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To Unschoolers, Learning Is As Natural As Breathing Did you know that a growing percentage of home schoolers are becoming unschoolers? The unschooling movement is founded on the principle that children learn best when they pursue their own natural curiosities and interests. Without bells, schedules, and rules about what to do and when, the knowledge they gain through mindful living and exploration is absorbed more easily and enthusiastically. Learning is a natural, inborn impulse, and the world is rich with lessons to be learned and puzzles to be solved. Successful unschooling parents know how to stimulate and direct their children's learning impulse. Once you read this book, so will you!

Readers will come away from this book with an understanding of what SSR is, why it's important, and how to implement it in their own schools and classrooms.

Using Business as a Force for Good Join a Growing Movement: Learn how you can join more than 1,000 Certified B Corporations from 80 industries and 35 countries—led by well-known icons like Patagonia and Ben & Jerry's and disruptive upstarts like Warby Parker and Etsy—in a global movement to redefine success in business.

Build a Better Business: Drawing on interviews, tips, and best practices from over 100 B Corporations, author and B Corp owner Ryan Honeyman shows that using business as a force for good can help you attract and retain the best talent, distinguish your company in a crowded market, and increase customer trust, loyalty, and evangelism for your brand. More than 1,000 companies from 80 industries and 30 countries are

leading a global movement to redefine success in business. They're called B Corporations—B Corps for short—and these businesses create high-quality jobs, help build stronger communities, and restore the environment, all while generating solid financial returns. Author and B Corp owner Ryan Honeyman worked closely with over 100 B Corp CEOs and senior executives to share their tips, advice, and best-practice ideas for how to build a better business and how to meet the rigorous standards for—and enjoy the benefits of—B Corp certification. This book makes the business case for improving your social and environmental performance and offers a step-by-step “quick start guide” on how your company can join an innovative and rapidly expanding community of businesses that want to make money and make a difference. Offers managers an entertaining guide to handling computer technicians and the inevitable problems that arise with computer use For decades, technology leaders have struggled to balance agility, reliability, and security, and the consequences of failure have never been greater. The effective management of technology is critical for business competitiveness. High-performing organizations are 2.5 times more likely to exceed profitability, market share, and productivity goals. The DevOps Handbook shows leaders how to create the cultural norms and the technical practices necessary to maximize organizational learning, increase employee satisfaction, and win in the marketplace. This book teaches you how to design a fuzzy controller and shares the

author's experience of design and applications. It is the perfect book for you if you want to know something about fuzzy control and fuzzy controllers, but you are not a mathematician, so what you are really interested in is the design process. As an introduction it assumes no preliminary knowledge of fuzzy theory and technology, but starts at the root of a problem and works from there. TIf you have some experience in fuzzy controller design but are not sure how to choose the number of membership functions, how to shape them properly, or how to debug a fuzzy controller; if you are a beginner with fuzzy logic, and so you would like to know how to apply the theory; if you are researching fuzzy logic or if you need some help with a project at work - this book is for you! The text is designed for use both as a course companion for both teachers and students or for self-study. Leon Reznik has worked on fuzzy logic applications in a huge range of control situations including spacecraft launch control, microprocessor control, and metallurgical furnace control. Latterly he has been teaching in the Department of Electrical and Electronic Engineering at Victoria University of Technology, Australia. His work in the area has generated a substantial volume of papers in both Russian and English. First readable book on the subject Ideal for professionals and students alike This book takes fuzzy logic out of the ivory tower and into the workplace The Chicago metropolitan area is home to far more protected nature than most people realize. Over half a million acres of protected land known as the Chicago Wilderness are

