

Erik Bertrand Larssen

This Encyclopedia is the first to compile pseudonyms from all over the world, from all ages and occupations in a single work: some 500,000 pseudonyms of roughly 270,000 people are deciphered here. Besides pseudonyms in the narrower sense, initials, nick names, order names, birth and married names etc. are included. The volumes 1 to 9 list persons by their real names in alphabetical order. To make the unequivocal identification of a person easier, year and place of birth and death are provided where available, as are profession, nationality, the pseudonym under which the person was known, and finally, the sources used. The names of professions given in the source material have been translated into English especially for this encyclopaedia. In the second part, covering the volumes 10 to 16, the pseudonyms are listed alphabetically and the real names provided. Approx. 500,000 pseudonyms of about 270,000 persons

First encyclopedia including pseudonyms from all over the world, all times and all occupations
Essential research tool for anyone wishing to identify persons and names for his research within one single work

We all think of doing something before leaving this earth; be it good or bad. We live to leave a footprint but what footprint must we leave behind us as we pursue our footsteps? In Education, In Relations, Acquisition, In words, In thought, In deeds, In problem solving, crises and managing uncertainties, ...How are we going to be

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remembered? ponder to wonder! Read some great folktales, quotes, life challenging and changing stories. Be inspired!

Family secrets, revenge, and righteous fury collide in an international bestselling novel of psychological suspense and intrigue. Clara and Henrik are married and living in a beautiful inherited villa in Oslo. She is a single-mindedly ambitious child-rights activist at the Ministry of Justice. Having grown up in rural Western Norway, she is also an Oslo outsider. Henrik is a doctor from a well-to-do Oslo family. Though their marriage is under serious strain, they share a devotion to their twin sons and their work. Outwardly, they're a successful couple both dedicated to saving lives. Then a Pakistani Norwegian child is admitted to Henrik's hospital and dies in his care. The boy had clearly been the victim of child abuse. Soon after, a related murder rocks the city. It won't be the last. The events unearth years of trauma, secrets, and buried resentments at the heart of Clara and Henrik's fragile marriage. Little by little, in the wake of these shattering crimes, the veneer of normalcy begins to fall away. But even then, nothing is as it appears.

Recounts the author's journey through heartbreak and healing after tragically losing her husband during the September 11 attacks, describing her efforts as a single mother, her changing relationships, and her unexpected subsequent marriage.

Hell Week Seven Days to Be Your Best Self Simon and Schuster

A fictionalized account on one man's journey through a "theme park of life" after being

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implored by his dying fiancée to go and discover... Trapped in a prison of his past so he can't see the possibilities, the gifts and the choices available to him, his journey is our journey. Based on Brendon's experience teaching and coaching, he realizes that people never transform the quality of their lives unless their hearts and minds are truly engaged in changing - they need to have a deep, emotional reason to change. This beautiful, engaging story of love, loss and redemption will connect with people immediately. It will also cause readers to think and reflect on their lives more deeply, become more aware of their own life stories, accept their authentic selves, and become accountable for who they are. Brendon reaches out to engage hearts and minds in transforming lives with emotional edge and mental clarity. What is this golden ticket? And what kind of life does it really gain us admission to? The chapters are arranged into life lessons around 4 gates to transformation: Awareness, Acceptance, Accountability, and Action. "Whatever you do, pay the price of admission for Life's Golden Ticket! This book is entertaining, provocative and loaded with wisdom. Honestly, this is the most original book I've read in years!" (Bill Treasurer, CEO, Giant Leap Consulting and author of Right Risk - Ten Powerful Principles for Taking Giant Leaps with Your Life) "I read the story in one sitting, I just couldn't put it down. I cried, I laughed, I cheered, I wondered where it was all going - and when I finished, I was so thankful for the journey" (K C George, Corporate Program Manager, VISA USA) "Life's Golden Ticket is wise without being preachy, inspiring without forgetting insight, entertaining without

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sacrificing empowerment. Brendon Burchard shows incredible depth, compassion, and wisdom on every page. He has given us a true gift." (Kelley Graham, Director, Levi Strauss & Co)

