

The Time Chunking Method A 10 Step Action Plan For Increasing Your Productivity Time Management And Productivity Action Guide Series

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The P. R. I. M. E. R. Goal Setting Method: the Only Goal Achievement Guide You'll Ever Need! - Damon Zahariades

2018-06-24

Setting Goals Is Easy. Achieving Them Is The Hard Part! Are you sick and tired of setting goals that rarely pan out? Are you frustrated with pursuing dreams that never come to pass? If so, you'll love The P.R.I.M.E.R. Goal Setting Method. Imagine knowing you can accomplish anything you set out to do. Imagine pursuing a new skill, a coveted promotion, a promising relationship, a toned physique, or financial independence, without a shred of doubt that you'll succeed. This can be your reality. You can learn how to set goals that always bear fruit. Moreover, you may be surprised by how simple doing so is. **DOWNLOAD The P.R.I.M.E.R. Goal Setting Method: The Only Goal Achievement Guide You'll Ever Need!** Amazon bestselling author Damon Zahariades provides a clear, concise, and actionable system for accomplishing anything you set out to do. You'll learn how to approach goal setting in a way that practically guarantees success. Along the way, you'll experience a massive boost in self-confidence. After achieving goal after goal, you'll begin to anticipate success as a foregone conclusion. In The P.R.I.M.E.R. Goal Setting Method, you'll discover: 7 Reasons You're Failing To Achieve Your Goals (And What To Do About Each One!) The Top 10 Goal-Setting Systems Used Today (And How Each Of Them Is Seriously Flawed) My Personal 6-Step Method For Setting Goals That Always Deliver Results A Quick-Start Guide To Tracking Your Progress One Of The Most Important Steps In Setting Goals (It's Overlooked By Today's Popular Systems) Which Is Better: Goals Or Routines? (The Answer May Surprise You) Why You Should Always Perform A Goal Autopsy On Failed Goals (And How To Do It!) If you've ever felt defeated or discouraged by failed goals, realize it has nothing to do with your ability or potential. You can accomplish more than you imagine. The "secret" is to follow the right approach to goal achievement. The P.R.I.M.E.R. Goal Setting Method gives you a simple, but incredibly effective, step-by-step process you can use today! It's practical. It's actionable. And if you follow it closely, it'll deliver extraordinary results! Scroll to the top of the page and click the "BUY NOW" button to grab your copy.

Python and HDF5 - Andrew Collette 2013-10-21

Gain hands-on experience with HDF5 for storing scientific data in Python. This practical guide quickly gets you up to speed on the details, best practices, and pitfalls of using HDF5 to archive and share numerical datasets ranging in size from gigabytes to terabytes. Through real-world examples and practical exercises, you'll explore topics such as scientific datasets, hierarchically organized groups, user-defined metadata, and interoperable files. Examples are applicable for users of both Python 2 and Python 3. If you're familiar with the basics of Python data analysis, this is an ideal introduction to HDF5. Get set up with HDF5 tools and create your first HDF5 file Work with datasets by learning the HDF5 Dataset object Understand advanced features like dataset chunking and compression Learn how to work with HDF5's hierarchical structure, using groups Create self-describing files by adding metadata with HDF5 attributes Take advantage of HDF5's type system to create interoperable files Express relationships among data with references, named types, and dimension scales Discover how Python mechanisms for writing parallel code interact with HDF5

The Procrastination Cure: 21 Proven Tactics for Conquering Your Inner Procrastinator, Mastering Your Time, and Boosting Your Productivity! - Damon Zahariades 2017-05-21

Learn How To Take Quick Action, Make Fast Decisions, And Get More Done In Less Time! Do you regularly procrastinate? Do you often struggle to get started on important projects? Do you allow tasks to pile up until they make you feel stressed and overwhelmed? If so, there's a simple solution: THE PROCRASTINATION CURE. Imagine looking at your to-do list and immediately tackling, completing, and crossing off tasks. Imagine making quick decisions regarding which projects receive your immediate attention. Imagine finishing your work each day with hours to spare! Amazon bestselling author, Damon Zahariades, provides a start-to-finish blueprint for beating your inner procrastinator. He'll show you, step by step, how to overcome your tendency to put off important chores, projects, and activities, and consistently take action that catapults your productivity. You'll receive more than 21 proven tactics for conquering your impulse to procrastinate. You'll also learn the REASONS you procrastinate, along with actionable advice on how to nip them in the bud. In THE PROCRASTINATION CURE, you'll discover: The 13 most common reasons people postpone taking action Why your to-do list might be encouraging you to procrastinate (and what to do about it) How to create an action-prompting reward system tailored to your personal proclivities 4 easy tips for silencing your inner perfectionist and getting to work Surprising advice from Mark Twain on how to beat procrastination The one decision that'll spur you to take action and complete tasks in record time The power of accountability (and how to find the perfect partner) How to prioritize tasks and projects according to your personal goals A 3-step system for tracking your energy levels, and using the data to maximize your productivity How to use Time Chunking to tackle large, daunting projects One of the most common forms of self-sabotage (and how to avoid it) How to muzzle your inner critic and eliminate negative self-talk A curious strategy novelist Victor Hugo successfully used to tame his inner procrastinator And much, much more! Plus, you'll receive 3 BONUS tactics, each of which will prove instrumental in overcoming your inner procrastinator. There's also a BONUS SECTION that includes detailed answers to common questions asked about how to curb the procrastination habit. THE PROCRASTINATION CURE is for anyone who struggles to take action. Whether you're a student, corporate executive, entrepreneur, or stay-at-home parent, the tactics described in this book can set the stage for a personal transformation. Grab your copy of THE PROCRASTINATION CURE today to finally conquer your inner procrastinator and get to work on tasks and projects you're tempted to put off until later! This how-to guide is written in the great self-help, personal development tradition of Cal Newport, David Allen, and S.J. Scott. Scroll to the top of the page and click the "BUY NOW" button!