owned and managed by county forest preserve districts and other public and private sector partners. But there's a critical factor of the Chicago Wilderness conservation effort that makes it unique: a pioneering grassroots volunteer community, thousands strong, has worked for decades alongside agency staff to restore these nearby natural areas, learning how to manage biodiversity in an altered and ever-changing urban context. A Healthy Nature Handbook captures hard-earned ecological wisdom from this community in engaging and highly readable chapters, each including illustrated restoration sequences. Restoration leaders cover large-scale seeding approaches, native seed production, wetland and grassland bird habitat restoration, monitoring, and community building. Contributions from local artists bring the region's beauty to life with vibrant watercolors, oil paintings, and sketches. A Healthy Nature Handbook is packed with successful approaches to restoring nature and is a testament to both the Chicago region's surprising natural wealth and the stewards that are committed to its lasting health. An estimated 700,000 American children are now taught at home. This book tells teens how to take control of their lives and get a "real life". Young people can reclaim their natural ability to teach themselves and design a personalized education program. Grace Llewellyn explains the entire process, from making the decision to quit school, to discovering the learning opportunities available. The definitive "Customer Success Manager How-To-Guide" for

the CSM profession from Gainsight, who brought you the market-leading Customer Success The Customer Success Manager has become a critical asset to organizations across the business landscape. As the subscription model has spread from the cloud and SaaS to more sectors of the economy, that pivotal role will only grow in importance. That's because if you want to compete and thrive in this new environment, you need to put the customer at the center of your strategy. You need to recognize you're no longer selling just a product. You're selling an outcome. Customer Success Managers (CSM) are committed to capturing and delivering those outcomes by listening to their customers, understanding their needs, and adapting products and services to drive success. Although several existing resources address the customer success imperative, there is no authoritative instruction manual for the CSM profession—until now. The Customer Success Professional's Handbook is the definitive reference book for CSMs and similar roles in the field. This practical, first-of-its-kind manual fills a significant gap in professional customer success literature, providing the knowledge every CSM needs to succeed—from the practitioner level all the way to senior leadership. The authors—acknowledged experts in building, training, and managing Customer Success teams—offer real-world guidance and practical advice for aspiring and experienced CSMs alike. The handbook is written by practitioners for practitioners. An indispensable resource for front-line Customer Success Managers, this much-needed

book: Demonstrates how to build, implement, and manage a Customer Success team Helps new CSMs develop their skills and proficiency to be more employable and grow in their careers Provides clear guidance for managers on how to hire a stellar CSM Presents practical tactics needed to drive revenue growth during renewal, expansion, and customer advocacy opportunities Explains proven methods and strategies for mentoring CSMs throughout their careers Offers valuable insights from Gainsight, the Customer Success Company, and the broader customer success community with more than a dozen of the industry's most respected leaders contributing their perspectives Currently, with over 70,000 open positions, Customer Success Manager in one of the fastest-growing jobs in the world. The Customer Success Professional's Handbook: How to Thrive in One of the World's Fastest Growing Careers—While Driving Growth For Your Company will prove to be your go-to manual throughout every stage of your CSM career. We all know that money is power. The wealthiest few get invited to glitzier parties, live in swankier homes, obtain more lucrative deals, and attract rosier prospects than the rest of us. But why should life's best perks accrue only to those able to afford them? In a world where social standing is determined primarily by perception, The Millionaire's Handbook will show you what it takes to mingle with millionaires and party with plutocrats. Vicky Oliver will give you the brazen confidence that you need to dress the part on a pauper's allowance, nosh on the right

finger sandwiches without splattering any cucumber juice, hobnob with the world's most influential people, and navigate your way through their cloistered bubble with aplomb. Complete with interactive exercises and fun sidebars, discover how to: Lose the accent that betrays your humble roots Scale the charity ladder when the charity case is you Be a trophy spouse in training Never order from a menu (a menu should only be skimmed for ideas on what to order) Dress to impress, even if the Emperor has no clothes (and you are the Emperor) Foster your own special brand of eccentricity Develop an obscure hobby (such as tornado-chasing) Master the language of affluence with 64 words that are the key to a \$64 million vocabulary The Millionaire's Handbook will help you attain the trappings of luxury—no matter your net worth! Part of The Traveler's Handbooks series, The Cruise Traveler's Handbook provides inspiration, advice and tips on how to explore the world from the water, including by ocean, river and canal. Using this handbook will help you find and have unforgettable cruise vacations that are best suited to you. It covers why and when you should cruise, planning, making the most of your time on board and how to be a responsible and safe cruiser. Explores the social science of nonverbal communication through the study of characteristic body movements and gestures. Whether you live below the Mason Dixon Line or just wish you did, The Southerner's Handbook is your guide to living the good life. Curated by the editors of the award-winning Garden & Gun magazine, this compilation of more

