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Breathing Under Water

“Gabrielle is the real thing. I respect her work immensely.” –Dr. Wayne Dyer “A new role model.” –The New York Times “I came to one of Bernstein’s monthly lectures and got my first look at the woman I’d one day unabashedly refer to as ‘my guru.’” –Elle From #1 New York Times bestselling author Gabrielle Bernstein comes a clear, proactive, step-by-step process to release the beliefs that hold you back from living a better life. This six-step practice offers many promises. Petty resentments will disappear, compassion will replace attack, the energy of resistance will transform into freedom and you’ll feel more peace and happiness than you’ve ever known. I can testify to these results because I’ve lived them. I’ve never felt more freedom and joy than I have when writing and practicing these steps. My commitment to healing my own relationship to judgment has changed my life in profound ways. My awareness of my judgment has helped me become a more mindful and conscious person. My willingness to heal these perceptions has set me free. I have been able to let go of resentments and jealousies, I can face pain with curiosity and love, and I forgive others and myself much more easily. Best of all, I have a healthy relationship to judgment so that I can witness when it shows up and I can use these steps to quickly return to love. The Judgment Detox is an interactive six-step process that calls on spiritual principles from the text A Course in Miracles, Kundalini yoga, the Emotional Freedom Technique (aka Tapping), meditation, prayer and metaphysical teachings. I’ve demystified these principles to make them easy to commit to and apply in your daily life. Each lesson builds upon the next to support true healing. When you commit to following the process and become willing to let go, judgment, pain and suffering will begin to dissolve. And the miracles will keep coming. Once you begin to feel better you start to release

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your resistance to love. The more you practice these steps, the more love enters into your consciousness and into your energetic vibration. When you're in harmony with love, you receive more of what you want. Your energy attracts its likeness. So when you shift your energy from defensive judgment to free-flowing love your life gets awesome. You'll attract exactly what you need, your relationships will heal, your health will improve and you'll feel safer and more secure. One loving thought at a time creates a miracle. Follow these steps to clear all blocks, spread more love and live a miraculous life.

Simplicity: Ideals of Practice in Mathematics and the Arts

This ground breaking work goes beyond the books that tell you how to simplify your life. This book reveals what has happened in the lives of real people who have done it. Based on the author's three-year study of over 200 people from 40 states and eight countries, *Choosing Simplicity* is a delightful and rich blend of real-life profiles and guidelines on simplicity. Interwoven throughout the stories are the author's insights and guidance for those who want to explore simplicity and those who have already embarked on this journey. The book also includes a 16-page Resource Guide with reviews of 42 books on simplicity, information on related web sites, organizations, simplicity study circles, workshops, newsletters and magazines.

The Simplicity Principle

Anyone can master the fundamentals of game design - no technological expertise is necessary. *The Art of Game Design: A Book of Lenses* shows that the same basic principles of psychology that work for board games, card games and athletic games also are the keys to making top-quality videogames. Good game design happens when you view your game from many different perspectives, or lenses. While touring through the unusual territory that is game design, this book gives the reader one hundred of these lenses - one hundred sets of insightful questions to ask yourself that will help make your game better. These lenses are gathered from fields as diverse as psychology, architecture, music, visual design, film, software engineering, theme park design, mathematics, writing, puzzle design, and anthropology. Anyone who reads this book will be inspired to become a better game designer - and will understand how to do it.

The Tipping Point

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Activists and change agents, restorative justice practitioners, faith leaders, and anybody engaged in social progress and shifting society will find this mindful approach to nonviolent action indispensable. Nonviolence was once considered the highest form of activism and radical change. And yet its basic truth, its restorative power, has been forgotten. In *Healing Resistance*, leading trainer Kazu Haga blazingly reclaims the energy and assertiveness of nonviolent practice and shows that a principled approach to nonviolence is the way to transform not only unjust systems but broken relationships. With over 20 years of experience practicing and teaching Kingian Nonviolence, Haga offers us a practical approach to societal conflict first begun by Dr. Martin Luther King Jr. during the Civil Rights Movement, which has been developed into a fully workable, step-by-step training and deeply transformative philosophy (as utilized by the Women's March and Black Lives Matter movements). Kingian Nonviolence takes on the timely issues of endless protest and activist burnout, and presents tried-and-tested strategies for staying resilient, creating equity, and restoring peace.