Start Finishing - Charlie Gilkey 2019-09-24

Awards for Start Finishing: • Publishers Weekly Fall 2019 Top 10 Business and Economics Books • Book Authority Best New Book in (the categories of) Time Management, Success, Productivity, and Goal Setting • Kirkus Reviews Top Indie Book • Montaigne Medal Finalist • Independent Publisher Book Award 2020: Silver Award for Business/Careers/Sales • Eric Hoffer Book Award 2020: Grand Prize Productivity Meets Purpose—Discover a Powerful Nine-Step Method to Start Finishing the Work That Matters Most How much of your time and attention lately has been focused on things that truly matter to you? Most people's honest answer is: not enough. Everyone is buried by busywork, responsibility, distraction, and fatigue. The joy-producing, difference-making ideas are waiting for when the time is right, when the current

project is over, when they have a little more money, when the kids are grown, or when they get a more understanding boss. They are waiting for someday. The trouble is someday never comes on its own. Start Finishing presents a nine-step method for converting an idea into a project by addressing the challenges you'll face and getting the project on a reality-based schedule. This critically acclaimed book will teach you how to:

- Practice the five keys that lead to self-mastery
- Build your success pack of supporters, guides, peers, and beneficiaries
- Keep working through the thrashing that comes with any project that matters to you
- Chunk, link, and sequence your ideas down to doable parts
- Use the Five Project Rule to prioritize your daily schedule and be at peace with the work you choose not to do
- Fly through drag points—how to deal with head trash, no-win scenarios, and other people's priorities
- Heatmap your schedule so you do the right work at the right time
- Overcome cascades, logjams, and tarps—the three ways projects routinely get stuck
- Finish strong—celebrate, review, and ride the momentum to your next goal

You are not incapable, wired to struggle, or fated to be unable to get your act together. With a few key steps, you can change the way you show up, how you plan, and how you respond when things get tough. You can Start Finishing the work that matters most to you. Includes original contributions from Seth Godin, Susan Piver, Jonathan Fields, James Clear, and many other teachers.

The Lean Product Playbook - Dan Olsen 2015-05-21

The missing manual on how to apply Lean Startup to build products that customers love The Lean Product Playbook is a practical guide to building products that customers love. Whether you work at a startup or a large, established company, we all know that building great products is hard. Most new products fail. This book helps improve your chances of building successful products through clear, step-by-step guidance and advice. The Lean Startup movement has contributed new and valuable ideas about product development and has generated lots of excitement. However, many companies have yet to successfully adopt Lean thinking. Despite their enthusiasm and familiarity with the high-level concepts, many teams run into challenges trying to adopt Lean because they feel like they lack specific guidance on what exactly they should be doing. If you are interested in Lean Startup principles and want to apply them to develop winning products, this book is for you. This book describes the Lean Product Process: a repeatable, easy-to-follow methodology for iterating your way to product-market fit. It walks you through how to:

- Determine your target customers
- Identify underserved customer needs
- Create a winning product strategy
- Decide on your Minimum Viable Product (MVP)
- Design your MVP prototype
- Test your MVP with customers
- Iterate rapidly to achieve product-market fit

This book was written by entrepreneur and Lean product expert Dan Olsen whose experience spans product management, UX design, coding, analytics, and marketing across a variety of products. As a hands-on consultant, he refined and applied the advice in this book as he helped many companies improve their product process and build great products. His clients include Facebook, Box, Hightail, Epocrates, and Medallia. Entrepreneurs, executives, product managers, designers, developers, marketers, analysts and anyone who is passionate about building great products will find The Lean Product Playbook an indispensable, hands-on resource.

Good Morning, Good Life: 5 Simple Habits to Master Your

Mornings and Upgrade Your Life - Amy Schmittauer Landino 2019-12

"Not a morning person? Not a problem! I want you to wake up on your terms and no one else's." Morning routines. We hear about them all the time. We see them on social media feeds and in online videos. We read about them in memoirs and self-improvement books. So, what's the big deal? What's so important about what we do every morning? In Good Morning, Good Life, Amy Schmittauer Landino- the world's #1 productive lifestyle coach-reveals the truth about mornings and how to create daily rituals that are truly right for you. Discover how to: decide on a 'why' that will make you want to jump out of bed everyday, defy the morning missteps that keep you from starting the day on the right foot, rise for a new day well-rested and prepared for what the day has in store for you, shine each morning doing what makes you feel like your best version of you (rather than what the rest of the world says to do), and thrive throughout your journey with some bonus productive lifestyle tips for the rest of your day! Landino is best known for her work as the award-winning host of AmyTV on YouTube, and as the host of the self-improvement podcast Detail Therapy. Her practical and uplifting coaching approach carries over in Good Morning, Good Life with a lot of customizable tips (and even more personality!) This is a can't-miss read for anyone who is ready to go after the life they want!

Rock Your To-Do List - Lain Ehmann 2016-03-23

* Have you ever rewritten your "to-do" list, hoping it would help you get more done? * Do you look for the "perfect" planner, calendar, or organizer because you're convinced if you just found the "right" one, you'd be more organized and productive? * Do you wonder why your life is so overwhelming when everyone else seems to be getting so much done? What if the problem wasn't YOU, but the systems you're trying to use? A self-proclaimed "Type A" personality, author Lain Ehmann tried it all. From "Getting Things Done" to the Franklin-Covey system to minimalism, she tested program after program, looking for the one that would finally work for her. But no matter what she tried, she'd end up at the same place: With a to-do list a mile long, and no clue how to fit her non-standard life into the squares on the planner calendar. Then one day, she asked herself an empowering question: What if the problem wasn't HER, but the systems? What if the real issue was trying to force her life into the system, instead of trying to find a system that fit her life? Suddenly, it all made sense. She threw out everything she'd learned about time management and started from scratch. Using the biggest lessons of productivity and efficiency from luminaries like Brian Tracy, Lain developed her own flexible, unique program from the ground-up. "Rock Your To-Do List" is that program. If you've constantly been frustrated by traditional productivity and time-management programs, RYTDL is for YOU. You'll learn:

- * How traditional time-management programs fail us
- * How you can accomplish MORE by doing LESS
- * Why to-do lists are your secret weapon to productivity
- * How to create SMARTY goals
- * and more!