The New York Times and Wall Street Journal bestselling book on building powerful, effective teams! "An amazing book that bucks the old paradigm that maverick leaders and self-made entrepreneurs set the bar. It will forever change the way you look at leadership." —Marshall Goldsmith, author of The Wall Street Journal #1 business bestseller What Got You Here Won't Get You There "In Never Fly Solo, Rob 'Waldo' Waldman shares potent, personal leadership lessons on what it takes to access the power of your wingmen. If you want a former fighter pilot with 65 combat missions as your wingman and if business success is your target, take flight with Waldo's book and earn your wings. You'll never fly solo again." —Jeffrey Gitomer, bestselling author of The Little Red Book of Selling "If you are serious about building trusting relationships and launching your business and life to new heights, then invest in yourself and buy this book." —Keith Ferrazzi, author of the New York Times #1 bestseller Who's Got Your Back "Authentic and inspirational, Never Fly Solo is a winning formula for successful leadership that everyone in business should read." —Howard Putnam, former CEO of Southwest Airlines and author of The Winds of Turbulence "Waldo does a superb job of applying to the business world the lessons he learned in his military career. His excellent use of vignettes shows how standards and values are applicable to leading an

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honorable life.” —General Ron Fogleman, U.S. Air Force Retired, former Chief of Staff, USAF “Waldo the Wingman knows the value of relationships and how to build real partnerships that benefit everyone involved.” —Mark Sanborn, speaker and bestselling author of *The Fred Factor* and *You Don’t Need a Title to Be a Leader* Rob “Waldo” Waldman understands one thing better than most businesspeople: You can’t reach your highest potential alone. You need wingmen—trusted partners—who can help you overcome obstacles, adapt to change, and prepare for success. A decorated former combat F-16 fighter pilot and now a successful entrepreneur, Waldman lives his life by this rule. Whether you’re a senior executive, mid-level manager, or new hire fresh out of college, your success depends on the mutual support of trusted associates. In *Never Fly Solo*, Waldo helps you maximize your relationships to reach your greatest potential. You’ll learn how to: Commit to the core wingman values of integrity, accountability, service, and excellence Transform your relationships with colleagues into interdependent partnerships for success Take courageous action and ask for help when adversity strikes Communicate effectively in high-stress situations Connect with your coworkers and customers on a deeper level Through compelling, real-world stories, Waldo relates how his Air Force wingmen helped him overcome challenges and become successful by teaching him lessons that work in an office as well as in a cockpit. Like the world of aerial combat, today’s high-stakes business world operates faster than the speed of sound. Teamwork and trust are critical for thwarting the

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missiles of fear, change, and risk that too often send even the most seasoned professional into a downward spiral. You can't dodge these missiles alone. Never Fly Solo is your flight plan for taking positive action that leads to greater success. Find out more at www.neverflysolo.com. The author will donate a portion of the book's proceeds to veterans charities.

Previously published Wiltshire, 1967. Guide to personal health and success

As a technology pioneer at MIT and as the leader of three successful start-ups, Kevin Ashton experienced firsthand the all-consuming challenge of creating something new. Now, in a tour-de-force narrative twenty years in the making, Ashton leads us on a journey through humanity's greatest creations to uncover the surprising truth behind who creates and how they do it. From the crystallographer's laboratory where the secrets of DNA were first revealed by a long forgotten woman, to the electromagnetic chamber where the stealth bomber was born on a twenty-five-cent bet, to the Ohio bicycle shop where the Wright brothers set out to "fly a horse," Ashton showcases the seemingly unremarkable individuals, gradual steps, multiple failures, and countless ordinary and usually uncredited acts that lead to our most astounding breakthroughs. Creators, he shows, apply in particular ways the everyday, ordinary thinking of which we are all capable, taking thousands of small steps and working in an endless loop of problem and solution. He examines why innovators meet resistance and how they overcome it, why most organizations stifle creative people, and how the most creative

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organizations work. Drawing on examples from art, science, business, and invention, from Mozart to the Muppets, Archimedes to Apple, Kandinsky to a can of Coke, *How to Fly a Horse* is a passionate and immensely rewarding exploration of how “new” comes to be.