Healing Resistance

The Toyota Way Fieldbook is a companion to the international bestseller *The Toyota Way*. The Toyota Way Fieldbook builds on the philosophical aspects of Toyota's operating systems by detailing the concepts and providing practical examples for application that leaders need to bring Toyota's success-proven practices to life in any organization. The Toyota Way Fieldbook will help other companies learn from Toyota and develop systems that fit their unique cultures. The book begins with a review of the principles of the Toyota Way through the 4Ps model—Philosophy, Processes, People and Partners, and Problem Solving. Readers looking to learn from Toyota's lean systems will be provided with the inside knowledge they need to Define the company's purpose and develop a long-term philosophy Create value streams with connected flow, standardized work, and level production Build a culture to stop and fix problems Develop leaders who promote and support the system Find and develop exceptional people and partners Learn the meaning of true root cause problem solving Lead the change process and transform the total enterprise The depth of detail provided draws on the authors' combined experience of coaching and supporting companies in lean transformation. Toyota experts at the Georgetown, Kentucky plant, formally trained David Meier in TPS. Combined with Jeff Liker's extensive study of Toyota and his insightful knowledge, the authors have developed unique models and ideas to explain the true philosophies and principles of the Toyota Production System.

Accelerating Performance

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The go-to guide to completing a thorough, well-organized, and effective lit review! This new edition of the best-selling book offers graduate students in education and the social sciences a road map to developing and writing an effective literature review for a research project, thesis, or dissertation. Updated with key vocabulary words, technology advice, and tips for writing during the early stages, the second edition takes students step by step through the entire process: Selecting a topic Searching the literature Developing arguments Surveying the literature Critiquing the literature Writing the literature review

On War

Nationally known intuitive and spiritual leader Sonia Choquette shares the nine universal principles for creating the reality of your dreams. Step by step, with practical advice, specific exercises, and modern-day parables, she teaches readers to make the changes in thought and behavior that will lead them to the attainment of their most heartfelt desires. 256 pp. National publicity. 30,000 print.

Awesomely Simple

Learn how to develop a clear and calm way to be more creative, gain greater focus and reclaim productivity.

The Art of Game Design

'Simple can be harder than complex. You have to work hard to get your thinking clean to make it simple. But it's worth it in the end, because once you get there, you can move mountains' Steve Jobs, BusinessWeek, May 25, 1998 To Steve Jobs, Simplicity wasn't just a design principle. It was a religion and a weapon. The obsession with Simplicity is what separates Apple from other technology companies. It's what helped Apple recover from near death in 1997 to become the most valuable company on Earth in 2011, and guides the way Apple is organized, how it designs products, and how it connects with customers. It's by crushing the forces of Complexity that the company remains on its stellar trajectory. As creative director, Ken Segall played a key role in Apple's resurrection, helping to create such critical campaigns as 'Think Different' and naming the iMac. Insanely Simple is his insider's view of Jobs' world. It reveals the ten elements of Simplicity that have driven Apple's success - which you can use to propel your own organisation. Reading Insanely Simple, you'll be a fly on the wall inside a

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conference room with Steve Jobs, and on the receiving end of his midnight phone calls. You'll understand how his obsession with Simplicity helped Apple perform better and faster.

Made to Stick

Ten laws of simplicity for business, technology, and design teach readers how to need less but get more.

From Complexity to Simplicity

To find "criteria of simplicity" was the goal of David Hilbert's recently discovered twenty-fourth problem on his renowned list of open problems given at the 1900 International Congress of Mathematicians in Paris. At the same time, simplicity and economy of means are powerful impulses in the creation of artworks. This was an inspiration for a conference, titled the same as this volume, that took place at the Graduate Center of the City University of New York in April of 2013. This volume includes selected lectures presented at the conference, and additional contributions offering diverse perspectives from art and architecture, the philosophy and history of mathematics, and current mathematical practice.

