

## Six Minute Solution Passages

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Once a response-to-intervention (RTI) framework is in place, how can educators determine whether or not interventions are working? This volume focuses on the "response" component of RTI, providing crucial knowledge and hands-on techniques for assessing the effectiveness of RTI practices in grades K-12. The authors show how to select suitable assessment measures, analyze data about academic and behavioral interventions, and make defensible decisions about groups, individual students, and special education eligibility. Professional development strategies are also addressed. Useful reproducible tools are included; the large-size format and lay-flat binding facilitate photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials. This book is in the Guilford Practical Interventions in the Schools Series, edited by T. Chris Riley-Tillman. See also RTI Applications, Volume 1: Academic and Behavioral Interventions, which covers how to select appropriate interventions and implement them with integrity. Data is fundamental to the modern world. From economic development, to healthcare, to education and public policy, we rely on numbers to allocate resources and make crucial decisions. But because so much data fails to take into account gender, because it treats men as the default and women as atypical, bias and discrimination are baked into our systems. And women pay tremendous costs for this bias, in time, money, and often with their lives. Celebrated feminist advocate Caroline Criado Perez investigates shocking root cause of gender inequality and research in *Invisible Women*, diving into women's lives at home, the workplace, the public square, the doctor's office, and more. Built on hundreds of studies in the US, the UK, and around the world, and written with energy, wit, and sparkling intelligence, this is a groundbreaking, unforgettable exposé that will change the way you look at the world.

Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. *Transforming the Workforce for Children Birth Through Age 8* explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. *Transforming the Workforce for Children Birth Through Age 8* offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

#1 New York Times Bestseller "THIS. This is the right book for right now. Yes, learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In *Think Again*, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I've never felt so hopeful about what I don't know." —Brené Brown, Ph.D., #1 New York Times bestselling author of *Dare to Lead* The bestselling author of *Give and Take* and *Originals* examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more: the ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval--and too little like scientists searching for truth. Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we are, the blinder to our own limitations we can become. Organizational psychologist Adam Grant is an expert on opening other people's minds--and our own. As Wharton's top-rated professor and the bestselling author of *Originals* and *Give and Take*, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. *Think Again* reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom.

Primary Level

The Six-Minute Solution

The Effects of Using the Six Minute Solution -- a Reading Fluency Program on Third Grade Fluency and Comprehension

Pocket Book of Hospital Care for Children

Essentials of Evidence-Based Academic Interventions

The Reading Teacher's Sourcebook

A Reading Fluency Program

Public health officials and organizations around the world remain on high alert because of increasing

concerns about the prospect of an influenza pandemic, which many experts believe to be inevitable. Moreover, recent problems with the availability and strain-specificity of vaccine for annual flu epidemics in some countries and the rise of pandemic strains of avian flu in disparate geographic regions have alarmed experts about the world's ability to prevent or contain a human pandemic. The workshop summary, *The Threat of Pandemic Influenza: Are We Ready?* addresses these urgent concerns. The report describes what steps the United States and other countries have taken thus far to prepare for the next outbreak of "killer flu." It also looks at gaps in readiness, including hospitals' inability to absorb a surge of patients and many nations' incapacity to monitor and detect flu outbreaks. The report points to the need for international agreements to share flu vaccine and antiviral stockpiles to ensure that the 88 percent of nations that cannot manufacture or stockpile these products have access to them. It chronicles the toll of the H5N1 strain of avian flu currently circulating among poultry in many parts of Asia, which now accounts for the culling of millions of birds and the death of at least 50 persons. And it compares the costs of preparations with the costs of illness and death that could arise during an outbreak.

*Waltzing Australia* was born out of a dream-and a journey. After walking away from her corporate career, Cynthia Clampitt headed to Australia, to start over, to write, and to test the limits of what she could do. *Waltzing Australia* recounts that joyous adventure. It is a story about change and about making dreams come true. But more than that, it is about Australia: the history, legends and art, both European and Aboriginal; the beauty, the challenge, the people, the land. From Sydney to Perth, Tasmania to Darwin, tropics to desert, city to wilderness, Clampitt carries the reader along on an exhilarating grand tour of a fascinating country. With a writing style reminiscent of Annie Dillard, she captures the essence of the land Down Under and invites others to fall in love with Australia.