If you're ready for a flexible, powerful program that fits your life instead of forcing you to fit your multi-faceted, 3-D life into a 2-D planner, you'll love the RYTDL program.

Bulletproof Your Carer - Patricia Romboletti 2018-10-09

Master The Big 5 Personality Traits & The 10 Personality Facets - Sadiya Shahid 2022-10-22

How do we take control of our personality? What can we practically do to shape and improve our personality across all traits and facets? This workbook, Master The Big 5 Personality Traits & The 10 Personality Facets With Research-Backed Exercises, is here to help you do just that. THE SCIENCE OF PERSONALITY Get familiar with OCEAN, the BIG 5 personality traits, and their 10 personality facets. □ Openness/Intellect: Openness to Experience □ Openness/Intellect: Intellect □ Conscientiousness: Industriousness □ Conscientiousness: Orderliness □ Extraversion: Enthusiasm □ Extraversion: Assertiveness □ Agreeableness: Compassion □ Agreeableness: Politeness □ Neuroticism: Withdrawal □ Neuroticism: Volatility PRACTICAL SELF-DEVELOPMENT TOOLS We've turned leading psychology research into actionable exercises you can implement in your daily life to improve each personality facet. □ Problem-Solving Self-Talk □ Cognitive Behavioral Therapy (CBT) □ Goal Setting □ Awe-Inspiring Contemplation □ Deliberate Practice □ & MORE BECOME A LINCHPIN Train yourself to become indispensable and multiple your chances to: □ Develop a growth mindset □ Get the best jobs and the most freedom □ Strike a balance between work, productivity and mental health

The Pomodoro Technique - Francesco Cirillo 2018-08-14

Available through bookstores for the first time, the internationally acclaimed time management system that has been used by millions, written by Francesco Cirillo, creator of the Pomodoro Technique. Francesco Cirillo developed his famed system for improving productivity as a college student thirty years ago. Using a kitchen timer shaped like a pomodoro (Italian for tomato), Cirillo divided the time he spent working on a project into 25-minute intervals, with 5-minute breaks in between, in order to get more done, without interruptions. By grouping a number of pomodoros together, users can tackle a project of any length, and drastically improve their productivity, enhance their focus, and better achieve their goals. Originally self-published, and shared virally online, this new publication of The Pomodoro Technique includes several new chapters on how teams can use the pomodoro method to save time and increase productivity. The process underlying Cirillo's technique includes five stages: planning the day's tasks, tracking your efforts, recording your daily activities, processing what you have done, and visualizing areas for improvement. With this tried and tested method, readers can simplify their work, find out how much time and effort a task really requires, and improve their focus so they can get more done in the same amount of time each day.

R Markdown - Yihui Xie 2018-07-27

R Markdown: The Definitive Guide is the first official book authored by the core R Markdown developers that provides a comprehensive and accurate reference to the R Markdown ecosystem. With R Markdown,

you can easily create reproducible data analysis reports, presentations, dashboards, interactive applications, books, dissertations, websites, and journal articles, while enjoying the simplicity of Markdown and the great power of R and other languages. In this book, you will learn Basics: Syntax of Markdown and R code chunks, how to generate figures and tables, and how to use other computing languages Built-in output formats of R Markdown: PDF/HTML/Word/RTF/Markdown documents and ioslides/Slidy/Beamer/PowerPoint presentations Extensions and applications: Dashboards, Tufte handouts, xaringan/reveal.js presentations, websites, books, journal articles, and interactive tutorials Advanced topics: Parameterized reports, HTML widgets, document templates, custom output formats, and Shiny documents. Yihui Xie is a software engineer at RStudio. He has authored and co-authored several R packages, including knitr, rmarkdown, bookdown, blogdown, shiny, xaringan, and animation. He has published three other books, Dynamic Documents with R and knitr, bookdown: Authoring Books and Technical Documents with R Markdown, and blogdown: Creating Websites with R Markdown. J.J. Allaire is the founder of RStudio and the creator of the RStudio IDE. He is an author of several packages in the R Markdown ecosystem including rmarkdown, flexdashboard, learnr, and radix. Garrett Golemund is the co-author of R for Data Science and author of Hands-On Programming with R. He wrote the lubridate R package and works for RStudio as an advocate who trains engineers to do data science with R and the Tidyverse.

The 30-Day Productivity Plan: Break the 30 Bad Habits That Are Sabotaging Your Time Management - One Day at a Time! - Damon Zahariades 2016-11-15

Are you sick of procrastinating, losing focus and leaving projects unfinished? Do you feel overwhelmed by your responsibilities and unable to control the chaos of your day? Do you feel you could be more productive if only you knew how to manage your time? If so, you need The 30-Day Productivity Boost. This action guide takes you, step by step, through 30 bad habits that are crippling your time management efforts. Each habit is explored in detail. You'll learn about the triggers that prompt them and the ways in which they hurt your productivity. Most importantly, you'll receive actionable tips you can use immediately to curb the bad habits that are holding you back and create healthier, more productive habits in their place. A Blueprint For Better Time Management! The 30-Day Productivity Boost gives you the tools to make the most of your time. It gives you the steps along with a simple system for putting those steps into action. Here's a sample of what you'll learn in this fast-paced action guide: A simple formula for creating to-do lists that actually work How to slash the amount of time it takes you to complete any task How to stop being a people-pleaser and catapult your productivity 5 tips for designing your workday so you can avoid working overtime Imagine how the extra time you'll have after putting these tips into practice will improve your life: You'll experience less stress You'll enjoy more time with your family You'll be able to pursue personal hobbies You'll have the freedom to be more spontaneous And that's just scratching the surface. The 30-Day Productivity Boost will show you how to create a rewarding lifestyle while still getting things done. You'll learn: How to create a diet that improves, rather than hinders, your productivity A 6-step system for breaking your procrastination habit 6 easy tips for curbing your social media addiction The productivity-killing effect of television and how to deal with it How to control your inner critic and regain confidence in yourself Are you ready to reap the benefits of high productivity? Would you like to get things done more quickly so you'll have the time you need to pursue other passions? You need The 30-Day Productivity Boost. In this action guide, you'll discover: 6 ways to leverage your body's natural rhythms to get more work done The one addiction nearly everyone suffers from (and how to crush it!) 4 actionable tips for taking advantage of the Pareto principle 5 steps to creating reachable goals that motivate you to be more productive An 8-step formula for avoiding - or recovering from - burnout Bonus Material Included In The 30-Day Productivity Boost I've included an entire chapter devoted to helping you curb the behaviors that are destroying your time management efforts. You'll learn a simple, 10-part system for breaking these bad habits and replacing them with behavioral patterns that boost your productivity. Take Action Today! The choice is yours. You can keep doing what you're currently doing and experience the same frustrating results. Or take action to improve how you manage your time. Download your copy of The 30-Day Productivity Boost today and create a more rewarding lifestyle!