SOON TO BE A NETFLIX SERIES *We Need to Talk About Kevin* meets *The Secret History*. The air is hazy and grey with gunpowder smoke. Everyone has been shot but me. I haven't got so much as a bruise.... Is Maja a normal eighteen-year-old, the poster girl-next-door, popular and excelling at her schoolwork, caught in the middle of a terrible tragedy? Or is she guilty of the tragedy itself? Either way, everyone knows her name. She has spent nine excruciating months in jail, awaiting trial for a mass murder that killed her boyfriend and her best friend, and now the time has come for her to enter the courtroom... **WHAT WILL YOU BELIEVE? *****What people are saying about **QUICKSAND***** Sensitive, moving and absorbing' Marcel Berlins, *The Times* 'This is the evolution of Scandinavian crime, in more ways than one' Fredrik Backman 'Compelling and brutally candid, especially about modern adolescence, this is not a comfortable book, but the story is so superbly told that it lingers in the mind long after the jury's verdict' *Daily Mail* 'A suspenseful and addictive experience... [Giolito] expertly delves into the fickle psyche of the media and how they can change a story's narrative with one headline and she shames the press's tendency to report wild conjecture over facts... Though Giolito's perspective is Swedish, it absolutely translates to a greater

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global crisis' Real Crime 'Giolito gives us the unsettling monologue of a teenage girl as she works her way through her role in murder. It is a splendid work of fiction' Kirkus Reviews 'Gioloto's novel is haunting and immersive' Publishers Weekly 'Mystery and intrigue in its purest form. Great book, recommended to all' Marg J., bookseller 'A fascinating, often uncomfortable, but thoroughly engrossing read' Sarah B. 'Sweden's latest blockbuster thriller lives up to the hype' Washington Post 'Maja [is] a heroine you will not forget, victim of a toxic love story with a background so familiar to us nowadays... a super thriller – a real page-turner' Mariagrazia M. 'I have never read a book by a Swedish author so when Quicksand became available I decided that it was the perfect opportunity to try. I certainly wasn't disappointed' Diane Hogg, NetGalley Reviewer 5

The long-awaited follow-up to the international bestsellers, Business Model Generation and Value Proposition Design Alex Osterwalder and Yves Pigneurs' Business Model Canvas changed the way the world creates and plans new business models. It has been used by corporations and startups and consultants around the world and is taught in hundreds of universities. After years of researching how the world's best companies develop, test, and scale new business models, the authors have produced their definitive work. The Invincible Company explains what every organization can learn from the business models of the world's most exciting companies. The book explains how companies such as Amazon, IKEA, Airbnb, Microsoft, and Logitech, have been

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able to create immensely successful businesses and disrupt entire industries. At the core of these successes are not just great products and services, but profitable, innovative business models--and the ability to improve existing business models while consistently launching new ones. The Invincible Company presents practical new tools for measuring, managing, and accelerating innovation, and strategies for reducing risk when launching new business models. Serving as a blueprint for your growth strategy, The Invincible Company explains how to constantly stay ahead of your competition. In-depth chapters explain how to create new growth engines, change how products and services are created and delivered, extract maximum profit from each type of business model, and much more. New tools—such as the Business Model Portfolio Map, Innovation Metrics, Innovation Strategy Framework, and the Culture Map—enable readers to understand how to design invincible companies. The Invincible Company: ? Helps large and small companies build their growth strategy and manage their core simultaneously ? Explains the world's best modern and historic business models ? Provides tools to assess your business model, innovation readiness, and all of your innovation projects Presented in striking 4-color, and packed with practical visuals and tools, The Invincible Company is a must-have book for business leaders, entrepreneurs, and innovation professionals. "Elite Performance Skills" lists and explains essential skills which Elite Performers from all over the world use on a daily basis. Mastering these behaviors, mind-sets, attributes,

