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SHANE NOVAK

Ten Zen Questions Houghton Mifflin Harcourt

This new edition of Bill Nichols's bestselling text provides an up-to-date introduction to the most important issues in documentary history and criticism. Designed for students in any field that makes use of visual evidence and persuasive strategies, *Introduction to Documentary* identifies the distinguishing qualities of documentary and teaches the viewer how to read documentary film. Each chapter takes up a discrete question, from "How did documentary filmmaking get started?" to "Why are ethical issues central to documentary filmmaking?" Carefully revised to take account of new work and trends, this volume includes information on more than 100 documentaries released since the first edition, an expanded treatment of the six documentary modes, new still images, and a greatly expanded list of distributors.

Ha! HarperCollins

News depends for its effect on a culturally shared language, and this book concentrates on ways we can decode its messages without simply reproducing their underlying assumptions.

Summary of "The As If Principle" by Richard Wiseman Harper Collins

This collection will entertain all who appreciate the art of masterful letter writing. The Letters of J.R.R. Tolkien sheds much light on Tolkien's creative genius and grand design for the creation of a whole new world: Middle-earth. Featuring a radically expanded index, this volume provides a valuable research tool for all fans wishing to trace the evolution of THE HOBBIT and THE LORD OF THE RINGS. *The Ikigai Journey* Simon and Schuster

What is the function of art in the era of digital globalization? How can one think of art institutions in an age defined by planetary civil war, growing inequality, and proprietary digital technology? The boundaries of such institutions have grown fuzzy. They extend from a region where the audience is pumped for tweets to a future of "neurocurating," in which paintings surveil their audience via facial recognition and eye tracking to assess their popularity and to scan for suspicious activity. In *Duty Free Art*, filmmaker and writer Hito Steyerl wonders how we can appreciate, or even make art, in the present age. What can we do when arms manufacturers sponsor museums, and some of the world's most valuable artworks are used as currency in a global futures market detached from productive work? Can we distinguish between information, fake news, and the digital white noise that bombards our everyday lives? Exploring subjects as diverse as video games, WikiLeaks files, the proliferation of freeports, and political actions, she exposes the paradoxes within globalization, political economies, visual culture, and the status of art production.

Introduction to Psychology Macmillan

In *The Ikigai Journey*, authors Hector Garcia and Francesc Miralles take their international bestseller *Ikigai: the Japanese Secret to a Long and Happy Life* a step further by showing you how to find your own ikigai through practical exercises, such as employing new habits and stepping outside your comfort zone. *Ikigai* is the place where our passion (what we love), mission (what we hope to contribute), vocation (the gifts we have to offer the world) and profession (how our passions and talents can become a livelihood) converge, giving us a personal sense of meaning. This book helps you bring together all of these elements so that you can enjoy a balanced life. Our ikigai is very similar to change: it is a constant that transforms depending on which phase of life we are in. Our "reason for being" is not the same at 15 as it is at 70. Through three sections, this book helps you to accept and embrace that--acting as a tool to revolutionize your future by helping you to understand the past, so you can enjoy your present. Section 1: Journey Through the Future: Tokyo (a symbol of modernity and innovation) Section 2: Journey Through the Past: Kyoto (an ancient capital moored in tradition) Section 3: Journey Through the Present: Ise (an ancient shrine that is destroyed and rebuilt

every twenty years) Japan has one of the longest life spans in the world, and the greatest number of centenarians--many of whom cite their strong sense of ikigai as the basis for their happiness and longevity. Unlike many "self-care" practices, which require setting aside time in an increasingly busy world, the ikigai method helps you find peace and fulfillment in your busy life.

Theories of Visual Perception Peter Owen Publishers

Tossing out the rule book, Wiseman--a renowned psychologist with 90,000 Twitter followers and 13 million YouTube viewers--presents a radical new insight on how actions have the power to instantly change the way people think and feel.

Quirkology QuickRead.com

The brilliance of the Renaissance laid the foundation of the modern world. Textbooks tell us that it came about as a result of a rediscovery of the ideas and ideals of classical Greece and Rome. But now bestselling historian Gavin Menzies makes the startling argument that in the year 1434, China--then the world's most technologically advanced civilization--provided the spark that set the European Renaissance ablaze. From that date onward, Europeans embraced Chinese intellectual ideas, discoveries, and inventions, all of which form the basis of western civilization today.--From amazon.com.

The Letters Of J.r.r. Tolkien Basic Books

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

The Prodigal Son HarperCollins UK

Using Zen meditation to unravel the mysteries of consciousness. The calming and de-stressing benefits of Zen meditation have long been known, but scientists are now considering its huge potential to influence our ability to understand and experience consciousness - though few will say it! Susan Blackmore is about to change all that: she's a world expert in brain science who has also been practising Zen meditation for over twenty-five years. In this revolutionary book, she doesn't push any religious or spiritual agenda but simply presents the methods used in Zen as an aid to help us understand consciousness and identity - concepts which have stumped scientists and philosophers - in an exciting new way. Each chapter takes as its starting point one of Zen's - and science's - most intriguing questions such as, "Am I conscious now?" and "How does thought arise?"

Psychology Penguin

In the spirit of business/self-help hits such as Darren Hardy's *The Compound Effect*, a simple formula for productivity and success, from a prominent sports psychologist and a star business coach who join forces to offer seven fundamental skills for improving your habits and achieving peak

performance in work and life.

The As If Principle Tuttle Publishing

Reflecting the latest APA Guidelines and accompanied by an exciting, new, formative, adaptive online learning tool, Psychological Science, Fifth Edition, will train your students to be savvy, scientific thinkers.