*Get Sh*t Done* - Jeffrey Gitomer 2019-11-06

Discover the lost secrets of accomplishment and achievement! Do you

want to do more, accomplish more? Of course you do, everyone does. So, what's stopping you? *Get Sh*t Done* not only shows you what's preventing you from daily achievement, it provides the tools and the strategies to help you get to where you want to be. *Get Sh*t Done* is much more than just the title of this book, it's the method that unlocks the secrets of accomplishment and achievement—the GSD Secret Formula. In this book, you will learn to identify and implement the elements of superior productivity, eliminate the causes of procrastination, and achieve the best possible outcomes in business and in life. This valuable guide gives you a comprehensive, step-by-step plan for achieving maximum productivity. Bestselling author and "King of Sales" Jeffrey Gitomer guides you through each aspect of the GSD process, from attitude, desire, and determination, to goals, productivity, resilience, and fulfillment. Engaging and easy to read, this book shows you how to discover the best ways to invest your time into productive and profitable actions—and feel great about your achievements. Using the proven, immediately-actionable GSD Formula, you're on your way to: Doubling your achievements, your work habits, and your income Implementing simple shifts and simple actions that increase positive outcomes Recognizing the early warning signs of procrastination and reluctance Eliminating the major GSD distractions that hold you back Discovering how to select, set, and achieve your goals *Get Sh*t Done: The Ultimate Guide to Productivity, Procrastination, & Profitability* is a must-have resource for anyone who wants to never again say "I'll do it later" and just get it done.

College Success - Amy Baldwin 2020-03

The Core Values Handbook - Lynn Ellsworth Taylor 2010

"The Core Values Index (CVI) characterizes and measures each person's Real Core Values Nature. This is the essential self taht Abraham Maslow asserted is the innate unchanging nature in each of us that causes us to want to make our unique contribution. It is that part of us that determines where we fit, where we can each make our highest and best contribution. Fully automated Employment Pre-Selection, team building, conflict resolution, leadership training, management, restructuring departments, and businesses--all business and personal decisions are improved for those who have the advantage of the Core Values Index and the powerful Taylor Protocols that effectively put this revolutionary technology to work."--Page 2 of cover.

Data Mining: Concepts and Techniques - Jiawei Han 2011-06-09

Data Mining: Concepts and Techniques provides the concepts and techniques in processing gathered data or information, which will be used in various applications. Specifically, it explains data mining and the tools used in discovering knowledge from the collected data. This book is referred as the knowledge discovery from data (KDD). It focuses on the feasibility, usefulness, effectiveness, and scalability of techniques of large data sets. After describing data mining, this edition explains the methods of knowing, preprocessing, processing, and warehousing data. It then presents information about data warehouses, online analytical processing (OLAP), and data cube technology. Then, the methods involved in mining frequent patterns, associations, and correlations for large data sets are described. The book details the methods for data classification and introduces the concepts and methods for data clustering. The remaining chapters discuss the outlier detection and the trends, applications, and research frontiers in data mining. This book is intended for Computer Science students, application developers, business professionals, and researchers who seek information on data mining. Presents dozens of algorithms and implementation examples, all in pseudo-code and suitable for use in real-world, large-scale data mining projects Addresses advanced topics such as mining object-relational databases, spatial databases, multimedia databases, time-series databases, text databases, the World Wide Web, and applications in several fields Provides a comprehensive, practical look at the concepts and techniques you need to get the most out of your data

Time-Blocking - Luke Seavers 2021-01-03

Have you ever felt like there's just not enough time in the day...?For those of us with dreams and goals that we long to see accomplished in our lives, this frustration can be all-too-common. We find ourselves extremely busy, yet still, we struggle to find time for even the tasks we deem most important or the activities that bring us the most joy. When we talk about productivity, the conversation often goes to time management. "How can we manage our time better?" But what if I told you that the secret to productivity was actually not managing your time, but managing your focus? "Time Blocking" is a tool to help you do just that. It has been utilized in some form by some of the most accomplished

individuals, including Benjamin Franklin, Bill Gates, Gary Keller, and Elon Musk. Time-Blocking provides the method & mindset you need to win your day. It can help you to manage large tasks, reduce daily distractions, and complete your To-Do list in less time. If you find yourself dealing with stress in your business or work, then it could be that you simply need a system that will allow you to manage all that's on your plate. This method will provide you with a detailed framework for planning your daily, monthly, and yearly objectives. Time-Blocking is a skill that can be used in both business and personal time management. It will allow you to achieve greater focus in your life and reach your highest goals! Are you ready to start Time-Blocking? **TABLE OF CONTENTS:** Introduction **SECTION I: The Time-Blocking Mindset** Chapter 1: Maintain Single-Focus Chapter 2: Determine Your Essentials Chapter 3: Achieve More by Doing Less Chapter 4: Plan to Recharge Chapter 5: Take Back Control of Your Time **SECTION II: The Time-Blocking Method** Chapter 6: Macro-Blocking Chapter 7: Micro-Blocking Chapter 8: Day-Blocking (Part I) Chapter 9: Day-Blocking (Part II) Final Thoughts Also, see 'The Time-Blocking Day Planner,' available on Amazon, or at timeblockingbook.com.