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and tools is guaranteed to improve your quality of life and make you more successful. From world-renowned mental trainer Erik Bertrand Larssen, whose clients include Olympic athletes and Fortune 500 CEOs, Hell Week is a military-inspired yet accessible guide to making the critical changes necessary for long-term professional and personal success and overall lifestyle improvements. Norway native Erik Bertrand Larssen is many things: a veteran paratrooper who served in Bosnia, Kosovo, Macedonia, and Afghanistan; a successful entrepreneur; and a critically acclaimed performance consultant. He has helped catapult the success of countless high-achievers, including Microsoft, Boston Consulting Group, and Statoil ASA executives and Olympic medalist Martin Johnsrud Sundby and top golfer Suzann Pettersen. His life-altering and revered method improves performance by getting people to push themselves past the brink of self-imposed limitations. Central to his technique is the commitment to live and experience just one week as your best self. It's this week, Larssen says, that will be the catalyst to making the most of the rest of your life. Offering accessible tools and pragmatic, inspirational advice including how to incorporate exercise into your daily routine, Larssen's game-changing Hell Week shows you how to apply his principles to everyday life, leading to lasting improvement, personal and professional success, and most importantly, a new way of living to a higher standard. Hell Week will resonate with and inspire you to be the best you can be and make everlasting positive changes in all aspects of your life.

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Rural escapes for those yearning for a simpler existence, by the creators of the wildly popular Instagram account Cabin Porn. Created by a group of friends who preserve 55 acres of hidden forest in Upstate New York, Cabin Porn began as a scrapbook to collect inspiration for their building projects. As the collection grew, the site attracted a following, which is now a huge and obsessive audience. The site features photos of the most remarkable handmade homes in the backcountry of America and all over the world. It has had over 10 million unique visitors, with 450,000 followers on Instagram. Now Zach Klein, the creator of the site (and a co-founder of Vimeo) goes further into the most alluring images from the site and new getaways, including more interior photography and how-to advice for setting up a quiet place somewhere. With their idyllic settings, unique architecture, and cozy interiors, the Cabin Porn photographs are an invitation to slow down, take a deep breath, and feel the beauty and serenity that nature and simple construction can create.

"A military-inspired ... guide to making the critical changes necessary for long-term professional and personal success and overall lifestyle improvements"--Dust jacket flap.

An expert in organizational growth and change discusses how companies can avoid the decline that seems to inevitably follow success, showing how to anticipate problems, perpetuate positive focus, and recognize and circumvent the signs of corporate aging. 12,500 first printing.

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This book constitutes the refereed proceedings of the 5th International Conference on Social Computing, Behavioral-Cultural Modeling and Prediction, held in College Park, MD, USA, in April 2012. The 43 revised papers presented in this volume were carefully reviewed and selected from 76 submissions. The papers cover a wide range of topics including economics, public health, and terrorist activities, as well as utilize a broad variety of methodologies, e.g., machine learning, cultural modeling and cognitive modeling.

For ten years, Arnhild Lauveng suffered as a schizophrenic, going in and out of the hospital for months or even a year at a time. *A Road Back from Schizophrenia* gives extraordinary insight into the logic (and life) of a schizophrenic. Lauveng illuminates her loss of identity, her sense of being controlled from the outside, and her relationship to the voices she heard and her sometimes terrifying hallucinations. Painful recollections of moments of humiliation inflicted by thoughtless medical professionals are juxtaposed with Lauveng's own understanding of how such patients are outwardly irrational and often violent. She paints a surreal world—sometimes full of terror and sometimes of beauty—in which “the Captain” rules her by the rod and the school's corridors are filled with wolves. When she was diagnosed with the mental illness, it was emphasized that this was a congenital disease, and that she would have to live with it for the rest of her life. Today, however, she calls herself a “former schizophrenic,” has stopped taking medication for the illness, and currently works as a clinical psychologist. Lauveng,