This book presents all the publicly available questions from the PISA surveys. Some of these questions were used in the PISA 2000, 2003 and 2006 surveys and others were used in developing and trying out the assessment.

NEW YORK TIMES BESTSELLER • The groundbreaking investigation of how the global elite's efforts to "change the world" preserve the status quo and obscure their role in causing the problems they later seek to solve. An essential read for understanding some of the egregious abuses of power that dominate today's news. "Impassioned... Entertaining reading." —The Washington Post Anand Giridharadas takes us into the inner sanctums of a new gilded age, where the rich and powerful fight for equality and justice any way they can—except ways that threaten the social order and their position atop it. They rebrand themselves as saviors of the poor; they lavishly reward "thought leaders" who redefine "change" in ways that preserve the status quo; and they constantly seek to do more good, but never less harm. Giridharadas asks hard questions: Why, for example, should our gravest problems be solved by the unelected upper crust instead of the public institutions it erodes by lobbying and dodging taxes? His groundbreaking investigation has already forced a great, sorely needed reckoning among the world's wealthiest and those they hover above, and it points toward an answer: Rather than rely on scraps from the winners, we must take on the grueling democratic work of building more robust, egalitarian institutions and truly changing the world—a call to action for elites and everyday citizens alike.

Ugly Love

The Threat of Pandemic Influenza

Alcoholics Anonymous

A Wrinkle in Time

A Unifying Foundation

Report of the National Reading Panel : Teaching Children to Read : an Evidence-based Assessment of the Scientific Research Literature on Reading and Its Implications for Reading Instruction

Who Moved My Cheese?

From Colleen Hoover, the #1 New York Times bestselling author of *It Ends With Us*, a heart-wrenching love story that proves attraction at first sight can be messy. When Tate Collins meets airline pilot Miles Archer, she doesn't think it's love at first sight. They wouldn't even go so far as to consider themselves friends. The only thing Tate and Miles have in common is an undeniable mutual attraction. Once their desires are out in the open, they realize they have the perfect set-up. He doesn't want love, she doesn't have time for love, so that just leaves the sex. Their arrangement could be surprisingly seamless, as long as Tate can stick to the only two rules Miles has for her. Never ask about the past. Don't expect a future. They think they can handle it, but realize almost immediately they can't handle it at all. Hearts get infiltrated. Promises get broken. Rules get shattered. Love gets ugly.

What's being widely regarded as "one of the most life changing books ever written" may be the simplest approach to achieving everything you've ever wanted, and faster than you ever thought possible. What if you could wake up tomorrow and any-or EVERY-area of your life was beginning to transform? What would you change? The *Miracle Morning* is already transforming the lives of tens of thousands of people around the world by showing them how to wake up each day with more ENERGY, MOTIVATION, and FOCUS to take your life to the next level. It's been right here in front of us all along, but this book has finally brought it to life. Are you ready? The next chapter of YOUR life-the most extraordinary life you've ever imagined-is about to begin. It's time to WAKE UP to your full potential...

Aleister Crowley's *The Book of Lies* is an important and complex work of occultism. Deciphering its many layers of hidden meaning requires a little patience and more than a beginner's knowledge of Thelema. For those interested in passing beyond the initiate stage, the reward offered by a deeper understanding of this challenging text is well worth the effort. This new 2018 edition of *The Book of Lies* from Kismet Publishing restores all of Crowley's original text, including the important keys, sigils and diagrams often omitted from reprints.