Spiritual Simplicity

Most people think they listen well, but they rarely do - not at this level. Listening this way is a radical act. The power of effective listening is recognised as the essential tool of good management. In this book, Nancy Kline describes how we can achieve this, and presents a step-by-step guide that can be used in any situation. Whether you want to have more productive meetings, solve business problems, create bold strategies, or build stronger relationships, this book offers you a new world of possibilities. From blue chip companies developing high-powered teams to individuals seeking personal growth, a Thinking Environment has come to mean transformation of the highest quality.

Drop the Rock

The Twelve Steps of Alcoholics Anonymous is America's most significant and authentic contribution to the history of spirituality, says Richard Rohr. He makes a case that the Twelve Steps relate well to Christian teaching and can rescue people who are drowning in addiction and may not even realize it. To survive the tidal wave of compulsive behavior and addiction, Christians must learn to breathe under

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water and discover God's love and compassion. In this exploration of Twelve Step spirituality, Rohr identifies the Christian principles in the Twelve Steps, connecting The Big Book of Alcoholics Anonymous with the gospel. He draws on talks he has given for over twenty years to people in recovery and those who counsel and live with people with addictive behavior. Rohr offers encouragement for becoming interiorly alive and inspiration for making one's life manageable for dealing with the codependence and dysfunction (sin) rampant in our society.

Research Basics

The key to rising to the top of your company lies in a simple message and philosophy. The ultimate inspirational story for ambitious innovators, market-disruptors, and global business entrepreneurs. Celebrating DHL's fiftieth anniversary as a world-leading delivery company, global CEO Ken Allen tells the unique story of his journey to the top of the industry. In this business memoir, he shares the strategies and skills he has developed throughout his career, drawing on both his core values and extensive experience. This book is an inimitable guide to succeeding in any business, focusing on strategy and practical advice while revealing the simple lessons you need to learn to excel in life and work. It is an accessible read for entrepreneurs and managers at any stage of their career, packed with motivational material and no-nonsense tips. This simple and honest book is a must-have for anyone looking to reach the top of their field.

Choosing Simplicity

Research Basics: Design to Data Analysis in Six Steps offers a fresh and creative approach to the research process based on author James V. Spickard's decades of teaching experience. Using an intuitive six-step model, readers learn how to craft a research question and then identify a logical process for answering it. Conversational writing and multi-disciplinary examples illuminate the model's simplicity and power, effectively connecting the "hows" and "whys" behind social science research. Students using this book will learn how to turn their research questions into results.

Say Good Night to Insomnia

"What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of

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cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

The Art of Living Alone and Loving It

Shortlisted for the CMI's Management Book of the Year Award 2018 and the Business Book Awards 2018
Twenty-five years after the arrival of the Internet, we are drowning in data and deadlines. Humans and machines are in fully connected overdrive - and starting to become entwined as never before. Truly, it is an Age of Overload. We can never have imagined that absorbing so much information while trying to maintain a healthy balance in our personal and professional lives could feel so complex, dissatisfying and unproductive. Something is missing. That something, Julia Hobsbawm argues in this ground-breaking book, is Social Health, a new blueprint for modern connectedness. She begins with the premise that much of what we think about healthy ways to live have not been updated any more than have most post-war modern institutions, which are themselves also struggling in the twenty-first century. In 1946, the World Health Organization defined 'health' as 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.' What we understood by 'social' in the middle of the last century now desperately needs an update. In Fully Connected Julia Hobsbawm takes us on a journey - often a personal one, 'from Telex to Twitter' - to illustrate how the answer to the Age of Overload can come from devising management-based systems which are both highly practical and yet intuitive, and which draw inspiration from the huge advances the world has made in tackling other kinds of health, specifically nutrition, exercise, and mental well-being. Drawing on the latest thinking in health and behavioural economics, social psychology, neuroscience, management and social network analysis, this book provides a cornucopia of case studies and ideas, to educate and inspire a new generation of managers, policymakers and anyone wanting to navigate through the rough seas of overload.