than 100 instructional and narrative essays offers a comprehensive tutorial to modern-day life in the South. From Food and Drink to Sporting & Adventure; Home & Garden to Style, Arts & Culture, you'll discover essential skills and unique insight from some of the South's finest writers, chefs, and craftsmen—including the secret to perfect biscuits, how to wear seersucker, and to the right way to fall off of a horse. You'll also find: Roy Blount Jr. on telling a great story; Julia Reed on the secrets of throwing a great party; Jonathan Miles on drinking like a Southerner; Jack Hitt on the beauty of cooking a whole hog; John T Edge on why Southern food matters; and much more. As flavorful, authentic, and irresistible as the land and the people who inspire it, The Southerner's Handbook is the ultimate guide to being a Southerner (no matter where you live). Become a more effective tech professional by learning how to provide the most useful IT support for your users. You'll learn how to efficiently and effectively deal with any type of problem, including operating systems, software, and hardware. IT support is often complex, time-consuming, and expensive, but it doesn't have to be with the right processes in place. Whether you're an individual, part of an IT support team, or managing staff supporting PC users in their homes, The IT Support Handbook will help you understand the right way to approach, troubleshoot, and isolate problems so they can be handled efficiently, with least disruption and cost to your business. You'll make yourself popular with your colleagues, and keep

your customers and users happy and productive. What You'll Learn Manage reporting, and keep a record of issues that occur Provide effective remote support for users away from home or working in another office Use error and system reporting in Windows to obtain high-quality, relevant information Spot patterns in user behavior that may be causing difficult-to-diagnose problems Be familiar with best practices to make you a better support professional Who This Book Is For IT professionals, IT support (on-site and remote), and system administrators who manage support teams. No prior knowledge is required. DIV How to Make Books, Albums, Slipcases, and More /div DIV There's nothing like making your own sketchbook, or wrapping a favorite book in the perfect homemade slipcase. And you can create it all yourself! Select the tools and materials you'll need, master basic book-binding techniques, and practice your new skills on 12 eye-catching projects. Then explore the gallery of variations for more inspiration to make each book form your own. Whether you're an experienced book binder or new to the art, Book Art Studio Handbook will help you take your books to the next level. /div DIV /div DIV With Book Art Studio Handbook, you'll learn how to: /div DIV /div DIV -Set up your workspace or studio /div DIV -Choose the right board, paper, book cloth, and other supplies for your project /div DIV -Fold a textblock, make a sewing template, glue a cover, and practice other essential techniques /div DIV -Create albums: Imagine your photos in an Accordion Album with Frames, for

*example/divDIV- Create books: How about a flexible Tacketed Book to customize?/divDIV-Create enclosures: From Slipcase to French Box/divDIV-Challenge yourself: Try your hand at an advanced project, such as a Travel Journal/div Providing dementia care is profoundly stressful for families and caregivers. People with dementia or Alzheimer's experience emotional distress, which leads to behavioral complications and the need for institutional care. However, if families and caregivers are able to identify the emotional needs caused by dementia and understand which skills are lost and which remain, they can lower the behavioral complications and their own stress. Dementia and Alzheimer's are very personal and individual experiences they vary from person to person. However, Cornish has identified a pattern in the abilities and disabilities of people living with dementia. Based on her findings, Cornish was able to develop methods for caregivers to ease emotional distress, which can quickly and safely resolve behavioral complications. Though people with dementia lose a sense of self, they are still the same person you always loved. Judy Cornish understands this. The *Dementia Handbook: How to Provide Dementia Care at Home* is the supportive guide you've been looking for as you walk alongside your loved one on this difficult but potentially rewarding new path. Congratulations, you just got drafted into the NFL. Now what? Here's what's ahead of you: rigorous training, complicated playbooks, financial conundrums, intense pressure to perform—and temptation. Welcome to the*