The Power of the Actor - Ivana Chubbuck 2005-08-18

In *The Power of the Actor*, a Los Angeles Times bestseller, premier acting teacher and coach Ivana Chubbuck reveals her cutting-edge technique, which has launched some of the most successful acting careers in Hollywood. The first book from the instructor who has taught Charlize Theron, Brad Pitt, Elisabeth Shue, Djimon Hounsou, and Halle Berry, *The Power of the Actor* guides you to dynamic and effective results. For many of today's major talents, the Chubbuck Technique is the leading edge of acting for the twenty-first century. Ivana Chubbuck has developed a curriculum that takes the theories of the acting masters, such as Stanislavski, Meisner, and Hagen, to the next step by utilizing inner pain and emotions, not as an end in itself, but rather as a way to drive and win a goal. In addition to the powerful twelve-step process, the book takes well-known scripts, both classic and contemporary, and demonstrates how to precisely apply Chubbuck's script-analysis process. *The Power of the Actor* is filled with fascinating and inspiring behind-the-scenes accounts of how noted actors have mastered their craft and have accomplished success in such a difficult and competitive field.

Applied Text Analysis with Python - Benjamin Bengfort 2018-06-11

From news and speeches to informal chatter on social media, natural language is one of the richest and most underutilized sources of data. Not only does it come in a constant stream, always changing and adapting in context; it also contains information that is not conveyed by traditional data sources. The key to unlocking natural language is through the creative application of text analytics. This practical book presents a data scientist's approach to building language-aware products with applied machine learning. You'll learn robust, repeatable, and scalable techniques for text analysis with Python, including contextual and linguistic feature engineering, vectorization, classification, topic modeling, entity resolution, graph analysis, and visual steering. By the end of the book, you'll be equipped with practical methods to solve any number of complex real-world problems. Preprocess and vectorize text into high-dimensional feature representations Perform document classification and topic modeling Steer the model selection process with visual diagnostics Extract key phrases, named entities, and graph structures to reason about data in text Build a dialog framework to enable chatbots and language-driven interaction Use Spark to scale processing power and neural networks to scale model complexity

The Time Chunking Method: a 10-Step Action Plan for Increasing Your Productivity - Damon Zahariades 2017-03-22

Discover How To Use Time Chunking To Streamline Your Workflow And Skyrocket Your Productivity! Are you struggling to manage your time efficiently? Do you have the feeling you could be much more productive if only you used the right workflow strategy during your day? Enter the Time Chunking Method. It's one of the most popular time management strategies used today. Students, corporate managers, small business owners and stay-at-home moms employ it to get more done, stay motivated and carve out more free time. It can help you do the same thing! Time Management Made Easy! The key to using the Time Chunking Method effectively is to adjust it to your personal workflow. I'll show you how to do that in this book. Here are several other topics we'll cover: the one step that will determine whether you're successful using the Time Chunking Method the basics of using the technique (how to get started) what to do when you have a laundry list of small tasks to complete how to modify the Time Chunking Method to complement your workflow a cautionary tale about failing at time management (a personal

story) the most common roadblocks you'll face and how to overcome them the key differences between timeboxing and the Time Chunking Method how sleep affects your success with using time chunks how your diet plays a role in your productivity how to control your stress levels and squeeze maximum mileage from your day the fundamentals of goal-setting with the Time Chunking Method (how to set proper goals designed for success) actionable tips and hacks to prevent burnout dozens of ideas to get the most out of the breaks that separate your time chunks the top apps for optimizing your use of the Time Chunking Method As you can see, this book goes much further into the application of the Time Chunking Method than anything you've read online. My goal is to give you a complete action plan you can use to manage your time and increase your daily output. Start enjoying a higher level of productivity today! Scroll to the top of this page and hit the "Buy Now" button. You'll receive my book instantly along with details on how to grab a free bonus ebook! Download your copy of *The Time Chunking Method! To-do List Formula* -

The Art of Learning - Josh Waitzkin 2008-05-27

An eight-time national chess champion and world champion martial artist shares the lessons he has learned from two very different competitive arenas, identifying key principles about learning and performance that readers can apply to their life goals. Reprint. 35,000 first printing.

Teach Like a Champion 2.0 - Doug Lemov 2015-01-12

One of the most influential teaching guides ever—updated! *Teach Like a Champion 2.0* is a complete update to the international bestseller. This teaching guide is a must-have for new and experienced teachers alike. Over 1.3 million teachers around the world already know how the techniques in this book turn educators into classroom champions. With ideas for everything from boosting academic rigor, to improving classroom management, and inspiring student engagement, you will be able to strengthen your teaching practice right away. The first edition of *Teach Like a Champion* influenced thousands of educators because author Doug Lemov's teaching strategies are simple and powerful. Now, updated techniques and tools make it even easier to put students on the path to college readiness. Here are just a few of the brand new resources available in the 2.0 edition: Over 70 new video clips of real teachers modeling the techniques in the classroom (note: for online access of this content, please visit my.teachlikeachampion.com) A selection of never before seen techniques inspired by top teachers around the world Brand new structure emphasizing the most important techniques and step by step teaching guidelines Updated content reflecting the latest best practices from outstanding educators Organized by category and technique, the book's structure enables you to read start to finish, or dip in anywhere for the specific challenge you're seeking to address. With examples from outstanding teachers, videos, and additional, continuously updated resources at teachlikeachampion.com, you will soon be teaching like a champion. The classroom techniques you'll learn in this book can be adapted to suit any context. Find out why *Teach Like a Champion* is a "teaching Bible" for so many educators worldwide.

Designing Interfaces - Jenifer Tidwell 2005-11-21

Provides information on designing easy-to-use interfaces.