Knights in Training

The Challenge Built to Last, the defining management study of the nineties, showed how great companies triumph over time and how long-term sustained performance can be engineered into the DNA of an enterprise from the very beginning. But what about the company that is not born with great DNA? How can good companies, mediocre companies, even bad companies achieve enduring greatness? The Study For years, this question preyed on the mind of Jim Collins. Are there companies that defy gravity and convert long-term mediocrity or worse into long-term superiority? And if so, what are the universal distinguishing

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characteristics that cause a company to go from good to great? The Standards Using tough benchmarks, Collins and his research team identified a set of elite companies that made the leap to great results and sustained those results for at least fifteen years. How great? After the leap, the good-to-great companies generated cumulative stock returns that beat the general stock market by an average of seven times in fifteen years, better than twice the results delivered by a composite index of the world's greatest companies, including Coca-Cola, Intel, General Electric, and Merck. The Comparisons The research team contrasted the good-to-great companies with a carefully selected set of comparison companies that failed to make the leap from good to great. What was different? Why did one set of companies become truly great performers while the other set remained only good? Over five years, the team analyzed the histories of all twenty-eight companies in the study. After sifting through mountains of data and thousands of pages of interviews, Collins and his crew discovered the key determinants of greatness -- why some companies make the leap and others don't. The Findings The findings of the Good to Great study will surprise many readers and shed light on virtually every area of management strategy and practice. The findings include: Level 5 Leaders: The research team was shocked to discover the type of leadership required to achieve greatness. The Hedgehog Concept (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence. A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology. The Flywheel and the Doom Loop: Those who launch radical change programs and wrenching restructurings will almost certainly fail to make the leap. "Some of the key concepts discerned in the study," comments Jim Collins, "fly in the face of our modern business culture and will, quite frankly, upset some people." Perhaps, but who can afford to ignore these findings?

The Laws of Simplicity

A revised and updated edition of the manifesto that shows how simplicity is not merely having less stress and more leisure but an essential spiritual discipline for the health of our soul.

Fully Connected

Outlines a four-step program for decluttering a home, increasing a child's sense of security, scheduling down time, and instilling calmness in the face of hectic environments.

The Toyota Way Fieldbook

NEW YORK TIMES BESTSELLER • The instant classic about why some ideas thrive, why others die, and how to improve your idea's chances—essential reading in the “fake news” era. Mark Twain once observed, “A lie can get halfway around the world before the truth can even get its boots on.” His observation rings true: Urban legends, conspiracy theories, and bogus news stories circulate effortlessly. Meanwhile, people with important ideas—entrepreneurs, teachers, politicians, and journalists—struggle to make them “stick.” In *Made to Stick*, Chip and Dan Heath reveal the anatomy of ideas that stick and explain ways to make ideas stickier, such as applying the human scale principle, using the Velcro Theory of Memory, and creating curiosity gaps. Along the way, we discover that sticky messages of all kinds—from the infamous “kidney theft ring” hoax to a coach's lessons on sportsmanship to a vision for a new product at Sony—draw their power from the same six traits. *Made to Stick* will transform the way you communicate. It's a fast-paced tour of success stories (and failures): the Nobel Prize-winning scientist who drank a glass of bacteria to prove a point about stomach ulcers; the charities who make use of the Mother Teresa Effect; the elementary-school teacher whose simulation actually prevented racial prejudice. Provocative, eye-opening, and often surprisingly funny, *Made to Stick* shows us the vital principles of winning ideas—and tells us how we can apply these rules to making our own messages stick. BONUS: This edition contains an excerpt from Chip Heath and Dan Heath's *Switch*.

Freedom of Simplicity

Radical Simplicity

"In an age when respect and honor seem like distant and antiquated relics, how can we equip boys to pursue valor and courageously put the needs of others before their own? This book helps parents to inspire their boys by captivating their imagination and honoring their love for adventure. Heather Haupt explores how knights historically lived out various aspects of the knights' Code of Chivalry, and how boys can embody these same ideals now. When we issue the challenge and give boys the reasons why it is worth pursuing, we step forward on an incredible journey towards raising the kind of boys who, just like the knights of old, make an impact in their world now and for the rest of their lives."--Jacket.