big leagues. Informative, smart, funny, and beautifully illustrated, The Rookie Handbook has everything NFL rookies need to know to survive their first season of pro football, straight from veterans Ryan Kalil, Jordan Gross, and Geoff Hangartner. The three authors have a combined thirty years of NFL experience, but they too were rookies themselves, once upon a time. Much like rookies, NFL fans only know what they see on TV or read—obsessively following Rich Eisen and scouring obscure blogs for fantasy football info. But when it comes to what goes on in the inner sanctum, behind the locker room doors, it's a mystery. The Rookie Handbook is the insider's guide to that exclusive club, pulling back the curtain to reveal how players act and think—and what they do when no one is watching. There's nothing Jake likes more than some good trash-picking, so when his elderly neighbors move out and leave an especially promising-looking pile of household refuse on the curb, he goes right for it. He only has the chance to grab one box before his mom catches him and orders him in for dinner, though. When mysterious goings-on begin to occur in the neighborhood, the trio investigates the hidden box from Jack's garage. In it, they find the Secret Parent's Handbook and with it all the means to subvert the irrational rules and petty tyranny of their home lives. No more clean rooms! No more vegetables! No more brushed hair or washed hands! It's all videogames and junk food all the time! But the authorities -- and the resistance -- have taken notice of the strange goings-on in Jack and his friends' neighborhood. And they are closing

in . . . Learn how to create and profit from NFTs *The NFT Handbook* is a detailed guide on how to create, sell and buy non-fungible tokens without the need for a technical background. Learn exactly what NFTs are, how they evolved, and why they have value. We'll delve into the different types and aspects of NFTs and discuss the different NFT marketplaces and the pros and cons of each. *Create Your Own NFTs: Step by step instructions on all aspects of NFT creation, including what types of content to use, where to source content, adding artistic design, writing the NFT's description, adding optional unlockable content and setting an optional ongoing royalty.* *Mint Your NFTs: You'll learn the process of how to get your NFTs on the blockchain.* *Sell Your NFTs: We'll go through the whole process including creating a collection, and the different options such as setting a price or starting an auction.* *Buy NFTs: What you'll need to bid on and purchase NFTs, and how to avoid getting scammed.* You'll also get a primer on blockchain, particularly the Ethereum cryptocurrency and "gas" fees. You'll also be shown step by step how to create, secure and fund your own cryptocurrency wallet, where you'll store your NFTs and cryptocurrency. Whether you're experienced with the blockchain and crypto or a complete noob (beginner), *The NFT Handbook* will guide you in the process of creating, minting, selling and buying NFTs. *Learning to juggle career and relationships, while living a healthy, fulfilled life, has created a whole new set of circumstances unique to the*

modern woman. At the same time, we're living in a world that needs the balance of feminine energy at its most powerful to create a sustainable, positive future for humankind. Lynne Franks's new book, GROW, is aimed at women of all ages who wish to get back in touch with their feminine center, where they remember how to connect, first, with themselves and the divine; second with their families and loved ones, and third with their local and global communities. It's an encyclopedic examination of all of the issues that face a woman of the 21st century, including health and well-being, spirituality, career, relationship, sexuality, family, community, and social change. GROW, based on the colorful format of Lynne's previous work, The SEED Handbook, contains fun exercises, stories, and guidance to take you through a ten-part program to enable you to reach the Gorgeous Real Original Woman inside and find your life's purpose. A step-by-step, room-by-room, moodboard-by-moodboard guide to creating a home that reflects your personal style and the way you want to live - from acclaimed Australian-born stylist and online interiors tutor, Lucy Gough. We all want to live in a home that reflects our personalities, our experiences, our life's journey. But if we are not a professional decorator or stylist, where do we start? In this inspirational and helpful handbook, interiors stylist and tutor Lucy Gough will teach you how to understand your true style and how to implement it in how you decorate your living space. Your dream home needn't be a spacious, architecturally designed building - it could be small or rented.