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though sometimes critical of mental health care, ultimately attributes her slow journey back to health to the dedicated medical staff who took the time to talk to her and who saw her as a person simply diagnosed with an illness—not the illness incarnate. A powerful memoir for sufferers, their families, and the professionals who care for them. This book presents research-based answers to some of the uncertainties that managers, investors, employees and policymakers face. On its 75th anniversary, BI Norwegian Business School is undoubtedly a research-based school at the forefront of global research. Its research groups contribute excellent, original research that is at the international forefront appearing in top international journals, while its graduates, more than those of any other school, populate CEO positions. Being at the forefront requires that we look ahead, not merely celebrate past successes. This book does exactly that. It covers three themes: 1. The digital organization, including algorithm-based decision making and management, digital labour, business models, corporate reputation and branding 2. The governance of corporations, with specific reference to state-owned and family-owned firms and their auditing 3. Decision-making, incentives and innovation, covering issues such as employee motivation and creativity, environmental R&D, political decision-making and customer experience.

A lighthearted look at how to bring more humor, happiness, and joie de vivre into our lives through French literature Like many people the world over, Viv Groskop wishes she was a little more French. A writer, comedian, and journalist, Groskop studied the

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language obsessively starting at age 11, and spent every vacation in France, desperate to escape her Englishness and to have some French chic rub off on her. In *Au Revoir, Tristesse*, Groskop mixes literary history and memoir to explore how the classics of French literature can infuse our lives with *joie de vivre* and teach us how to say goodbye to sadness. From the frothy hedonism of Colette and the wit of *Cyrano de Bergerac* to the intoxicating universe of Marguerite Duras and the heady passions of *Les Liaisons dangereuses*, this is a love letter to great French writers. With chapters on Marcel Proust, Victor Hugo, Gustave Flaubert, Stendhal, Honoré de Balzac, Albert Camus, and of course Françoise Sagan, this is a delectable read for book lovers everywhere.

Over 650 photographs including those showing factory and construction, close ups of weapons and equipment, operational units as well as numerous facsimiles of Focke-Wulf handbook drawings.

Do you feel stressed, exhausted and weighed down by responsibility? Are you itching to do something different, but don't know what or how? Is fear holding you back from living the life you want? Beth Kempton went from being a life-loving, risk-taking adventurer to a grown-up, settled-down mother, wife and business owner, before realizing the life she had built was suffocating her. She set out on a journey to find personal freedom, and along the way encountered many others who were also feeling trapped – by their circumstances, relationships, finances, beliefs, doubts and

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fears. Freedom Seeker brings together the insights, techniques and wisdom that Beth learned on her journey to freedom, including her unique system of 8 Freedom Keys which will help you to:

- Get clarity on what really matters to you
- Figure out how to live the life you want, whatever your circumstances
- Make a shift from worry and fear to feeling alive and inspired
- Find the courage and confidence to shape your future
- Reignite old passions, and discover new ones
- Feel much freer, and happier, every single day

Full of profound lessons, powerful exercises and inspiring tales, this honest and courageous book will help you to live more, worry less and find a way to do what you love, every day.

A New York chocolatier lands in a sticky situation when she returns to her Amish roots in this debut cozy mystery by the Agatha Award-winning author. Bailey King is living the sweet life as assistant chocolatier at a famous New York chocolate company. But just when she's up for a major promotion, she gets word that her grandfather Jebidiah's heart condition has worsened. Bailey rushes to Harvest, Ohio, where her grandparents still run Swissmen Sweets, the Amish candy shop where she first learned about delicious fudge, truffles, and other assorted delights. Unfortunately, Bailey's grandparents are suffering from more than just heart trouble. A local English land developer is trying to take over their shop. And when the man is found dead in the candy shop kitchen—with Jebidiah's chocolate knife buried in his chest—the sheriff suspects Bailey. Now, with the sweet help of a handsome deputy, Bailey is out to clear

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her name. But as a cunning killer tries to fudge the truth, she may be headed straight into a whole batch of trouble . . . Recipe Included!