Good to Great

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Introduction by Dr. Herbert Benson, author of The Relaxation Response A drug-free, scientifically proven program for conquering insomnia in six weeks. At least thirty million adults ure the stress of severe, chronic insomnia, and the numbers of sufferers aregrowing. Dr. Gregg Jacobs has used the six-week program offered in Say Good Night to Insomnia to help thousands of insomnia sufferers at the Behavioral Medicine Insomnia Program at Boston's Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School. The program succeeds by helping insomniacs change the way they think about sleep, making it a friend instead of an enemy. Among the many topics addressed are these: * Developing a sleep enhancing lifestyle including diet, exercise, and an understanding of the importance of body temperature * Stopping a depency on sleeping pills * Managing negative emotions, stress, and anxiety * Quieting the mind and body to enhance inner feelings of peace Say Good Night to Insomnia is an empowering book that lets insomniacs take control of their minds and bodies by giving them the knowledge and techniques to overcome their problem forever.

Your Money Or Your Life

An inspiring yet practical guide for transforming limitations into opportunities A Beautiful Constraint: How to Transform Your Limitations Into Advantages And Why It's Everyone's Business Now is a book about everyday, practical inventiveness, designed for the constrained times in which we live. It describes how to take the kinds of issues that all of us face today—lack of time, money, resources, attention, know-how—and see in them the opportunity for transformation of oneself and one's organization's fortunes. The ideas in the book are based on the authors' extensive work as business consultants, and are brought to life in 35 personal interviews from such varied sources as Nike, IKEA, Unilever, the U.S. Navy, Formula One racecar engineers, public school teachers in California, and barley farmers in South Africa. Underpinned by scientific research into the psychology of breakthrough, the book is a practical handbook full of tools and tips for how to make more from less. Beautifully designed and accessible, A Beautiful Constraint will appeal beyond its core business audience to anyone who needs to find the opportunity in constraint. The book takes the reader on a journey through the mindset, method and motivation required to move from the initial "victim" stage into the transformation stage. It challenges us to: Examine how we've become path dependent—stuck with routines that blind us from seeing opportunity along new paths Ask Propelling Questions to help us break free of those paths and put the most pressing and valuable constraints at the heart of our process Adopt a Can If mentality to answer these questions—focused on "how," not "if" Access the abundance to be found all around us to help transform constraints Activate the high-octane mix of emotions necessary to fuel the tenacity required for success We live in a world

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of seemingly ever-increasing constraints, driven as much by an overabundance of choices and connections as by a scarcity of time and resources. How we respond to these constraints is one of the most important issues of our time and will be a large determinant of our progress as people, businesses and planet, in the future. A Beautiful Constraint calls for a more widespread capability for constraint-driven problem solving and provides the framework to achieve that.

Time to Think

Modern life is complicated, much more so than it used to be. Acclaimed author and social entrepreneur, Julia Hobsbawm, shows you a simpler way. The Simplicity Principle challenges the assumption that all things that are complex have to stay that way. It helps keep things as lean, simple and focused as possible. Smartphone users experience concentration interruptions every 12 minutes of the day, there are over 250 billion emails sent every 24 hours and by 2021 the internet will have created more than 3.3 zettabytes of data. Yet complexity doesn't have to dominate, complicate or clutter our lives. Based on a hexagonal model, this book shows you that it's easy to streamline and simplify both your professional and personal lives with lessons based on the natural world. For anyone who feels that life can be too much, The Simplicity Principle will help you break free of the endless choices and complexities that we face in the world today. It's time to gain control of your focus and productivity, and most importantly, KEEP IT SIMPLE.

The Soul of Discipline

Lean organisations seem to work in a simple manner and operate with an innate calmness. They have removed much of the complexity that inhibits the performance of other companies, but achieving this level of simplicity is not easy. In The Simplicity of Lean, Philip Holt provides a comprehensive handbook of the Lean principles, presented in an accessible and easy to apply manner. The Simplicity of Lean is a step-by-step guide to the Lean Thinking that makes your organisation more efficient and effective. The book offers the necessary context of how to apply Lean Thinking to make your Lean Transformation successful. Alongside the theory and the practical application of Lean, Philip also shares his personal insights and experiences, as well as individual success stories (and failures) from various Lean leaders from across the world. The Simplicity of Lean is the perfect guide to make your Lean journey a resounding success. Philip Holt is Senior Vice President, Global Transformation, at GKN Aerospace and a Board Member of the Operational Excellence Society. He studied Engineering at Manchester

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Metropolitan University and Management at the Wharton School of Pennsylvania and the University of Warwick, was an engineer at Gillette and led the Lean Deployment worldwide at Philips for over twelve years. He achieved Lean Master status and has summarised his 30+ years of experience and insights into Lean Leadership in his previous book *Leading with Lean* and his most recent book, *The Simplicity of Lean*.

