signal the truth from the noise our all too human impulse to make choices based on personal bias in his groundbreaking work the signal and the noise nate silver brings the complexities of statistics down to earth by using real life examples of how we all make predictions and why those predictions are often wrong the signal and the noise in 30 minutes is your expert guide to nate silver s main thesis that our decision making is filtered through our personal assumptions and beliefs as opposed to the truth of the data at hand this concise companion details nate silver s journey from forecasting major league baseball players performance to predicting the outcome of u s presidential elections both praise for and critical reactions to his ideas from such noted sources as the new york review of books and the wall street journal key concepts including analyzing prediction failures practicing bayesian thinking and expanding self awareness key terms such as bayes s theorem with easy to understand definitions and examples recommended readings and a bibliography listing additional resources analyzing silver s work and the phenomenon of big data the signal and the noise in 30 minutes is a timely guide to a topic that affects all our lives from choosing stocks to predicting wars to making personal changes in light of climate change the signal and the noise challenges both nations and individuals to make smarter choices about the 30 minute expert series offering a concise exploration of a book s ideas history

application and critical reception the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works more than just a summary the 30 minute expert series offers detailed analysis critical presentation of key ideas and their application extensive reading lists for additional information and a contextual understanding of the work of leading authors designed as a companion to the original work the 30 minute expert series enables readers to develop expert knowledge of an important work in 30 minutes

**The Signal and the Noise in 30 Minutes - The Expert Guide to Nate Silver's Critically Acclaimed Book (the 30 Minute Expert Series)** 2013-03-29 what do women want in 30 minutes is the essential guide to understanding the hotly contested research on female arousal and desire outlined in daniel bergner s best selling book what do women want adventures in the science of female desire in what do women want acclaimed journalist daniel bergner uses new scientific research to offer a revolutionary perspective on human sexuality and a controversial vision of the future according to the latest reports from behavioral scientists psychologists and women themselves women are perhaps more lustful less monogamous and more sexually aggressive than previously believed bergner smashes through our modern gender stereotypes to reveal the complicated spectrum of women s arousal and desire and turns much of we know about women s sexuality inside out use this guide to understand the key ideas of what do women want in a fraction of the time using tools such as concise synopsis examining the principles of what do women want in depth analysis of key concepts including misconceptions about monogamy narcissism and the female libido critical reception to the work including key arguments by major publications and thought leaders insightful background on daniel bergner and the origins of the book extensive recommended reading list and bibliography as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title what do women want adventures in the science of female desire about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of critically acclaimed books more than just a summary the 30 minute expert series offers detailed analysis key ideas and their application and a contextual understanding of each work in a straightforward and easily digestible format designed as a companion to the original work the 30 minute expert series enables readers to gain expert knowledge of an important work in 30 minutes

**What Do Women Want? in 30 Minutes - The Expert Guide to Daniel Bergner's Critically Acclaimed Book** 2013-08 we strongly encourage you to purchase the original book thinking fast and slow by daniel kahneman how are decisions made when can you trust fast intuitive judgment and when is it biased and unreliable learn how to 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 best selling book thinking fast and slow thinking fast and slow in 30 minutes offers insightful information about daniel kahneman and his background as a renowned psychologist and winner of the nobel prize in economics critical reception to the work highlighting essential arguments by major publications and thought leaders key concepts from the book including an explanation heuristics and biases the two selves and the two distinct thinking systems the intuitive system 1 and the effortful system 2 illustrative case studies demonstrating kahneman s ground breaking research in behavioral economics real world applications for utilizing kahneman s theories in everyday life in thinking fast and slow best selling author daniel kahneman has compiled his many years of innovative 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 presenting a framework for how the fast system 1 and the slow system 2 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 about the 30 minute expert series offering a concise exploration of a book s ideas history application and critical reception each text in the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the 30 minute expert series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original work the 30 minute expert series enables readers to develop expert knowledge of an