The Email Warrior - Ann Gomez 2017-01

The 5 Minute To-Do List Formula - Magnus Muller 2018-07-05

The 5 Minute Self Help Series consists of 3 books of topics: Procrastination, To-Do List and Mindfulness. As these 3 topics are different, you can start reading from any book of your choice! Book 1: The 5 Minute Procrastination Addiction Cure (Kindle: <https://www.amazon.com/dp/B07CT215ZZ>) (Paperback: <https://www.amazon.com/dp/1983161640>) Book 2: The 5 Minute To-Do List Formula (Kindle: <https://www.amazon.com/dp/B07F8HFDLC>) (Paperback: <https://www.amazon.com/dp/1983360260>) Book 3: The 5 Minute Mindfulness Practical Guide (Kindle: <https://www.amazon.com/dp/B07F8H6ZS2>) (Paperback: <https://www.amazon.com/dp/1983360392>) Book 2 Description: Want to complete all your tasks without delaying them? Then "The 5 Minute To-Do List Formula" will answer to you! By following this step-by-step solution and with the aid of diagrams, you will be able to create the perfect To Do List that works for you, hence completing your tasks, gain more time freedom and enjoy a more enriched life! Inside, you will: * Finally discover the underlying reasons of why you fail to utilise your To Do List, hence knowing the underlying cause of not finishing your tasks * Find out the common To-Do Lists employed by many and yet why it may not work for you * Design the perfect To-Do List in just 5 minutes by

using this step-by-step diagrammatic solution, allowing you to finally manage and complete your tasks * Be exposed to the ways to keep your To-Do List sustaining in the long run, hence allowing you to manage your tasks in the long run * BONUS: Learn additional tips to save your time on your daily tasks, so that you do not overload your To-Do List and better manage your time * And much, much more! Would you like to know more? To get started, simply scroll up and click the "buy" button right now!

Zoned In: The Mental Toughness Required for a World Class You - Sheryl Kline 2019

Do you ever feel like lack of clarity, confidence, or consistency is holding you back from your next big win? Is your career, personal wellness, or a relationship stuck in a place of good intentions but slow progress? In her book ZONED IN, mental toughness expert Sheryl Kline teaches you the mindset required to achieve your next big win Sheryl has spent over two decades studying and working with world-class athletes and business professionals, and has curated some of the most significant research, case studies, and individual and corporate client experiences at such companies as Autodesk, Bank of America, Google Ventures, and VMware to name a few. The result is a proven 7-step framework to help you gain the clarity and confidence to bring these concepts to life. Inside ZONED IN, you'll: Get crystal-clear on what you yearn for and why it's so important to you. Develop a roadmap for where you want to go. Gain an accountability structure to make consistent progress. Learn how to perform at your best in high-pressure or high-stakes situations. Learning the 7 steps to shift your mindset will give you control over your ambitions. So, you can get out of your own way to reach the success and joy that's already waiting within. When negative emotions and setbacks tempt you to veer off the path to achieving your next level of ambition, this book will guide you back towards the finish line. Sheryl says, "My commitment with this book is to help as many people as possible to understand that their dreams and aspirations are no less important or any less attainable than those of world-class performers. Everyone who picks up this book has their own Olympics and can learn to have the mental toughness required to make consistent progress, even after setbacks and failures." ZONED IN is a landmark book that will help you move forward consistently towards what you want and deserve. If you like expert advice, easy-to-follow instructions, and a down-to-earth teacher, then you'll love Sheryl Kline's incredible resource.

Small Habits Revolution: 10 Steps to Transforming Your Life Through the Power of Mini Habits! - Damon Zahariades 2017-03-01

Finally! Develop Good Habits That Stick! Do you find yourself trying to adopt good habits only to abandon them down the road? Are you frustrated because you seem unable to develop them in the first place? You're not alone! Most people fail when they try to incorporate new habits into their day. It's not for lack of good intentions. Like you and I, they want to lead more rewarding lives. They have plenty of motivation. They also possess willpower. But neither are enough. Predictably, their new habits fail to take root, and are eventually abandoned and forgotten. Can you relate to this problem? If so, there's a simple solution: starting small. This effective, time-tested method is described in detail in Small Habits Revolution: 10 Steps To Transforming Your Life Through The Power Of Mini Habits! If you have a few minutes a day, you can develop habits that lead to the following: better health greater self-confidence improved productivity stronger relationships a more fulfilling lifestyle Habit Development Made Simple! In Small Habits Revolution, you'll discover: 11 ways that adopting good habits will transform your life How triggers, routines, rewards, and loops actually work The correct way to use rewards to bring about habit change Why neither willpower nor motivation will help you to develop good habits The critical first step toward positive habit change How to choose cues that spur you to take action The correct way to create a reward system] A simple way to monitor your progress as you adopt new habits How to guarantee that new habits stick 7 simple tactics for overcoming internal resistance How to use accountability to ensure your success The secret behind habit stacking (and why it's such a powerful technique!) 17 online resources for scheduling your new habits 23 example habits that can change your life (all of them are simple)! That's just scratching the surface. Click the cover image above to view the entire table of contents. Small Habits Revolution: 10 Steps To Transforming Your Life Through The Power Of Mini Habits! is the only book you'll ever need to develop new habits that stick. If you're frustrated by failed attempts to adopt new habits, there's good news. The solution is within your grasp. This fast-moving guide provides actionable advice via a simple system that will help you to make positive, lasting changes in your life. Grab your copy of Small Habits

Revolution today to finally create the healthy, productive, and rewarding lifestyle you desire! Scroll to the top of the page and click the "BUY NOW" button!