With this book you'll discover what YOU love and what makes YOU happy so you can surround yourself with the colors, furniture, furnishings and finishing touches that inspire you. For Lucy, every good room scheme starts with a moodboard - she explains how to create your own and features them throughout the book to explore the elements within a series of home case studies and why they work. The book includes: - How to translate magazine imagery into your home - How to create impact with art, plants and accessories - How to style your kitchen, living room, bathroom, home office and hallway - Key inspirational case studies

Healthcare providers, consumers, researchers and policy makers are inundated with unmanageable amounts of information, including evidence from healthcare research. It has become impossible for all to have the time and resources to find, appraise and interpret this evidence and incorporate it into healthcare decisions. Cochrane Reviews respond to this challenge by identifying, appraising and synthesizing research-based evidence and presenting it in a standardized format, published in The Cochrane Library (www.thecochranelibrary.com). The Cochrane Handbook for Systematic Reviews of Interventions contains methodological guidance for the preparation and maintenance of Cochrane intervention reviews. Written in a clear and accessible format, it is the essential manual for all those preparing, maintaining and reading Cochrane reviews. Many of the principles and methods described here are appropriate for systematic reviews applied to other types of

research and to systematic reviews of interventions undertaken by others. It is hoped therefore that this book will be invaluable to all those who want to understand the role of systematic reviews, critically appraise published reviews or perform reviews themselves. This handy reference guide is full of tips and tricks that every teen needs to know, from how to unstick chewing gum to how to treat a burn. Love those curls! “Embracing your natural curls is essential to self-acceptance. What a gift to be able to start children off right—loving their textured hair from the jump—with this beautiful, information-packed celebration of curly kids!”—Peggy Orenstein, *New York Times* bestselling author of *Girls & Sex* and *Boys & Sex*

On its surface, *Curly Kids* is a creative, practical handbook about curly hair: how to care for it, how to style it, how to solve problems like frizz and knots. But it’s also a book about empowering your kids and helping their self-esteem, because how we feel about our hair is more than follicle-deep—and that’s especially true for curly kids who are known to go through bouts of self-consciousness and straight-hair envy. So by helping you and your kids learn new techniques like the Curly Girl Method of “co-washing” (using conditioner to cleanse the hair) and following an easy set of curly dos and don’ts (never “blow-fry” curly hair), *Curly Kids* delivers a powerful promise: Teach your children how to love those fabulous curls—and with Massey’s help, those curls will be fabulous—and they’ll have the confidence to love all of themselves. Includes: The nature and science behind curly

hair Names for every curl shape What to tell the hair stylist Recipes for gentle rinses, washes, gels, and detanglers How to sleep with curls Special curly hairstyles for sports Plus true tales of Curly Kid inspiration • More than 75 topics that provide specific ideas that will help volunteer leaders maximize their efforts. • Topics include: o Long range, annual and event planning.o Training board and prospective board members.o How to recruit new members o 10 steps to activate or reactivate a member o 6 steps to building a successful team.o How to motivate your membership.o Effective Delegation.o Managing non-performers.o Fundraising.o How to obtain publicity for your organization.o How to conduct effective membership and board meetings. • It is a well organized volume, which can be used as a resource book for training volunteers and managing your organization. • Appendix includes 25 motivational quotations. This book is, without question, the most valuable work around for those who pursue an interest in a serious, systematic way. Completely revised and updated by the author, the handbook points to resources, organizations, and people, and helps the reader to understand the development and use of such expertise. Become a more effective tech professional by learning how to provide the most useful IT support for your users. You'll learn how to efficiently and effectively deal with any type of problem, including operating systems, software, and hardware. IT support is often complex, time-consuming, and expensive, but it doesn't have to be with the right