Scores of talented and dedicated people serve the forensic science community, performing vitally important work. However, they are often constrained by lack of adequate resources, sound policies, and national support. It is clear that change and advancements, both systematic and scientific, are needed in a number of forensic science disciplines to ensure the reliability of work, establish enforceable standards, and promote best practices with consistent application. *Strengthening Forensic Science in the United States: A Path Forward* provides a detailed plan for addressing these needs and suggests the creation of a new government entity, the National Institute of Forensic Science, to establish and enforce standards within the forensic science community. The benefits of improving and regulating the forensic science

disciplines are clear: assisting law enforcement officials, enhancing homeland security, and reducing the risk of wrongful conviction and exoneration. Strengthening Forensic Science in the United States gives a full account of what is needed to advance the forensic science disciplines, including upgrading of systems and organizational structures, better training, widespread adoption of uniform and enforceable best practices, and mandatory certification and accreditation programs. While this book provides an essential call-to-action for congress and policy makers, it also serves as a vital tool for law enforcement agencies, criminal prosecutors and attorneys, and forensic science educators.

Are We Ready? Workshop Summary

Essentials of Dyslexia Assessment and Intervention

College Success

Sample Questions from OECD's PISA Assessments

RTI Applications, Volume 2

The Book of Lies

Put Reading First

Quickly acquire the knowledge and skills you need to effectively understand, assess, and treat individuals struggling with dyslexia. Essentials of Dyslexia Assessment and Intervention provides practical, step-by-step information on accurately identifying, assessing, and using evidence-based interventions with individuals with dyslexia. Addressing the components that need to be considered in the assessment of dyslexia—both cognitive and academic—this book includes descriptions of the various tests used in a comprehensive dyslexia assessment along with detailed, evidence-based interventions that professionals and parents can use to help individuals struggling with dyslexia. Like all the volumes in the Essentials of Psychological Assessment series, each concise chapter features numerous callout boxes highlighting key concepts, bulleted points, and extensive illustrative material, as well as test questions that help you gauge and reinforce your grasp of the information covered. Providing an in-depth look at dyslexia, this straightforward book presents information that will prepare school psychologists, neuropsychologists, educational diagnosticians, special education teachers, as well as general education teachers, to recognize, assess, and provide effective treatment programs for dyslexia. The book is also a good resource for parents who are helping a child with dyslexia. A practical guide to understanding, assessing, and helping individuals who have dyslexia. Expert advice and tips throughout. Conveniently formatted for rapid reference. Other titles in the Essentials of Psychological Assessment series: Essentials of Assessment Report Writing Essentials of School Neuropsychological Assessment Essentials of Evidence-Based Academic Interventions Essentials of Response to Intervention Essentials of Processing Assessment Essentials of Conners Behavior Assessments Essentials of Cross-Battery Assessment, Second Edition Essentials of WISC-IV Assessment, Second Edition The Pocket Book is for use by doctors, nurses and other health workers who are responsible for the care of young children at the first level referral hospitals. This second edition is based on evidence from several WHO updated and published clinical guidelines. It is for use in both inpatient and outpatient care in small hospitals with basic laboratory facilities and essential medicines. In some settings these guidelines can be used in any facilities where sick children are admitted for inpatient care. The Pocket Book is one of a series of documents and tools that support the Integrated Management.

The purpose of this study was to examine the effectiveness of the Six-Minute Solution program for reading fluency. Three pairs of fourth grade students were chosen for this intervention during a four week time period. The pairs of students came from various levels of reading fluency. In the pairs of students, one student read the Six-Minute Solution passages while the other partner helped track the first student's progress. The intervention lasted approximately six minutes a day, five days a week. Participants were audio recorded when necessary and the progress was monitored weekly using AIMSweb fluency probes (Reading Curriculum-Based Measurement). The participants were compared to the nationally normed average for rate of improvement according to AIMSweb. The conclusion was that the program helped build confidence, improved reading fluency, and created the determination to read more throughout the day to continue progress.