S.M.A.R.T. Goals Made Simple - S. J. Scott 2014-03-04

DISCOVER:: How to Set Professional and Personal Goals That You Actually Achieve Do you often set goals that you never seem to reach? We're all filled with dreams and aspirations. Most long for fulfilling relationships. Some desire personal freedom. Others want fame and success. And some strive for profitable businesses. Wherever your ambitions may lie, goal setting can get you there. On the other hand, the wrong goal can leave you feeling frustrated and unmotivated. When you set a goal that's too lofty, it's easy to give up when your dreams don't turn into reality. We all have important milestones we'd like to reach. The trick is to create a plan and commit to it. Setting S.M.A.R.T. goals can help you do this. TAKE ACTION:: Focus on S.M.A.R.T. Goals and Get Real Results It's easy to set S.M.A.R.T. goals. Simply write down a desired outcome on a piece of paper and create a deadline for achieving it. The hard part is taking action. As you know, the Internet is full of books that talk about setting goals. The problem? Most don't talk about the daily actions (or habits) required to achieve them. In the book, "S.M.A.R.T. Goals Made Simple", you'll get a ten-step plan for setting and achieving your goals. Unlike other titles, this book will teach you how to turn any idea into an actionable plan. Not only will you get an overview of S.M.A.R.T. goals, you'll also get a blueprint for turning them into daily routines. DOWNLOAD:: S.M.A.R.T. Goals Made Simple -- 10 Steps to Master Your Personal and Career Goals "S.M.A.R.T. Goals Made Simple" contains a detailed blueprint of how to turn any major life goal into a doable daily plan. You will learn how to: ** Understand what makes a good S.M.A.R.T. goal ** Identify what you truly want to achieve ** Set goals for all 7 areas of your life ** Focus on three-month goals that are achievable ** Follow 5 steps for turning S.M.A.R.T. goals into habits ** Schedule the completion these habits with a weekly review ** Use mind mapping to identify every step for achieving a goal ** Track the daily progress of your goals ** Overcome five obstacles to S.M.A.R.T. goal setting ** Review your goals (the right way) and make sure you're staying on track ** Stay motivated by using the power of accountability Goal setting doesn't have to be difficult. You can achieve any major goal by following the right plan. And "S.M.A.R.T. Goals Made Simple" can help you do this. Would You Like To Know More? Download and start working on your goals today. Scroll to the top of the page and select the buy button.

Confidence - Martin Meadows 2015-04-08

Unsure of Yourself? Learn How to Develop More Confidence in Your Abilities and Achieve Your Goals Most of us have no problems identifying goals we want to accomplish. It's putting these plans into action that is difficult. Sometimes we lack discipline or motivation. However, there's another reason why you might struggle to make changes in your life - you have low self-efficacy and don't believe in your abilities. What is self-efficacy? What are the main four sources of it? How can you become more confident in your skills? These are some of the questions I'll answer in this short book. The advice you're about to read is based both on scientific research and my personal experience. I will share fundamental knowledge that will help you build more confidence in your abilities and reach your goals. Here are just a few things you will learn from the book: - Five characteristics of people with strong self-efficacy and five characteristics of people with weak self-efficacy. These behaviors determine whether you'll realize your full potential or succumb to mediocrity. - What you can learn from building a university in space (and what it has to do with the belief in your own abilities). It's the single most important thing to achieve bigger and bigger goals. - A simple therapy to teach you how to handle failure the right way. It's uncomfortable, but you can be sure it will kill your fear of failure once and for all. - What a strange study about hitting dolls or treating them kindly can teach you about how others affect your beliefs about your competence. It's the second most effective way to increase the strength of your belief in your abilities. - What a phenomenon discovered by a German industrial psychologist can teach you about motivation. There's a simple way to inspire you to put more effort into your goals. - The #1 key to improving the confidence in your abilities. If you don't have time to read the entire book, read this one tip alone. - What a study on experts and novices can teach you about how experts approach problems. You too can adapt this behavior to shorten your learning curve and develop a stronger belief in your abilities. If you don't actively work on developing a strong sense of self-efficacy, making any kind of changes in your life will be an extremely difficult ordeal. Scroll up and buy this book now to change your life for

the better. For more free resources, sign up for my self-improvement newsletter: <http://www.profoundselfimprovement.com/seal> Keywords: free book, free self-help, self-efficacy, achieve your goals, develop confidence, believe in yourself, improve confidence, achieve success, achieve more, achieve your dreams, how to change your life, how to change the way you think, limiting beliefs, changing beliefs, self belief, procrastination, how to overcome procrastination, how to stop being lazy, how to stop being insecure, lack of motivation, self-esteem, building competence

How People Learn - National Research Council 2000-08-11

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.

[Atomic Habits](#) - James Clear 2018-10-16

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

The Joy of Imperfection: a Stress-Free Guide to Silencing Your Inner Critic, Conquering Perfectionism, and Becoming the Best Version of Yourself! - Damon Zahariades 2017-11-22

Are you a perfectionist? Is your perfectionism causing you to feel stressed, irritated, and chronically unhappy? "Perfectionism is just fear in really good shoes." - Elizabeth Gilbert (author of *Eat, Pray, Love*) What if you could silence your inner critic and eliminate your fear of failure? How might these two simple changes improve your life? Imagine being able to take action without the fear of self-criticism. Imagine no longer

feeling paralyzed with indecision. Imagine finally letting go of your perfectionism, and feeling confident, enthusiastic, and inspired. Amazon bestselling author, Damon Zahariades, offers a stimulating, thought-provoking guide that'll help you to overcome your perfectionistic tendencies and enjoy a more rewarding life. He'll take you, step by step, through a complete action plan designed to reverse your compulsion to be perfect. The tactics described in *THE JOY OF IMPERFECTION* have been used by thousands of people to silence their inner critics, embrace imperfection, and live without fear of others' disapproval. These tactics can produce the same results for you. DOWNLOAD *The Joy Of Imperfection: A Stress-Free Guide To Silencing Your Inner Critic, Conquering Perfectionism, and Becoming The Best Version Of Yourself!* In *THE JOY OF IMPERFECTION*, you'll discover: why you pursue perfection in the first place how your perfectionism compels you to avoid taking risks the harmful effect of negative self-talk (and how to stop it cold) why perfectionism encourages procrastination how perfectionism dampens your creativity (and how to reverse the effect) why you have difficulty adapting to changing circumstances how to tell whether your perfectionism is out of control why your expectations may be at the heart of the problem how to challenge your inner critic (and win every time!) why your personal and professional growth is at risk a simple way to use gamification to beat your perfectionism how to use a popular productivity hack to control your perfectionism 18 exercises designed to help you squash your perfectionistic behavior Grab your copy of *THE JOY OF IMPERFECTION* today to finally muzzle your inner critic, leave fear behind, and become the best version of yourself! Scroll to the top of the page and click the "BUY NOW" button!