A Kirkus Reviews Best Fiction Title of 2011 In Buzz Aldrin, What Happened to You in All the Confusion?, readers follow a man who wishes not to be followed, a man who, after a series of personal and professional disasters, finds himself lying on a rain-soaked road in the desolate, treeless Faroe Islands, population only a few thousand, a wad of bills in his pocket and no memory of how he had come to be there. From there, Brage Award-winning author and playwright Johan Harstad's debut novel--previously published to great success in eleven countries with its first English-language appearance in June 2011--tells the story of Mattias, a thirty-something gardener living in Stavanger, Norway, whose idol is Buzz Aldrin, second man on the moon: the man who was willing to stand in Neil Armstrong's shadow in order to work, diligently and humbly, for the success of the Apollo 11 mission. Through Harstad's "delectably light but nonetheless impactful prose . . . [t]he novel's finest moments wrap you up in communion with Mattias, as if you are spending a quiet afternoon with an old friend, chatting but mostly thinking" (Three Percent). Surrounded by a vivid and memorable cast of characters--aspiring pop musicians, Caribbean-obsessed psychologists, death-haunted photographers, girls who dream of anonymous men falling in love with them on bus trips, and even Buzz Aldrin himself--"Harstad combines formal play and linguistic ferocity with a searing emotional directness" (Dedi Felman, Words Without Borders) to

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bring Mattias to the realization that he cannot always blend into the background. Follow America's elite warriors through the military's most grueling training and learn how they survive real special operations. ? Of the 18 months required to become a Navy SEAL, one week will cause over half of the trainees to quit ("ring the bell"). Only the toughest make it through. In Hell Week and Beyond, Scott McEwen takes the readers to the sands of Coronado Beach in San Diego, where Navy SEALs are put through the most grueling training known to mankind. Grit, commitment, heart, and soul are needed to become a SEAL, because these are the elite forces who go into the toughest battles for America. Many of the most well-known SEAL warriors have been interviewed for this book, providing the stories of what got them through and the humor of those that made it. (Those that make it almost always have one thing in common: humor. Find out why!) Part Top Gun, part Bull Durham, this book delivers that goods for those in the know, as well as general readers who admire the elite forces for all they do. A practical introduction to Acceptance and Commitment Therapy (ACT) for the general reader. From one of the co-authors of the Little CBT Workbook, The Little ACT Workbook is a simple, hands-on, practical guide introducing essential ACT techniques you can use to live a full and meaningful life and change your life for the better. Acceptance and Commitment Therapy (ACT) is an empirically-supported mindfulness-based behavioural therapy, gaining significant ground in the UK. This helpful book is packed full of guidance, techniques and a series of practical exercises so you can

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immediately start applying key ACT principles to your day-to-day life. Learn how to: Manage stress, depression and anxiety more effectively Improve your mood and resilience Create an enjoyable, meaningful and fuller life Rather than assuming that you need to change your thoughts and emotions in order to feel better, ACT shows you how to change your relationship to your thoughts and feelings, and to loosen up around them in order to engage in value-based action. The Little ACT Workbook ensures you have the insight, tools and confidence to apply these valuable principles to your own situation and put them into practice today.

How to apply an endurance athlete's gritty, perseverant, and positive mental strategies cultivate a winning mindset and achieve success in work, family, athletics, and beyond Development in Polynesian Ethnology assesses the current state of anthropological research in Polynesia by examining the debates and issues that shape the discipline today. What have anthropologists achieved? What concerns now dominate discussion? Where is Polynesian anthropology headed? In a series of provocative and original essays, leading scholars examine prehistory, social organization, socialization and character development, mana and tapu, chieftainship, art and aesthetics, and early contact. Together these essays show how history, anthropology, and archaeology have combined to give a broad understanding of Polynesian societies developing over time--how they represent

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a blend of modernity and tradition, continuity and change. This book is both an introduction to Polynesia for interested students and a thought-provoking synthesis for scholars charting new directions and posing possibilities for future research. Scholars outside Polynesian studies will find the perspectives it offers important and its comprehensive bibliography an invaluable resource.