processes in place. Whether you're an individual, part of an IT support team, or managing staff supporting PC users in their homes, The IT Support Handbook will help you understand the right way to approach, troubleshoot, and isolate problems so they can be handled efficiently, with least disruption and cost to your business. You'll make yourself popular with your colleagues, and keep your customers and users happy and productive. What You'll Learn Manage reporting, and keep a record of issues that occur Provide effective remote support for users away from home or working in another office Use error and system reporting in Windows to obtain high-quality, relevant information Spot patterns in user behavior that may be causing difficult-to-diagnose problems Be familiar with best practices to make you a better support professional Who This Book Is For IT professionals, IT support (on-site and remote), and system administrators who manage support teams. No prior knowledge is required. A comprehensive book of "need-to-know" insights for busy leaders Being a great leader means getting the fundamentals right. It also means consistently doing the "little things" that make a positive difference in the lives of employees, customers, and other stakeholders. The Busy Leader's Handbook: How to Lead People and Places That Thrive is a practical, easy-to-use book filled with gentle reminders of what we should be doing every day—especially when work is at its most intense. The Handbook is packed with proven best practices, tools, tips, and tactics for engaging employees, revitalizing cultures,

delighting customers, and building high-performance companies. Short, succinct, and accessible, each chapter is “stand-alone,” offering helpful advice for meeting common business challenges. Plus, the strategies, approaches, and tactics are designed to be put into action immediately. Best-selling author, businessman, visionary, and entrepreneur Quint Studer draws on his 30-plus years of experience in helping organizations of all sizes and leaders at every level reach peak performance. Comprehensive in scope, his book overflows with insights and practical advice to help you make smart leadership decisions. For example: Why putting the right foundational structures in place early on creates clarity and heads off problems that cause businesses to struggle and fail The importance of followership: why being a good leader requires that you first be a good follower Why we tend to run from self-disruption and a sense of being unsettled (and how to learn to embrace them instead) Why leaders should seek consent, not consensus How to engage employees and create a positive workplace culture How to help employees find meaning and purpose in their work How to conduct difficult conversations and resolve conflicts—and why having these skills (or not) can make or break you as a leader Advice for attracting and hiring the best talent, retaining them over time, and dealing with the low performers who drive them away Why mentoring is so powerful and how to encourage it inside your company Tips and tactics for seeing the world through your customer’s eyes How to reduce customer anxiety (and

encourage them to buy) with the right words at the right times for the right reasons *The Busy Leader's Handbook* functions as a desk reference and pocket guide for anyone in a leadership position. It's also a great training tool for onboarding new leaders. Whether you work for a start-up, a small or mid-size business, or a large corporation, this book will change how you think, inspire you to do your job better—and help your organization thrive. *The Handbook* continues to be of invaluable assistance to writers who wish to do without commercial or vanity publishers. Master the game of Mahjong with this must-have game strategy guide for Mahjong beginners and enthusiasts. Originally played with cards, and then piece carved from ivory or bamboo, the Chinese game of Mahjong or "Mah Jongg" is well over a thousand years old. Said to have originated in the court of the Emperor of Wu, for centuries Mahjong remained a diversion exclusively for the royal class of China. Mahjong has been called "the game of a hundred intelligences." When played by experts it can be fast and subtle—even difficult to follow. A *Mah Jongg Handbook* is the all-comprehensive Mahjong guide, offering a clear and concise introduction to the classic Chinese, Western, and Japanese rules of the game and outlining its many variants. A great way to learn Mahjong—it presents the complex rules in a clear format, introducing those unfamiliar with the game to its rules and techniques. It will also allow more experienced players to expand their understanding of winning strategy quickly. Part One covers