The Power of Habit: by Charles Duhigg | Summary & Analysis - Elite Summaries 2016-06-13

Detailed summary and analysis of *The Power of Habit*.

Writing Literature Reviews - Jose L. Galvan 2017-04-05

Guideline 12: If the Results of Previous Studies Are Inconsistent or Widely Varying, Cite Them Separately

Control Your Day - Jim McCullen 2013-04-02

Control Your Day (CYD) provides a fresh new way to manage email and tasks in Microsoft Outlook using the GTD concepts David Allen made famous in his book *Getting Things Done*. This book presents the concepts and benefits of CYD and then provides the step by step instructions to allow you to take back control of your Email Inbox and your life. The average worker spends 28% of their time on email. If you were able to reduce that by just 3% through the ideas presented in this book, you would get back 7 days of your life a year.

A Mind for Numbers - Barbara A. Oakley 2014-07-31

An engineering professor who started out doing poorly in mathematical and technical subjects in school offers tools, tips and techniques to learning the creative and analytical thought processes that will lead to achievement in math and science. Original.

[Fluent Forever](#) - Gabriel Wyner 2014-08-05

NATIONAL BESTSELLER • For anyone who wants to learn a foreign language, this is the method that will finally make the words stick. "A brilliant and thoroughly modern guide to learning new languages."—Gary Marcus, cognitive psychologist and author of the New York Times bestseller *Grammar Zero* At thirty years old, Gabriel Wyner speaks six languages fluently. He didn't learn them in school—who does? Rather, he learned them in the past few years, working on his own and practicing on the subway, using simple techniques and free online resources—and here he wants to show others what he's discovered. Starting with pronunciation, you'll learn how to rewire your ears and turn foreign sounds into familiar sounds. You'll retrain your tongue to produce those sounds accurately, using tricks from opera singers and actors. Next, you'll begin to tackle words, and connect sounds and spellings to imagery rather than translations, which will enable you to think in a foreign language. And with the help of sophisticated spaced-repetition techniques, you'll be able to memorize hundreds of words a month in minutes every day. This is brain hacking at its most exciting, taking what we know about neuroscience and linguistics and using it to create the most efficient and enjoyable way to learn a foreign language in the spare minutes of your day.

[80/20 Your Life! How to Get More Done with Less Effort and Change Your Life in the Process!](#) - Damon Zahariades 2018-03-24

Achieve More, Create More, And Experience More Success And Joy - While Taking Less Action! Do you often feel like you're spinning your wheels without getting anything done? Do you feel tired, overwhelmed, and frustrated that you're not accomplishing your goals? If so, it's time to *80/20 Your Life!* Imagine getting everything done while having the spare

time you need to relax and pursue your passions. Imagine improving your career, home life, relationships, and health, spending a fraction of the time and effort you believe is required. It's possible. It's even easy. And the solution is surprisingly simple. DOWNLOAD 80/20 Your Life! How To Get More Done With Less Effort And Change Your Life In The Process! Amazon bestselling author Damon Zahariades offers a clear, practical, and easy-to-implement strategy for getting extraordinary results in your life with less action. You'll learn how to adopt an unconventional mindset that'll optimize every aspect of your daily experience. And best of all, you'll enjoy a more rewarding lifestyle while spending less time and effort creating it. In 80/20 Your Life!, you'll discover: How To Advance Your Career Without Wasting Time On Trivial Tactics How To Manage Your Home Life With Minimal Time And Effort The Secret To Building Meaningful Relationships That Enrich Your Life Simple Tactics For Getting Into Shape Without Crazy Diets And Exercise Routines How To Streamline Your Finances In Minutes Per Month The Keys To Accelerated Learning And Better Retention How To Rapidly Grow Your Business Without Working Yourself To The Bone If you're frustrated or discouraged by a lack of progress in your life, the solution is as simple as adjusting your mindset. 80/20 Your Life! will show you how to do so, and help you apply this new outlook in practical ways that produce remarkable results. This book isn't about theory. It offers actionable advice you can use starting right now! Scroll to the top of the page and click the "BUY NOW" button to grab your copy.

Become a SpeedDemon - Jonathan Levi 2016-02-22

This book will teach you the most cutting-edge tips and tricks for

productivity, automation, and efficiency, so that you can do more work in less time and have more time for the things that matter in life. What would you do to have just one more hour in the day? Two hours? How about 3? The sad truth is that most of us simply don't have enough time in our daily lives to get through everything we need to do. Much less the things we want to do. In this book from best-selling author Jonathan Levi, author of the blockbuster book "Become a SuperLearner," you will learn how to reclaim enough time to do just that - and so much more. For the last 10 years, your instructor Jonathan Levi has developed a series of techniques, tips, tricks, and strategies to overcome a near superhuman workload. From juggling a multimillion dollar business while engaged as a full time student, to running multiple companies at the same time, to leading a jam-packed travel, social, and educational calendar that would make some people's heads spin. How is this possible, and how can you, too, learn to Become a Speed Demon? The book starts out with a great foundation in theory, training you on the philosophies behind efficiency, productivity, and "speeding up." Armed with these theories and strategies, the book then dives into more nuts-and-bolts recommendations on how to speed up some of the most time-intensive activities we each do every day; working at the computer, cooking and fitness, interactions with others, and other general inefficiencies. The book takes a holistic approach to productivity and efficiency, arming you with the mindset to kick butt and speed up every aspect of your productive and creative life, in order to make time for the things that really matter. Join us today on this transformational journey, so that you, too, can Become a Speed Demon!