The pregnant widow of a scapegrace cousin--whatever his wishes, duty requires Gareth, Lord Wyckham, to take her into his household. Soon Laura finds her way into his family and his heart. When her adorable baby is born, he has to persuade her it's not just Priscilla's Papa he wants to become, but Laura's loving husband. Regency Romance by Carola Dunn; originally published by Zebra/Kensington

Imagine your life as a straight line. Now imagine that you could break that line and leave behind all your regular habits and nagging doubts for just seven days. Hell Week shows how you can change your life's path in a single week, replacing your old self with your best self, by going through a specially tailored (and totally safe) version of the elite military exercise where participants are pushed to the limit to find out just how much they can take. Hell Week is about defeating limiting beliefs and demonstrating that you are capable of far more than you ever thought - and maintaining that level of performance for the rest of your life. Norway native

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Erik Bertrand Larssen is many things: a veteran paratrooper who served in Bosnia, Kosovo, and Afghanistan, a successful entrepreneur, and a mental coach. He has helped catapult the success of countless high-achievers, including Microsoft and Stat Oil executives and Olympic medalists Martin Sundby and Suzann Pettersen. His life altering method improves performance by getting people to push themselves past the brink of self-imposed limitations. Central to his technique is the commitment by clients to live and experience just one week as their best selves. It's this week, Larssen says, that will be the catalyst to making the most of the rest of one's life. Offering accessible tools and a pragmatic, inspirational advice, Larssen's game-changing Hell Week shows readers how apply the principles of military 'hell week' to their every day lives, leading to lasting improvement, personal and professional success, and most importantly, a new way of living to a higher standard.

An approach to running describing how to prepare for races and to avoid stress-related injuries and to help the runner get started comfortably and with confidence.

Another extraordinary business fable from the New York Times bestselling author Patrick Lencioni Written in the same dynamic style as his previous bestsellers including *The Five Dysfunctions of a Team*, Lencioni illustrates the principles of

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inspiring client loyalty through a fascinating business fable. He explains the theory of vulnerability in depth and presents concrete steps for putting it to work in any organization. The story follows a small consulting firm, Lighthouse Partners, which often beats out big-name competitors for top clients. One such competitor buys out Lighthouse and learns important lessons about what it means to provide value to its clients. Offers a key resource for gaining competitive advantage in tough times Shows why the quality of vulnerability is so important in business Includes ideas for inspiring customer and client loyalty Written by the highly successful consultant and business writer Patrick Lencioni This new book in the popular Lencioni series shows what it takes to gain a real and lasting competitive edge.

After introducing the theory of the structural loading on ships and offshore structures based on the motions of wind, waves and currents, this text demonstrates its applications to conventional and non-conventional sea vessels, including extensive exercises and examples.

In My World, Peter Sagan, one of cycling's greatest riders of all time, gives bike racing fans a glimpse behind the scenes of his cycling life, revealing the full extent of his dedication to competition and determination to win. With four Tour de France points jersey victories, three road race world championships, the 2018

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Paris-Roubaix, and multiple spring classics among Sagan's palmares, the world of cycling agrees that this intense yet fun-loving rider is among the most dominant and fun-to-watch riders of his generation. Inside *My World*, Sagan discusses his relationship with fellow riders, his heroes, and how he copes with the expectation of success. He also shares technical details about his preparation, dissects the art of the sprint, and analyzes the tactics that play out during a fiercely competitive stage or race.

A thoughtful, eloquent meditation on bringing adventure and exploration into your daily life, from the author of *Silence* and *Walking* Erling Kagge is an explorer par excellence. He has accomplished things that most of us can't even imagine--for example: he's climbed Mount Everest and reached both the North and South Poles on foot. Yet in this slim, inspiring, lyrical book, he teaches us how to apply an explorer's mentality to our own daily lives. Simple things like getting up early and accepting failure can make a difference whether we are battling an arctic storm en route to the South Pole or stuck in traffic on our way to work. And larger lessons, like learning not to chase happiness and being receptive to goals, can benefit our lives enormously. Punctuating these lessons with stories from his own life and travels, Kagge invites readers to treat life like an exploration and illuminates the possibilities that await us when we do.

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A riveting look at the incredibly gruelling week that turns a Navy man into a highly trained SEAL. All the pain, punishment, endurance and commitment needed to survive the hell week of bootcamp training is chronicled in this riveting tale of determination and intrigue. Go deep into SEAL territory with this intense, thrilling and detailed book written by Command Master Chief Dennis Chalker and military historian Kevin Dockery. No pain, no gain...