important work in 30 minutes

**Thinking, Fast and Slow in 30 Minutes - The Expert Guide to Daniel Kahneman's Critically Acclaimed Book (the 30 Minute Expert Series)** 2013-04-01 explore the history of food and its impact on humanity cooked in 30 minutes is the essential guide to quickly understanding the evolution of food and how the four elements fire water air and earth transform raw ingredients into delicious meals and drinks understand the key ideas of cooked in a fraction of the time using this guide s concise synopsis which examines the principles of cooked in depth analysis of key concepts such as cooking as a cultural mirror and the problems with corporate cooking practical applications and techniques gleaned from cooking masters insightful background on michael pollan best selling author of cooked the omnivore s dilemma and the botany of desire extensive glossary recommended reading list and bibliography in cooked best selling author and award winning journalist michael pollan examines how the discovery of controlled fire altered human development in physical mental and cultural ways through extensive research travel interviews and hands on preparation pollan investigates the dietary shifts in society from the earliest humans to the present domination of food production with a focus on cooking what gets cooked and how pollan is interested in the process of transformation that happens when meat fruit vegetables and grains meet fire water air and earth using the classical elements pollan investigates four types of food barbecue for fire braising for water bread for air and beer kimchi and sauerkraut for earth a journey into the world of food cooked eloquently draws a line from primitive man s experiments with roasting meat to the fine art of modern cuisine a compelling narrative with a strong argument for home cooking cooked reveals the deep relationships between food and humanity and its development through the lens of sociology and technology about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in exploring a book s ideas history application and critical reception the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title cooked a natural history of transformation

**Cooked ...in 30 Minutes - The Expert Guide to Michael Pollan's Critically Acclaimed Book** 2013-06-01 we strongly encourage you to purchase the original book titled how children succeed grit curiosity and the hidden power of character by houghton mifflin harcourt what does it take to raise happy productive and successful kids more than you might imagine how children succeed in 30 minutes is an introduction to the fascinating idea that the intangibles of character and grit interplay with the tangibles of reading writing and arithmetic to produce happy well adjusted kids in how children succeed in 30 minutes you ll learn paul tough s background education work history and credentials critical reception to the work including key arguments by major publications and thought leaders key concepts from the book including the cognitive hypothesis the power of character and cultivating character key takeaways from tough s arguments and research suggestions for applying tough s theories in everyday life a definition of key terms conclusions gleaned from how children succeed in his groundbreaking best seller how children succeed grit curiosity and the hidden power of character paul tough examines the research of neuroscientists medical doctors psychologists educators and economists to identify the qualities that lead to successful children and ultimately successful adults how children succeed in 30 minutes is a concise guide that will inspire you to read how children succeed grit curiosity and the hidden power of character and to appreciate the power of character in both the lives of children and adults tough illuminates the complex interaction of how hard skills learned in the classroom and soft skills such as impulse control and curiosity have an acute impact on a child s success this book is a must read for parents prospective parents teachers or anyone interested in child development and education about the 30 minute expert series offering a concise exploration of a book s ideas history application and critical reception each text in the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the 30 minute expert series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original work the 30 minute expert series enables readers to develop expert knowledge of an important work in 30 minutes

*How Children Succeed in 30 Minutes - the Expert Guide to Paul Tough's Critically Acclaimed Book*  
2013-04-01 why did thirty eight neighbors in new york city observe a woman s cry for help yet fail to respond to her murder how do boy scouts and hare krishnas capitalize on humans automatic responses according to robert b cialdini phd author of the best selling classic influence the psychology of persuasion the answers lie in a basic understanding of human social behavior influence in 30 minutes is the essential guide to understanding cialdini s research in the psychology of everyday decision making learn how to defend yourself against manipulation techniques discover how to harness the power of persuasion this 30 minute expert guide offers practical applications for anyone interested in learning how to use the six weapons of influence to move others to say yes or to learn to say no insights to how automatic responses leave you open to exploitation for instance the reason why you purchase a product only because it is available for a limited time techniques for defending against manipulation tactics used by advertisers salespeople swindlers or even friends and colleagues intriguing case studies a brief synopsis and definitions of key terms in influence dr cialdini a trailblazer in the field of influence and persuasion has compiled over thirty five years of evidence based research to offer fundamental insights into the psychology of compliance through experimental studies and an immersion in the world of compliance professionals politicians fund raisers recruiters advertisers marketing professionals and others cialdini presents a framework for understanding the world of persuasion offering practical knowledge for everyone from employees to consumers and professional salespeople cialdini reveals the six universal principles to becoming a skilled persuader and explains how to counteract these weapons of influence when they are used in an exploitive manner widely praised for its actionable insights influence the psychology of persuasion offers practical knowledge for anyone seeking to ignite personal change drive success and understand the fundamentals to why people say yes about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes

*Influence in 30 Minutes - The Expert Guide to Robert B. Cialdini's Critically Acclaimed Book*  
2013-04-01 positive life changes are at your fingertips the tapping solution in 30 minutes is the essential guide to quickly understanding tapping and its profound impact on healing emotional physical and psychological pain understand the key ideas of the tapping solution in a fraction of the time using this guide s concise synopsis which examines the principles of the tapping solution in depth analysis of key concepts such as how tapping retrains the brain reduces stress and heals relationships practical applications for implementing the do it yourself therapy in your life insightful background on health and wellness expert nick ortner and the origins of the book extensive glossary recommended reading list and bibliography in the tapping solution best selling author nick ortner describes an emerging self help practice known as tapping a follow up to his successful film of the same name ortner s tapping guide introduces an innovative body mind healing therapy that involves tapping with your fingertips on precisely mapped meridian points of your body tapping or emotional freedom technique eft involves stimulating these prescribed meridian points while simultaneously reciting key phrases related to issues one wishes to have healed pointing to evidence produced by medical science the author argues that by using tapping a person can self heal a long list of woes from insomnia and phobias to physical pain post traumatic stress disorder weight gain and disease a guide to a no cost simple to use therapy the tapping solution introduces an effective tool for reducing stress healing emotionally deep seated pain and disease and liberating people to achieve their dreams and goals about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in exploring a book s ideas history application and critical reception the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title the tapping solution a revolutionary system for stress free living

*The Tapping Solution in 30 Minutes - The Expert Guide to Nick Ortner's Critically Acclaimed Book*

2013-06-01 crucial conversations a revolutionary best seller on communication when stakes are high crucial conversations in 30 minutes is the essential guide to quickly understanding the important lessons outlined in the best selling book crucial conversations understand the key ideas of crucial conversations in a fraction of the time using this guide s concise synopsis which examines the principles of crucial conversations in depth analysis of key concepts such as healthy dialogue creating mutual purpose and crucial conversations insightful background on authors kerry patterson joseph grenny ron mcmillan and al switzler and the origins of the book extensive glossary recommended reading list and bibliography in crucial conversations authors kerry patterson joseph grenny ron mcmillan and al switzler explain how to create meaningful dialogue that leads to productive outcomes initially setting out to investigate crucial moments the authors wanted to identify the key instances when people s behaviors and actions dramatically affected their personal and professional lives in their research they learned that most life changing moments occur around emotionally and politically risky interactions thus an individual s success depends on his or her ability to handle crucial conversations when emotions are charged and stakes are high relying on years of research and thousands of testimonials the authors explain how to develop mutual purpose and respect create an atmosphere of safety and explore motivations to teach you to have conversations that will improve businesses relationships and personal health crucial conversations describes the paths that lead to self destructive and explosive conversations provides insight and practices for avoiding them and illuminates the warning signs that a conversation may devolve a collaboration of expertise crucial conversations offers practical advice and teaches people the skills they need to handle difficult conversations successfully and achieve maximum results about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in exploring a book s ideas history application and critical reception the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title crucial conversations tools for talking when stakes are high

**Crucial Conversations ...in 30 Minutes - The Expert Guide to Kerry Patterson's Critically Acclaimed Book**

2013-06-09 the secret to success is not merely building relationships it s challenging them the challenger sale in 30 minutes is the essential guide to quickly understanding the important lessons outlined in coauthors matthew dixon and brent adamson s best selling book the challenger sale understand the key ideas of the challenger sale in a fraction of the time using this guide s concise synopsis which examines the principles of the challenger sale in depth analysis of key concepts such as solution sales and challenging the core sales staff practical applications for incorporating the challenger sales style into your business s sales strategies and marketing techniques insightful background on coauthors and senior directors for the corporate executive board matthew dixon and brent adamson extensive recommended reading list and glossary in the challenger sale best selling authors matthew dixon and brent adamson present the findings of their worldwide investigation into why some salespeople continue to close deals on large accounts even during a global recession utilizing the data collected from over ninety companies the authors discovered that most salespeople fell into one of five categories the most effective by far being the challenger sales style more than half of all business sales are made by challenger salespeople whose unique strategies confronting the beliefs of the customer rejecting the status quo and pushing the customer out of his comfort zone prove that relationship building is not as effective a sales tool as sales executives tend to think the new gold standard in sales according to the authors is to help customers think differently about their needs while presenting them with new solutions an insightful guidebook for both salespeople and their managers the challenger sale provides effective techniques for increasing an organization s customer loyalty growth and success about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in exploring a book s ideas history application and critical reception the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended

to be purchased alongside the reviewed title the challenger sale taking control of the customer conversation

*The Challenger Sale ... in 30 Minutes - the Expert Guide to Matthew Dixon and Brent Adamson's Critically Acclaimed Book* 2013-07 this book is intended for purchase alongside timothy keller s original book the meaning of marriage facing the complexities of commitment with the wisdom of god is marriage more difficult than you thought are you seeking to understand the secrets to a happy and successful marriage the meaning of marriage in 30 minutes is the essential guide to understanding how to increase the success and happiness of a christian marriage as outlined in timothy keller s best selling book the meaning of marriage presenting the wisdom of timothy and kathy keller husband and wife of thirty seven years the meaning of marriage in 30 minutes offers practical application for how to overcome everyday obstacles and create realistic expectations within a marriage insight into the different roles men and women have in a christian marriage personal stories about marriage and the importance of faith in everything from sex to raising children to everyday chores a synopsis of the meaning of marriage definitions of key terms and both positive and negative critical reception of the book an overview of why modern culture s idea of a soul mate is wrong and the importance of speaking your partner s love language in the meaning of marriage facing the complexities of commitment with the wisdom of god best selling author timothy keller uses studies and statistics to upend commonly held views about marriage he and his wife kathy keller collaborate to bring insight to such subjects as the secret of marriage the transformative power of truth and love sexuality and gender roles in a christian marriage although modern culture is rife with distorted views of marriage the meaning of marriage posits that when marriage is entered into with realistic expectations it is a powerful gift and the most unique and glorious way to experience god s love on earth about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes

**The Meaning of Marriage in 30 Minutes - The Expert Guide to Timothy Keller's Critically Acclaimed Book** 2013-05-01 a leadership fable reveals the true story of building a successful team the five dysfunctions of a team in 30 minutes is the essential guide to quickly understanding patrick lencioni s insights on effective business leadership understand the key ideas of the five dysfunctions of a team in a fraction of the time using this guide s concise synopsis which highlights the essential elements of lencioni s leadership fable including the characters conflicts and resolutions in depth analysis of key concepts including the importance of commitment and accountability and how to focus on results insightful background on patrick lencioni founder of the table group a management consultancy extensive recommended reading list and bibliography in the five dysfunctions of a team patrick lencioni explores what it takes to galvanize an executive team to turn a company around the absence of trust a fear of conflict lack of commitment avoidance of accountability and a failure to examine results are the marks of doom explored in the five dysfunctions of a team the page turning fable about a newly appointed ceo and her quest to reorganize a faltering company through the actions of prolific and flawed characters that comprise the dysfunctional executive team of nine lencioni s parable provides anecdotal context that leads by example teaching readers how to facilitate change and success in their own organizations a seminal book on effective leadership the five dysfunctions of a team tells the valuable story of how a company can gain a competitive advantage when a winning executive team is in place about the 30 minute expert series offering a concise exploration of a book s ideas history application and critical reception each text in the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title the five dysfunctions of a team a leadership fable

**The Five Dysfunctions of a Team in 30 Minutes - The Expert Guide to Patrick Lencioni's Critically Acclaimed Bestseller** 2013-07-01 don t get buried in your to do lists getting things