The Literature Review

Revised and Updated In an age of great economic uncertainty when everyone is concerned about money and how they spend what they have, this new edition of the bestselling *Your Money or Your Life* is an essential read. With updated resources, an easy-to-use index, and anecdotes and examples particularly relevant today, it tells you how to: get out of debt and develop savings, reorder material priorities and live well for less, resolve inner conflicts between values and lifestyle, save the planet while saving money, and much more. In *Your Money or Your Life*, Vicki Robin shows readers how to gain control of their money and finally begin to make a life, rather than just make a living.

Simplicity Parenting

Discover the answer to our culture's need for simplicity and peace—by doing less and loving more. If you crave simplicity, yearn for peace and calm, this is the book for you. Author Chip Ingram goes beyond quick fixes and speaks to all of us who find it impossible to break free of our busy lifestyles, filled with too many good and important things that fill our schedules. The message of this book is simple: Spiritual simplicity will not be achieved by strategic attempts to control our lives and schedules but through doing less because we are able to love more. As you learn the practice of loving people, you will experience a shift from complex to simple, from hurried to peaceful, from “never enough time” to “time enough for those you love.” It's time to redirect our focus from the complex, overextended lifestyle that keeps us running but never arriving. In *Spiritual Simplicity*, learn how to “reorient your life around life. The result is a life whose priorities are so radically rearranged that” (Dave Stone, author of the *Faithful Families* series) lasting change is finally within your reach.

Insanely Simple

Start a simplicity revolution! Complexity is one of the biggest challenges facing modern business. It is slowing companies down, costing them on average 10% of their profits and harming employee morale. From

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Complexity to Simplicity will equip you and your business with the tools you need to identify and eradicate complexity from your business model. Based on cutting-edge research with the top-200 firms in the world, it takes you through real business case studies and offers a practical how to guide to ridding your business of these profit-killing problems. Within the pages of the book you will discover:

- What is complexity? What is simplicity?
- The true costs of complexity
- How to identify external and internal complexities
- The impact of complexity on managers, employees and different parts of the business
- How to guide to removing complexity
- How to communicate with simplicity
- The simplicity tool kit - every thing you need to make you a simplicity expert

From Complexity to Simplicity will show you how to start your own simplicity revolution and how to add value to your business. So keep it simple and do better business every day.

Judgment Detox

New tools for managing complexity Does your organization manage complexity by making things more complicated? If so, you are not alone. According to The Boston Consulting Group's fascinating Complexity Index, business complexity has increased sixfold during the past sixty years. And, all the while, organizational complicatedness—that is, the number of structures, processes, committees, decision-making forums, and systems—has increased by a whopping factor of thirty-five. In their attempt to respond to the increasingly complex performance requirements they face, company leaders have created an organizational labyrinth that makes it more and more difficult to improve productivity and to pursue innovation. It also disengages and demotivates the workforce. Clearly it's time for leaders to stop trying to manage complexity with their traditional tools and instead better leverage employees' intelligence. This book shows you how and explains the implications for designing and leading organizations. The way to manage complexity, the authors argue, is neither with the hard solutions of another era nor with the soft solutions—such as team building and feel-good “people initiatives”—that often follow in their wake. Based on social sciences (notably economics, game theory, and organizational sociology) and The Boston Consulting Group's work with more than five hundred companies in more than forty countries and in various industries, authors Yves Morieux and Peter Tollman recommend six simple rules to manage complexity without getting complicated. Showing why the rules work and how to put them into practice, Morieux and Tollman give managers a much-needed tool to reinvigorate people in the face of seemingly endless complexity. Included are detailed examples from companies that have achieved a multiplicative effect on performance by using them. It's time to manage complexity better. Employ these six simple rules to foster autonomy and cooperation and to effectively handle business complexity. As a

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result, you will improve productivity, innovate more, reengage your workforce, and seize opportunities to create competitive advantage.