The #1 New York Times bestseller from world-renowned advice expert teaches everyday people how to share their story and wisdom with the world and build a lucrative business doing so. In this game-changing book by Brendon Burchard, founder of Experts Academy, you'll discover: Your life story and experience have greater importance and market value than you probably ever dreamed. You are here to make a difference in this world. The best way to do that is to package your knowledge and advice (on any topic, in any industry) to help others succeed. You can get paid for sharing your advice and how-to information, and in the process you can build a lucrative business and a profoundly meaningful life. In *The Millionaire Messenger*, legendary expert trainer Brendon Burchard pulls back the curtains on the advice industry and shows you a simple ten-step plan for making an impact and an income with what you know. The lessons you've learned in life and business are about to become your greatest asset—and your greatest legacy.

An atmospheric and affecting novel set in rural Norway, by the award-winning author of

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Before I Burn In the waning days of the German occupation of Norway, Karin and her husband move from Oslo to a tiny village in the south with their young son, the narrator. There they aim to live out their dream of caring for those who can't look after themselves. They have spent months building a modest house with rooms for patients, and it's soon filled with three adult men who are psychologically unstable—including Karin's uncle Josef, who suffered a head injury in a carriage accident—and five siblings whose parents have been declared unfit, and who are the subjects of much conversation in the village. This small and idiosyncratic community persists for nearly three decades. After his parents' deaths, the son returns to clean out this unusual home. The objects of his childhood retain a talisman-like power over him, and key objects—including an orange crate where he and his sister slept as infants, Josef's medal of honor, his mother's beloved piano, and many others—unlock vivid memories. In recounting the ways that the siblings both are and are not a part of his family, he reveals his special relationship with Ingrid, who cannot speak, and his sister's accidental death, which occurred when they were playing together, and its quiet yet tragic effects on the extended family. With warmth, gentle humor, and deep compassion, Gaute Heivoll portrays an unconventional family as it navigates an uncertain and often unkind world.

S. Ren and E.J. Lien: CaCo-2 cell permeability vs human gastrointestinal absorption: QSPR analysis.- J.C.G. Halford and J.E. Blundell: Pharmacology of appetite

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An award-winning Northwestern University psychology professor reveals how the cultural obsession with women's appearance is an epidemic that harms women's ability to get ahead and to live happy, meaningful lives, in this powerful, eye-opening work in the vein of Naomi Wolf, Peggy Orenstein, and Sheryl Sandberg. Today's young women face a bewildering set of contradictions when it comes to beauty. They don't want to be Barbie dolls but, like generations of women before them, are told they must look like them. They're angry about the media's treatment of women but hungrily consume the very outlets that belittle them. They mock modern culture's absurd beauty ideal and make videos exposing Photoshopping tricks, but feel pressured to emulate the same images they criticize by posing with a "skinny arm." They understand that what they see isn't real but still download apps to airbrush their selfies. Yet these same young women are fierce fighters for the issues they care about. They are ready to fight

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back against their beauty-sick culture and create a different world for themselves, but they need a way forward. In *Beauty Sick*, Dr. Renee Engeln, whose TEDx talk on beauty sickness has received more than 250,000 views, reveals the shocking consequences of our obsession with girls' appearance on their emotional and physical health and their wallets and ambitions, including depression, eating disorders, disruptions in cognitive processing, and lost money and time. Combining scientific studies with the voices of real women of all ages, she makes clear that to truly fulfill their potential, we must break free from cultural forces that feed destructive desires, attitudes, and words—from fat-shaming to denigrating commentary about other women. She provides inspiration and workable solutions to help girls and women overcome negative attitudes and embrace their whole selves, to transform their lives, claim the futures they deserve, and, ultimately, change their world.

Published to coincide with Bon Jovi's twentieth anniversary, an intimate glimpse into the life of rock legend Jon Bon Jovi traces his humble origins in New Jersey to his rise to superstardom, detailing his relationships with fellow bandmates, the years of excess and indulgence, and his acting career.

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