First released in the Spring of 1999, How People Learn has been expanded to show how the theories and insights from the original book can translate into actions and practice, now making a real connection between classroom activities and learning behavior. This edition includes far-reaching suggestions for research that could increase the impact that classroom teaching has on actual learning. Like the original edition, this book offers exciting new research about the mind and the brain that provides answers to a number of compelling questions. When do infants begin to learn? How do experts learn and how is this different from non-experts? What can teachers and schools do—with curricula, classroom settings, and teaching methods—to help children learn most effectively? New evidence from many branches of science has significantly added to our understanding of what it means to know, from the neural processes that occur during learning to the influence of culture on what people see and absorb. How People Learn examines these findings and their implications for what we teach, how we teach it, and how we assess what our children learn. The book uses exemplary teaching to illustrate how approaches based on what we now know result in in-depth learning. This new knowledge calls into question concepts and practices firmly entrenched in our current education system. Topics include: How learning actually changes the physical structure of the brain. How existing knowledge affects what people notice and how they learn. What the thought processes of experts tell us about how to teach. The amazing learning potential of infants. The relationship of classroom learning and everyday settings of community and workplace. Learning needs and opportunities for teachers. A realistic look at the role of technology in education.

The Research Building Blocks for Teaching Children to Read: Kindergarten Through Grade 3

PISA Take the Test Sample Questions from OECD's PISA Assessments

How People Learn

An A-Mazing Way to Deal with Change in Your Work and in Your Life

The Future of Disability in America

Molecular Biology of the Cell

A Good Place for a City

This report considers the biological and behavioral mechanisms that may underlie the pathogenicity of tobacco smoke. Many Surgeon General's reports have considered research findings on mechanisms in assessing the biological plausibility of associations observed in epidemiologic studies. Mechanisms of disease are important because they may provide plausibility, which is one of the guideline criteria for assessing evidence on causation. This report specifically reviews the evidence on the potential mechanisms by which smoking causes diseases and considers whether a mechanism is likely to be operative in the production of human disease by tobacco smoke. This evidence is relevant to understanding how smoking causes disease, to identifying those who may be particularly susceptible, and to assessing the potential risks of tobacco products.

The basic text for Alcoholics Anonymous.

Adolescence is "beginning with the onset of puberty and ending in the mid-20s" is a critical period of development during which key areas of the brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population, the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescence rather than focusing myopically on containing its risks. This report examines the neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities in opportunity, enabling all adolescents to flourish.

The future of disability in America will depend on how well the U.S. prepares for and manages the demographic, fiscal, and technological developments that will unfold during the next two to three decades. Building upon two prior studies from the Institute of Medicine (the 1991 Institute of Medicine's report Disability in America and the 1997 report Enabling America), The Future of Disability in America examines both progress and concerns about continuing barriers that limit the independence, productivity, and participation in community life of people with disabilities. This book offers a comprehensive look at a wide range of issues, including the prevalence of disability across the lifespan; disability trends the role of assistive technology; barriers posed by health care and other facilities with inaccessible buildings, equipment, and information formats; the needs of young people moving from pediatric to adult health care and of adults experiencing premature aging and secondary health problems; selected issues in health care financing (e.g., risk adjusting payments to health plans, coverage of assistive technology); and the organizing and financing of disability-related research. The Future of Disability in America is an assessment of both principles and scientific evidence for disability policies and services. This book's recommendations propose steps to eliminate barriers and strengthen the evidence base for future public and private actions to reduce the impact of disability on individuals, families, and society.

The Use of Six-Minute Solution Passages to Increase Reading Fluency

The Creator's Code

The Elite Charade of Changing the World

Transforming the Workforce for Children Birth Through Age 8

Realizing Opportunity for All Youth

How Tobacco Smoke Causes Disease

Effective Instruction for Middle School Students with Reading Difficulties

Essentials of Evidence-Based Academic Interventions puts at your fingertips the successful instructional techniques and materials necessary for accurate and effective use of evidence-based interventions. Written by Barbara Wendling and Nancy Mather, two experts in educational assessment and intervention, this intervention-oriented reference presents clear descriptions of research-based interventions in the areas of: phonological awareness and beginning reading phonics; phonics and sight word instruction; reading fluency; vocabulary and reading comprehension; spelling, handwriting, and written expression; basic math skills; and math problem-solving.