done in 30 minutes is the essential guide to quickly understanding how to increase efficiency and stress free productivity in all areas of life understand the key ideas of getting things done in a fraction of the time using this guide s concise synopsis which examines the principles of getting things done in depth analysis of key concepts such as next action thinking and the two minute rule practical applications for increasing productivity and reducing stress insightful background on author david allen and the origins of the book extensive glossary recommended reading list and bibliography in getting things done author david allen encapsulates thirty years of lessons learned from his role as a corporate productivity consultant and coach to major corporations executive clients and institutions offering practical knowledge on increasing individual and institutional productivity allen consolidates his strategies into a how to manual for those looking to accomplish more in their professional and personal lives allen describes in detail how to set up a comprehensive system for dealing with all the mental and physical stuff as he calls it that clutters the mind living spaces and workplaces identifying basic organizational and cognitive techniques essential to improving time management skills getting things done lays out methods for uncluttering the mind and gaining control over all your responsibilities according to allen genuine and exhaustive organization of one s communications paperwork information and commitments leads to an expanded capacity for innovation creativity and self confidence a guide to mastering workflow getting things done offers a practical method for eliminating anxiety minimizing stress and achieving optimal productivity about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in exploring a book s ideas history application and critical reception the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title getting things done the art of stress free productivity

Getting Things Done in 30 Minutes - The Expert Guide to David Allen's Critically Acclaimed Book  
2013-06-01 can you imagine losing weight gaining health and eating whatever you want five days a week it is possible with the fastdiet a scientifically researched diet that is effective flexible sustainable and produces dramatic results quickly in the international best seller the fastdiet a follow up book to the widely popular science documentary entitled eat fast and live longer authors dr michael mosley and mimi spencer present scientific and anecdotal evidence of the weight loss and other health benefits associated with intermittent fasting or the 5 2 diet five days of normal eating and two days of fasting the fastdiet in 30 minutes is an expert guide to the background crucial arguments key ideas and critical feedback of mosley and spencer s best selling book this companion provides the fastdiet authors backgrounds education work histories and credentials critical reception to the work including key arguments by major publications and thought leaders essential concepts from the book including how fasting improves health and the 5 2 approach key takeaways from the author s research and cutting edge science suggestions for applying the fastdiet in everyday life conclusions gleaned from the fastdiet a definition of key terms the fastdiet in 30 minutes is not only an introduction to the scientific trials and research of dr michael mosley and mimi spencer but an opportunity for readers to understand the origins of their theories and the learn how to incorporate the fastdiet into their own lives about the fastdiet released in february 2013 the fastdiet is a guidebook that summarizes the key points made in eat fast and live longer and provides the authors in depth recommendations on the most sustainable ways to integrate fasting into everyday life the authors of the fastdiet share mounting medical evidence indicating that fasting on an intermittent basis can have a dramatically positive and far reaching impact on increased health and a longer life all while reducing body weight about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title the fastdiet lose weight stay healthy and live longer with the simple secret of intermittent fasting

The Fast Diet in 30 Minutes - The Expert Guide to Michael Mosley's Critically Acclaimed Book  
2013-05-01 attention women feeling tired moody stressed asexual and overweight is not a life sentence in her groundbreaking best seller the hormone cure dr sara gottfried a board certified gynecologist and a graduate of harvard medical school debunks the myth that hormonal relief can be found only through prescription pills and provides a natural hormone balancing program that has helped thousands of women achieve health and wellness the hormone cure in 30 minutes is the expert guide to the background crucial arguments key ideas and critical feedback of dr sara gottfried s best selling book this companion provides sara gottfried s background education work history and credentials critical reception to the work including key arguments by major publications and thought leaders essential concepts from the book including the effects of hormones on women s bodies and the implementation of the gottfried protocol key takeaways from gottfried s cutting edge medical research suggestions for applying gottfried s integrative therapies in everyday life conclusions gleaned from the hormone cure a definition of key terms the hormone cure in 30 minutes is not only an introduction to dr sara gottfried s research and rigorous scientific testing but it also addresses the unique problems that afflict women as a result of hormonal imbalance not enough of one too much of another and provides application for gottfried s protocol in everyday life about the hormone cure released in february 2013 the hormone cure reclaim balance sleep sex drive and vitality naturally with the gottfried protocol is partially based on dr gottfried s personal experience with health and stress issues but mostly refers to patients she has treated over the years by correcting their hormonal imbalances with changes in diet and lifestyle plus supplements and medications about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title the hormone cure reclaim balance sleep sex drive and vitality naturally with the gottfried protocol