Agility

"Accelerating Performance is not just another "warm and fuzzy" change management book--it's a practical, comprehensive, data-driven action plan for picking up the pace and achieving more"--

The Simplicity Principle

Whether you view living alone as the ultimate compromise or the ultimate luxury, it presents daily challenges, such as cooking for one, organising holidays, juggling finances, and avoiding the siren call of wine, Ugg boots and Netflix. And there are the less tangible tests, like nailing the octopus of loneliness to the wall, and holding your head high in a society where solo living is viewed (consciously or not) as the runner-up prize. Author Jane Mathews believes that to be truly content living alone, it pays to examine every aspect of your life—relationships, health, home, finances, interests and spirituality—and then take action. No matter what your unique situation, there's something here for you. Jane provides the map and you choose the route to a more joyful, contented life.

The Power of Less

Revised and Updated, Featuring a New Case Study How do successful companies create products people can't put down? Why do some products capture widespread attention while others flop? What makes us engage with certain products out of sheer habit? Is there a pattern underlying how technologies hook us? Nir Eyal answers these questions (and many more) by explaining the Hook Model—a four-step process embedded into the products of many successful companies to subtly encourage customer behavior. Through consecutive "hook cycles," these products reach their ultimate goal of bringing users back again and again without depending on costly advertising or aggressive messaging. Hooked is based on Eyal's years of research, consulting, and practical experience. He wrote the book he wished had been available to him as a start-up founder—not abstract theory, but a how-to guide for building better products. Hooked is written for product managers, designers, marketers, start-up founders, and anyone who seeks to understand how products influence our behavior. Eyal provides readers with:

- Practical insights to create user habits that stick.
- Actionable steps for building products people love.
- Fascinating examples from the iPhone

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to Twitter, Pinterest to the Bible App, and many other habit-forming products.

Your Heart's Desire

With the countless distractions that come from every corner of a modern life, it's amazing that we were ever able to accomplish anything. The Power of Less demonstrates how to streamline your life by identifying the essential and eliminating the unnecessary freeing you from everyday clutter and allowing you to focus on accomplishing the goals that can change your life for the better. The Power of Less will show you how to: Break any goal down into manageable tasks Focus on only a few tasks at a time Create new and productive habits Hone your focus Increase your efficiency By setting limits for yourself and making the most of the resources you already have, you'll finally be able work less, work smarter, and focus on living the life that you deserve.

12 Rules for Life

A practical guide to letting go of the character defects that get in the way of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, Drop the Rock combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

Hooked

The six core strategies to elevate any business-and how to implement them-made simple What do the world's most successful companies and organization have in common? And what can you actually take away and use from their examples? Distilling the best fundamental business strategies, trusted advisor and strategist John Spence helps you take a hard look at your business and together develop specific plans and action steps that will allow you to dramatically improve the success of your company. Delivered in Spence's approachable and straightforward manner, Awesomely Simple reveals the six key strategies that create a foundation for achieving business excellence: Vivid Vision, Best People, A Performance-Oriented Culture, Robust Communication, A Sense of Urgency, and Extreme Customer Focus. Filled with case studies and clear action items, includes easy-to-follow guidelines for implementing the strategies in any

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organization no matter its mission or size After concisely breaking down each strategy, Spence gives specific examples, tips, tools, discussion questions and exercises for how to execute them successfully A perfect resource for business leaders, Awesomely Simple will help you turn ideas into positive action and achieve lasting business success.