The purpose of the study was to determine whether the use of daily repeated reading practice through the use of the Six Minute Solution Reading Fluency Program would improve reading fluency and as a result increase reading comprehension of third grade students. This study used a pretest/posttest design in a third grade classroom during the fall trimester of the 2009-2010 school year. Pretests were given to determine the individual student's reading level, their fluency rate, and their comprehension level. The students participated in a daily six minute routine which included repeated reading of passages in order to improve their fluency rate. Students graphed their scores daily. Assessments were done regularly to determine whether students needed to be regrouped. The data and results showed an increase in reading fluency as well as comprehension in the majority of students, thus supporting the purpose of this study.

Based on in-depth interviews with more than 200 leading entrepreneurs, a lecturer at the Stanford Graduate School of Business identifies the six essential disciplines needed to transform your ideas into real-world successes. Each of us has the capacity to spot opportunities, invent products, and build businesses—even \$100 million businesses. How do some people turn ideas into enterprises that endure? Why do some people succeed when so many others fail? The Creator's Code unlocks the six essential skills that turn small notions into big companies. This landmark book is based on 200 interviews with today's leading entrepreneurs including the founders of LinkedIn, Chipotle, eBay, Under Armour, Tesla Motors, SpaceX, Spanx, Airbnb, PayPal, Jetblue, Gilt Groupe, Theranos, and Dropbox. Over the course of five years, Amy Wilkinson conducted rigorous interviews and analyzed research across many different fields. From the creators of the companies ranging from Yelp to Chobani to Zipcar, she found that entrepreneurial success works in much the same way. Creators are not born with an innate ability to conceive and build \$100 million enterprises. They work at it. They all share fundamental skills that can be learned, practiced, and passed on. The Creator's Code reveals six skills that make creators of all kinds of endeavors breakthrough. These skills aren't rare gifts or slim chance talents. Entrepreneurship, Wilkinson demonstrates, is accessible to everyone.

Lumbering elephants, ears like fans, Rests in shade on grassy lands. Worker termites, small but strong, Build nests with roof mounds all day long.

The Six-minute Solution

The Power of Knowing What You Don't Know

Mindful America

Democracy and Education

Strengthening Forensic Science in the United States

Waltzing Australia

Invisible Women

Provides methods for teaching students in middle school with reading problems using lessons, strategies, and foundational knowledge.

A Wrinkle in Time is the winner of the 1963 Newbery Medal. It was a dark and stormy night—Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract." A tesseract (in case the reader doesn't know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of Miss L'Engle's unusual book. A Wrinkle in Time, winner of the Newbery Medal in 1963, is the story of the adventures in space and time of Meg, Charles Wallace, and Calvin O'Keefe (athlete, student, and one of the most popular boys in high school). They are in search of Meg's father, a scientist who disappeared while engaged in secret work for the government on the tesseract problem.

Reading fluency has been identified as a key component of proficient reading. Research has consistently demonstrated significant and substantial correlations between reading fluency and overall reading achievement. Despite the great potential for fluency to have a significant outcome on students' reading achievement, it continues to be not well understood by teachers, school administrators and policy makers. The chapters in this volume examine reading fluency from a variety of perspectives. The initial chapter sketches the history of fluency as a literacy instruction component. Following chapters examine recent studies and approaches to reading fluency, followed by chapters that explore actual fluency instruction models and the impact of fluency instruction. Assessment of reading fluency is critical for monitoring progress and identifying students in need of intervention. Two articles on assessment, one focused on word recognition and the other on prosody, expand our understanding of fluency measurement. Finally, a study from Turkey explores the relationship of various reading competencies, including fluency, in an integrated model of reading. Our hope for this volume is that it may spark a renewed interest in research into reading fluency and

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fluency instruction and move toward making fluency instruction an even more integral part of all literacy instruction.

Alex Rogo is a harried plant manager working ever more desperately to try and improve performance. His factory is rapidly heading for disaster. So is his marriage. He has ninety days to save his plant - or it will be closed by corporate HQ, with hundreds of job losses. It takes a chance meeting with a colleague from student days - Jonah - to help him break out of conventional ways of thinking to see what needs to be done.