The Hormone Cure in 30 Minutes - The Expert Guide to Dr. Sara Gottfried's Critically Acclaimed Book  
2013-05-01 overall health begins with the gut clean gut in 30 minutes is the essential guide to quickly understanding the important health lessons outlined in dr alejandro junger s best selling book clean gut understand the key ideas of clean gut in a fraction of the time using this guide s concise synopsis which examines the principles in clean gut in depth analysis of key concepts such as toxic triggers and food bombing insightful background on alejandro junger md best selling author of clean and clean gut practical applications for implementing the clean gut program into your life extensive recommended reading list and glossary in clean gut alejandro junger md explains that the first step to overall health begins with the gut providing an overview of the biology behind gut functions junger offers an explanation of how the human gastrointestinal nervous system is subjected to a variety of assaults from modern lifestyles according to junger the gut is a powerful system designed to protect and heal the body however unhealthful diets and toxins can sabotage the system which leads to a host of illnesses and chronic conditions from allergies cancer and inflammation to depression and insomnia offering a groundbreaking program to fight disease and everyday health ailments clean gut reveals a path to restoring wellness and sustaining optimal health about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in exploring a book s ideas history application and critical reception the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title clean gut the breakthrough plan for eliminating the root cause of disease and revolutionizing your health

Clean Gut ...in 30 Minutes - The Expert Guide to Alejandro Junger's Critically Acclaimed Book  
2013-07-01 there is only one question that is truly worth asking yourself who am i the untethered soul in 30 minutes is the essential guide to quickly understanding the self consciousness and the pursuit of unconditional happiness as outlined in michael a singer s best selling book the untethered soul understand the key ideas of the untethered soul in a fraction of the time using this

guide s concise synopsis which examines the principles in the untethered soul in depth analysis of key concepts such as the relationship between consciousness the psyche and the self insightful background on spiritual teacher michael singer and the origins of the book extensive recommended reading list and glossary in the untethered soul michael singer relates insight from his many years of practicing yoga and meditation utilizing these techniques of mindfulness singer provides tools for developing consciousness and discovering the path to enlightenment taking readers on a spiritual journey the untethered soul co published with the institute of noetic sciences helps readers divest themselves of an identity based on emotions and thoughts introduces them to the self and demonstrates the freedom that comes from pushing limits and breaking down walls a handbook for the pursuit of happiness and spiritual awakening the untethered soul reveals a path for letting go of the past living in the present moment and embracing universal consciousness about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in exploring a book s ideas history application and critical reception the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title the untethered soul the journey beyond yourself

**The Untethered Soul ...in 30 Minutes - The Expert Guide to Michael A. Singer's Critically**

**Acclaimed Book** 2013-07-01 the china study may save your life the china study in 30 minutes is the essential guide to quickly understanding the vital lessons outlined in drs t colin campbell and thomas m campbell ii s best selling book the china study understand the key ideas of the china study in a fraction of the time using this guide s concise synopsis which overviews the principles of the china study in depth analysis of key concepts including an examination of food industries and the impact of science medicine and the government on our nutrition and health insightful background on authors t colin campbell phd and thomas m campbell ii md a father and son team and the origins of the book extensive recommended reading list and bibliography in the china study highly regarded nutrition scientist t colin campbell phd and coauthor thomas m campbell ii md present an exhaustive scope of research on disease and nutrition analyzing the diet and health of 6 500 adults from various counties and provinces in china the authors reach alarming conclusions about the relationship between nutrients and the risk of developing diseases such as cancer diabetes heart failure and other lethal ailments plaguing the western world the china study sheds light on the consumption of animal based products and the direct impact it has on health cutting through misinformation circulated by food industries the government and even scientists the authors conclude that a vegan no animal based foods diet is the healthiest way to eat delivering practical knowledge with far reaching health impacts the china study presents vital research findings on diet disease and nutrition about the 30 minute expert series offering a concise exploration of a book s ideas history application and critical reception each text in the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title the china study startling implications for diet weight loss and long term health