The Simplicity of Lean

As the Fourth Industrial Revolution barrels forward and the pace of disruption accelerates, all organizations must operate with agility. But this urgent priority, now widely-accepted by senior leaders, presents a major challenge: In business, government, and warfare, agility is a buzzword. There is no common understanding of what it means, or of what it takes to be consistently agile. In this groundbreaking book, Leo Tilman and Charles Jacoby offer the first comprehensive assessment of the fundamental nature of organizational agility and then describe the essential leadership practices for achieving it. They show that agility is far superior to mere speed or adaptability. Pinpointing its distinctive features, they define agility as the ability to detect and assess changes in the competitive environment in real time and then take decisive action. They demonstrate that agility enables an organization to outmaneuver competitors by seizing opportunities; better defending against threats; and acting as a well-orchestrated collective of teams that are empowered to take disciplined initiative. Combining their personal experience of building and leading agile organizations, Tilman in the realm of business and finance and Jacoby in battlefield command and homeland security, they present a powerful approach to fostering agility up and down an organization, and out to its very edges. They show how to detect opportunities and threats by fighting for risk intelligence; how to pierce through complexity and unleash creativity by nurturing a culture of honesty and trust; how to meld top-down vision and planning with decentralized execution; and how to enhance strategy by recognizing organizations as dynamic portfolios of risk. In a world where leaders and their teams must brave the unknown and step confidently forward - or risk extinction - Agility provides a vital roadmap for seizing the unprecedented possibilities of the new age and dominating change instead of being dominated by it.

A Beautiful Constraint

Discover Malcolm Gladwell's breakthrough debut and explore the science behind viral trends in business, marketing, and human behavior. The tipping point is that magic moment when an idea, trend, or social behavior crosses a threshold, tips, and spreads like wildfire. Just as a single sick person can start an

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epidemic of the flu, so too can a small but precisely targeted push cause a fashion trend, the popularity of a new product, or a drop in the crime rate. This widely acclaimed bestseller, in which Malcolm Gladwell explores and brilliantly illuminates the tipping point phenomenon, is already changing the way people throughout the world think about selling products and disseminating ideas.

Six Simple Rules

In this groundbreaking book, parenting expert and acclaimed author of the bestselling book *Simplicity Parenting* Kim John Payne, M.Ed., flips the script on children's challenging or defiant behavior and lays out an elegantly simple plan to support parents in establishing loving, age-sensitive boundaries that help children feel safe and settled. In short: What looks like misbehavior is actually your children's signal that they're feeling lost, that they are trying to find direction and looking to you to guide them back on course. Payne gives parents heartwarming help and encouragement by combining astute observations with sensitive and often funny stories from his long career as a parent educator and a school and family counselor. In accessible language, he explains the relevance of current brain- and child-development studies to day-to-day parenting. Breaking the continuum of childhood into three stages, Payne says that parents need to play three different roles, each corresponding to one of those stages, to help steer children through their emotional growth and inevitable challenging times: * The Governor, who is comfortably and firmly in charge--setting limits and making decisions for the early years up to around the age of eight * The Gardener, who watches for emotional growth and makes decisions based on careful listening, assisting tweens in making plans that take the whole family's needs into account * The Guide, who is both a sounding board and moral compass for emerging adults, helping teens build a sense of their life's direction as a way to influence healthy decision making Practical and rooted in common sense, *The Soul of Discipline* gives parents permission to be warm and nurturing but also calm and firm (not overreactive). It gives clear, doable strategies to get things back on track for parents who sense that their children's behavior has fallen into a troubling pattern. And best of all, it provides healthy direction to the entire family so parents can spend less time and energy on outmoded, punitive discipline and more on connecting with and enjoying their kids. Advance praise for *The Soul of Discipline* "The Soul of Discipline offers practical tools for helping parents implement discipline that's respectful and effective, but the book is so much more. Kim John Payne offers a framework to guide parents in making decisions about why, when, and how to hold tighter reins as we build skills in our children, and why, when, and how to loosen the reins as we scaffold freedom."--Tina Payne Bryson, Ph.D., co-author of *No-Drama Discipline* "This book gets deep inside the challenge of

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getting along with children and teens and thinks deeply about what they need from us to become strong and self-managing. It elevates discipline to what it should be--a caring process of helping kids orient to the world and live in it happily and well."--Steve Biddulph, author of The New Manhood "Kim Payne provides a useful model for choosing our parenting stance--Governor, Gardener, or Guide--depending on the situation. Most powerfully, Payne begins with the radical view that children are not disobedient but rather disoriented. The upshot of this shift in perspective is that discipline is about helping children orient themselves effectively, not about controlling or chastising."--Lawrence J. Cohen, Ph.D., author of Playful Parenting

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