the rules of the game. Part Two provides alternatives, variations, and additions to the game. Part Three explores the fundamentals of successful strategy. With illustrations of sample hands, scoring charts, and a glossary of terms, A Mah Jong Handbook is an invaluable resource—a complete guidebook to the ancient but always fascinating game of Mahjong. This Mahjong guidebook includes: 176 page, full-color book Play basics like scoring, wall-building and rules Essential tools to improve and enhance game-play skills Winning strategies to be on the offensive and play defense Tips to master the game through actual examples and scenarios A Mah Jong Handbook is the book that readers will need to become a knowledgeable, confident and winning Mahjong player. The one book you need to navigate the complex decisions and critical relationships necessary to create and sustain a healthy family business--and business family. Though "family business" may sound like it refers only to mom-and-pop shops, businesses owned by families are among the most significant and numerous in the world. But surprisingly few resources exist to help navigate the unique challenges you face when you share the executive suite, tax returns, and holidays. How do you make the right decisions, critical to the long-term survival of any business, with the added challenge of having to do so within the context of a family? This comprehensive handbook brings you sophisticated guidance and practical advice from family business experts Josh Baron and Rob Lachenauer. Based on their decades-long experience

working closely with a wide range of family businesses around the world, the authors present proven methods and approaches. In the HBR Family Business Handbook you'll find: A new perspective on what makes family businesses succeed and fail A framework to help you address the myriad decisions facing your family business--including how to make good decisions together Step-by-step guidance to help you understand what type of family business you own, define success on your own terms, communicate effectively, manage conflict, prepare for changes within your business family, and transition to the next generation Key questions about wealth, unique to family businesses, that you can't afford not to ask yourself--and your family Exercises and assessments to help you determine where you are--and where you want to go Stories of real families and real companies, from Radio Flyer to Sierra Nevada Brewing Company The HBR Family Business Handbook addresses these issues and more. Keep this guide with you to help you build, grow, and sustain your family business--and your business family--for years, and generations, to come. HBR Handbooks provide ambitious professionals with the frameworks, advice, and tools they need to excel in their careers. With step-by-step guidance, time-honed best practices, real-life stories, and concise explanations of research published in Harvard Business Review, each comprehensive volume helps you to stand out from the pack--whatever your role. This book is aimed at dispelling much of the mystique surrounding corporate culture

management in the workplace. Are you a triathlete, runner, cyclist, swimmer, cross-country skier, or other athlete seeking greater endurance? The Endurance Handbook teaches athletes how to stay healthy, achieve optimal athletic potential, and be injury-free for many productive years. Dr. Philip Maffetone's approach to endurance offers a truly "individualized" outlook and unique system that he has refined over three decades of training and treating athletes, ranging from world champions to weekend warriors. Maffetone's training and racing philosophy emphasizes building a strong aerobic base for increased fat burning, weight loss, sustained energy, and a healthy immune system. Good nutrition and stress reduction are also key to this common-sense, big-picture approach. Dr. Maffetone also dispels many of the commonly held myths that linger in participatory sports—and which adversely impact performance—and explains the "truths" about endurance, such as: The need to train slower to race faster will enable your aerobic system to improve endurance Why expensive running shoes can actually cause foot and leg injuries The fact that refined carbohydrates actually reduce endurance energy and disrupt hormone balance How overtraining can be avoided in its earliest stages And much more! If you are looking to increase your endurance and maximize your athletic potential, The Endurance Handbook is your one-stop guide to training and racing effectively. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range

of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

- [*How To Handbook*](#)
- [*The Busy Leaders Handbook*](#)
- [*The DevOps Handbook*](#)
- [*The Teenage Liberation Handbook*](#)
- [*A Troublemakers Handbook*](#)
- [*Book Art Studio Handbook*](#)
- [*The SSR Handbook*](#)
- [*The Team Handbook*](#)

- [*The B Corp Handbook*](#)
- [*The Endurance Handbook*](#)
- [*The Home Style Handbook*](#)
- [*The IT Support Handbook*](#)
- [*The Rookie Handbook*](#)
- [*The Body Language Handbook*](#)
- [*Civil Service Handbook*](#)
- [*A Mah Jong Handbook*](#)
- [*The Harvard Business Review Family Business Handbook*](#)
- [*The Independent Scholars Handbook*](#)
- [*Grow The Modern Womans Handbook*](#)
- [*The Millionaires Handbook*](#)
- [*The IT Support Handbook*](#)
- [*The Unschooling Handbook*](#)
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