**The China Study in 30 Minutes - The Expert Guide to T. Colin Campbell's Critically**

**Acclaimed Book** 2013-05-01 this is intended for purchase alongside brene brown s original book daring greatly how the courage to be vulnerable transforms the way we live love parent and lead do you cower away from life s challenges in fear of failure life is not about winning or losing it s about having the courage to fully engage and live authentically daring greatly in 30 minutes is the essential guide to quickly understanding how to live wholeheartedly and embrace vulnerability as outlined in daring greatly by best selling author brene brown daring greatly in 30 minutes offers insightful information about brene brown her popular ted talk and the words by theodore roosevelt that inspired her an explanation of key concepts including why vulnerability is often the origin of success and happiness applications and key takeaways for utilizing brown s theories to live a worthy connected and authentic life critical reception to the work highlighting essential arguments

by major publications and thought leaders in daring greatly best selling author and research professor brene brown explores the world of shame and vulnerability having spent ten years conducting research on the subject brown posits that life is about having the courage to dare greatly according to brown people s belief that they are not enough and do not have enough spills over into their workplaces affects their social lives and causes distress within their families in daring greatly brown explains that if people can learn to practice vulnerability they can find deeper connections with family members friends and coworkers and perhaps most important they can establish compassionate and loving relationships with themselves an essential read for anyone who aspires to bring purpose to their life daring greatly in 30 minutes provides the essential tools for living a fulfilled connected and authentic life about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes

*Daring Greatly in 30 Minutes - The Expert Guide to Brene Brown's Critically Acclaimed Book*

2013-05-01 inspiring life lessons from nba s zen master eleven rings in 30 minutes is the essential guide to quickly understanding phil jackson s legendary basketball career and his valuable insights on leadership teamwork and bringing out the best in yourself and those around you understand the key ideas of eleven rings in a fraction of the time using this guide s concise synopsis which examines the remarkable personal and professional history of phil jackson in depth analysis of phil jackson s elegant mix of spirituality which spans from native american philosophy to zen meditation practical applications for implementing the author s strategies for success and mindfulness into your everyday life extensive recommended reading list and glossary eleven rings the soul of success conveys phil jackson s journey from small town preacher s son to new york knicks basketball player to practitioner of a spirituality that would ultimately revolutionize pro sports arguably the best nba coach in history jackson details the psychology spirituality and technical strategy behind his experiences winning eleven nba championships six times as head coach of the chicago bulls and five times as head coach of the los angeles lakers eleven rings is a carefully sculpted book that entertains readers with anecdotes and intimate recollections of how jackson discovered the uniqueness of each of his players superstar or not and the phenomenon of turning individuals into a collective consciousness a coaching style that enabled him to transcend the success known to any other nba coach revealing jackson s winning approach to teamwork leadership and mindfulness eleven rings presents valuable lessons that can be aptly applied to almost any life situation personal or professional about the 30 minute expert series offering a concise exploration of a book s ideas history application and critical reception each text in the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title eleven rings the soul of success

*Eleven Rings ...in 30 Minutes - The Expert Guide to Phil Jackson and Hugh Delehanty's Critically Acclaimed Book*

2013-07-01 we strongly encourage you to purchase the original book titled help thanks wow the three essential prayers by penguin publishing life can be difficult but prayer doesn t have to be help thanks wow in 30 minutes is the concise guide to understanding the three simple prayers outlined in anne lamott s best selling book help thanks wow the three essential prayers help thanks wow in 30 minutes includes the three prayers vital to enduring hardship and experiencing a transformative sense of gratitude and wonder in the world information about anne lamott s faith spiritual journey background and other works critical reception to the work encompassing key arguments by major publications and thought leaders examples and application for the three essential prayers help thanks and wow suggestions for applying lamott s theories in everyday life definitions of key terms conclusions gleaned from help thanks wow help thanks wow by best selling author anne lamott demystifies prayer declaring that there are no rules a higher power can be called anything and people can believe in any religion they d like or none at all and



still pray dispelling common misconceptions about prayer lamott offers insightful wisdom and shares funny heart warming stories that convey the power of prayer in getting us through the day prayer can take countless forms but lamott believes that it all boils down to three essential prayers help thanks and wow help is an admission of powerlessness and a plea for assistance thanks is a cry of gratitude and wow is the experience of awe help thanks wow is a thought provoking spirituality guide for people of all faiths and creeds lamott s insights on faith and prayer offer inspiring knowledge and have practical application for anyone with the desire to turn to a higher power when asking for help expressing thanks and experiencing awe about the 30 minute expert series offering a concise exploration of a book s ideas history application and critical reception each text in the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the 30 minute expert series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes

*Help, Thanks, Wow in 30 Minutes - The Expert Guide to Anne Lamott's Critically Acclaimed Book (the 30 Minute Expert Series)* 2013-04-01 time tested techniques from the original self improvement guru how to win friends and influence people in 30 minutes is the essential guide to quickly understanding the fundamentals of developing successful relationships as presented by the legendary dale carnegie considered the first and finest self help book how to win friends and influence people has been praised by warren buffet among many others and is recognized as one of the top 10 motivational books of all time understand the key ideas of how to win friends and influence people in a fraction of the time using this guide s concise synopsis which examines the principles in how to win friends and influence people practical applications of key concepts such how to make people feel important and win them over insightful background on dale carnegie and the origins of the book extensive recommended reading list and bibliography in how to win friends and influence people best selling author dale carnegie outlines methods for improving social interaction especially in the business world carnegie distills his methods from studying the lives of successful people and from twenty years of field testing and feedback from attendees of his experiential training courses the basic premise of how to win friends and influence people is that one can change other people s behavior friendliness and even opinions by altering his or her own behavior peppered with real life examples from influential figures in history and the business world how to win friends and influence people provides commonsense advice on creating convivial business and personal relationships a perennial best seller how to win friends and influence people offers proven techniques on how to develop successful relationships both professionally and personally about the 30 minute expert series offering a concise exploration of a book s ideas history application and critical reception each text in the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes as with all books in the 30 minute expert series this book is intended to be purchased alongside the reviewed title how to win friends and influence people

**How to Win Friends and Influence People in 30 Minutes ? the Expert Guide to Dale Carnegie's Critically Acclaimed Book** 2013-06-01 this book is intended for purchase alongside stephen r covey s original book the 7 habits of highly effective people stop blaming other people and circumstances for your problems and start taking personal responsibility in the 7 habits of highly effective people one of the most popular management and self help books of all time best selling author stephen r covey inspires people to take a long hard look at themselves and decide what really matters in life the 7 habits of highly effective people boils down to just one act character development presenting covey s seven key habits starting with the habit of taking responsibility for personal reactions to life events the 7 habits of highly effective people in 30 minutes offers a concise map to understanding the seven habits of highly effective people including being proactive and thinking win win real world applications for discovering what really matters in your life and embracing the paradigm shift from the personality ethic to the character ethic

insightful examples of Covey's key concepts a glossary of key terms and recommendations for further reading about taking personal responsibility and setting goals drawing on academic research work in the area of perception and personal experience with his son Covey's goal in writing the 7 habits of highly effective people was to bring about a paradigm shift that would move the reader away from quick fixes often promoted by self help and success oriented books and toward gaining true power and fulfillment in life Covey's seven habits provide a path for readers to develop and nurture the personal traits of the character ethic embodied in personal humility integrity courage and patience as well as in the principle of following the golden rule an indispensable read for anyone who aspires to discover what really matters in life the 7 habits of highly effective people in 30 minutes provides the essential ideas behind developing the seven habits and living a more fulfilled life about the 30 minute expert series the 30 minute expert series is designed for busy individuals interested in acquiring an in depth understanding of seminal works the series offers detailed analyses critical presentations of key ideas and their application extensive reading lists for additional information and contextual understanding of the work of leading authors designed as companions to the original works the 30 minute expert series enables readers to develop expert knowledge of important works in 30 minutes

**The 7 Habits of Highly Effective People in 30 Minutes - the Expert Guide to Stephen R. Covey's Critically Acclaimed Book** 2013-05-01

negotiation is a process where two or more parties with different needs and goals discuss an issue to find a mutually acceptable solution in business negotiation skills are important in both informal day to day interactions and formal transactions such as negotiating conditions of sale lease service delivery and other legal contracts this book will teach you the 5 styles and phases of negotiation and how to develop all of them so you'll be ready in any negotiation setting how to identify challenges that arise as well as how to respond in a way to turn the situation around into a win the 3 different types of negotiation outcomes and how to go into negotiations equipped with clearly developed goals and a positive attitude so you have favorable outcomes more often a total understanding of terms specific to negotiations like *bana* and *zopa* that help you find an acceptable zone so you reach agreements easier

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