Described by Fortune as a 'guru to industry' and by Businessweek as a 'genius', Eliyahu M. Goldratt was an internationally recognized leader in the development of new business management concepts and systems.

This 20th anniversary edition includes a series of detailed case study interviews by David Whitford, Editor at Large, Fortune Small Business, which explore how organizations around the world have been transformed by Eli Goldratt's ideas. The story of Alex's fight to save his plant contains a serious message for all managers in industry and explains the ideas which underline the Theory of Constraints (TOC) developed by Eli Goldratt. Written in a fast-paced thriller style, The Goal is the gripping novel which is transforming management thinking throughout the Western world. It is a book to recommend to your friends in industry - even to your bosses - but not to your competitors!

Winners Take All

The Biology and Behavioral Basis for Smoking-attributable Disease : a Report of the Surgeon General

Reading Fluency

Think Again

An Introduction to the Philosophy of Education,

The Miracle Morning

Data Bias in a World Designed for Men

John Dewey's Democracy and Education addresses the challenge of providing quality public education in a democratic society. In this classic work Dewey calls for the complete renewal of public education, arguing for the fusion of vocational and contemplative studies in education and for the necessity of universal education for the advancement of self and society. First published in 1916, Democracy and Education is regarded as the seminal work on public education by one of the most important scholars of the century.

THE #1 INTERNATIONAL BESTSELLER WITH OVER 28 MILLION COPIES IN PRINT! A timeless business classic, Who Moved My Cheese? uses a simple parable to reveal profound truths about dealing with change so that you can enjoy less stress and more success in your work and in your life. It would be all so easy if you had a map to the Maze. If the same old routines worked. If they'd just stop moving "The Cheese." But things keep changing... Most people are fearful of change, both personal and professional, because they don't have any control over how or when it happens to them. Since change happens either to the individual or by the individual, Dr. Spencer Johnson, the coauthor of the multimillion bestseller The One Minute Manager, uses a deceptively simple story to show that when it comes to living in a rapidly changing world, what matters most is your attitude. Exploring a simple way to take the fear and anxiety out of managing the future, Who Moved My Cheese? can help you discover how to anticipate, acknowledge, and accept change in order to have a positive impact on your job, your relationships, and every aspect of your life.

Thirty years ago, "mindfulness" was a Buddhist principle mostly obscure to the west. Today, it is a popular cure-all for Americans' daily problems. A massive and lucrative industry promotes mindfulness in every aspect of life, however mundane or unlikely: Americans of various faiths (or none at all) practice mindful eating, mindful sex, mindful parenting, mindfulness in the office, mindful sports, mindfulness-based stress relief and addiction recovery, and hire mindful divorce lawyers. Mindfulness is touted by members of Congress, CEOs, and Silicon Valley tech gurus, and is even being taught in public schools, hospitals, and the military. Focusing on such processes as the marketing, medicalization, and professionalization of meditation, Jeff Wilson reveals how Buddhism shed its countercultural image and was assimilated into mainstream American culture. The rise of mindfulness in America, Wilson argues, is a perfect example of how Buddhism enters new cultures and is domesticated: in each case, the new cultures take from Buddhism what they believe will relieve their specific distresses and concerns, and in the process create new forms of Buddhism adapted to their needs. Wilson also tackles the economics of the mindfulness movement, examining commercial programs, therapeutic services, and products such as books, films, CDs, and even smartphone applications. Mindful America is the first in-depth study of this phenomenon--invaluable for understanding how mindfulness came to be applied to such a vast array of non-religious concerns and how it can be reconciled with traditional Buddhism in America.

Discusses why many cities are located near bodies of water

The Promise of Adolescence

The Story of how Many Thousands of Men and Women Have Recovered from Alcoholism

Recommended Minimum Requirements for Plumbing

Home for a Tiger, Home for a Bear

A Path Forward

A Novel

The Six Essential Skills of Extraordinary Entrepreneurs