Multipliers Simon and Schuster

Frederick Wiseman is America's foremost chronicler of public institutions. His films have focused on city, state, and local governments; hospitals; asylums; creative organizations and museums; schools; libraries; and more. In recent years, Wiseman's work has reached a new level of popularity, with films such as In Jackson Heights (2015), Monrovia, Indiana (2018), and City Hall (2020) all earning widespread acclaim. Voyages of Discovery is the definitive account of Wiseman's career, offering a comprehensive analysis of the work of the leading documentary filmmaker in the United States. In this updated edition, Barry Keith Grant adds new material exploring the documentarian's works since the 1990s, discussing every film in Wiseman's remarkable sixty-year career. He examines the core concerns running across Wiseman's work from the early films, which focus on documenting institutional failure, through an expanding interest in cultural institutions and ideology, to a blossoming embrace of democracy in later films. He pays particular attention to Wiseman's strategies for involving and implicating the spectator in the institutional processes the films document. Grant also places Wiseman within the history of the documentary and other traditions of American art and considers the relationship between documentary film and authorship. Voyages of Discovery is an important book for anyone interested in Wiseman's work or how documentary film can reveal the fabric of our shared civic life.

101 Bets You Will Always Win Verso Books

YouTube sensation, psychologist Richard Wiseman, shows you how to astound your friends with 101 Bets You Will Always Win Everyone loves a winner. Imagine being able to challenge anyone with seemingly impossible bets, safe in the knowledge that you will always win. Imagine no more.

Richard Wiseman is a psychologist who has traveled the globe in search of the world's greatest bets and in "101 Bets You Will Always Win" he shows you how to use science, logic and a healthy dose of trickery always to be on the winning side of every bet you make. Using coins, dice, matchsticks and ordinary objects, you'll discover, among many other things, - how to balance a coin on the edge of a dollar bill - pick a cup up with a balloon - balance two forks and a matchstick on your fingertip - separate two glasses without touching them In explaining the bets, Wiseman also explains the science behind them making what at first seems mystifying as natural as the laws of gravity. Let YouTube sensation Richard Wiseman turn you into one of those smart people who can say "I'll bet I can..." and know that you'll never lose.

Negotiating the Nonnegotiable by Daniel Shapiro (Summary) QuickRead.com

¿Por qué los libros de autoayuda proponen soluciones tan complicadas? El catedrático de psicología Richard Wiseman expone los mitos modernos de la mente promovidos por la industria de la autoayuda y presenta un nuevo enfoque para el cambio que ayuda a individuos a lograr sus metas y ambiciones en cuestión de minutos, no de meses. Del estado de ánimo a la memoria, de la persuasión a la procrastinación y de la resistencia a las relaciones, Wiseman resume las investigaciones en las que se apoya la nueva ciencia del cambio rápido y describe cómo estas técnicas tan veloces y poco convencionales pueden incorporarse a la vida cotidiana. Averigua cómo ser más creativo y productivo gracias a las plantas. Descubre por qué ponerte un lápiz entre los dientes hace que te sientas más feliz.

The Luck Factor Oneworld Publications

"Roots and Wings will open doors to beginners in cultural diversity education, and will enrich the more experienced readers. It is a grand tool for assisting early childhood educators to address the many-faceted and complex issues of cultural diversity and racial prejudice. . . . I recommend this book to any teacher, caregiver, or parent who wants to begin learning what it means to foster young children's respect for themselves and others."—Louise Derman-Sparks, author, AntiBias Curriculum More than a decade ago, Roots and Wings was published as the first practical resource for early childhood teachers on the then new topic of multicultural education. This invaluable guide is now completely updated to respond to present day anti-bias issues in educating young children. Roots and Wings provides a thorough, clear, and practical introduction to working with diverse children and families in early childhood settings. With more than 100 new and revised activities, practical examples, and staff training recommendations, the revised edition includes new chapters on bilingual education, culturally responsive teaching, and children and prejudice. Seamlessly blending theory and practice, Roots and Wings is an ideal resource for preschool teachers, early childhood programs at colleges and universities, and training workshops. Stacey York is an instructor in the Child Development Department at Minneapolis Community and Technical College, Minneapolis, Minnesota. She conducts multicultural workshops around the country and is also the author of Big As Life: The Everyday Inclusive Curriculum.

Understanding News RBA Libros

In a recent series of ground-breaking psychological experiments, volunteers were shown a 30-second film of some people playing basketball and told to count the number of passes made with the ball. After just a few seconds, a man dressed as a gorilla slowly walked into frame, beat his chest at the camera, and sauntered off. Unbelievably, almost none of the people watching the film noticed the gorilla. Exactly the same psychological mechanisms that cause people to miss the gorilla also

make them miss unexpected but vitally important opportunities in their professional and personal lives. This book outlines the scientific evidence and thinking behind this remarkable new phenomenon, and shows you how you can spot gorillas in your life - and what to do when you see one.

Psychological Science Macmillan + ORM

The Radically New Approach to Changing Your Life. Everything you know about emotions and actions is wrong. It isn't our feelings that guide our actions but our actions that guide our emotions. For instance, you aren't laughing because you feel happy, you feel happy because you are laughing. This revolutionary theory about emotion and behavior was initially presented by Victorian philosopher William James, which led to the remarkable conclusion that, "If you want a quality, act as if you already have it." Author Richard Wiseman builds upon James's theory and confirms just how powerful our behavior can be in influencing our emotions. He goes on to illustrate how you can apply this principle in your daily life by doing small easy-to-implement tasks. As you read, you'll see The As If Principle shows you how to smile to become happier, how to time-travel and feel younger, and how the principle can even make us healthier. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries.

Made to Stick Dorling Kindersley Ltd

The fourth entry in this "compelling, passionate, and gritty" (Daily Mail, UK) series by internationally acclaimed bestselling author Colleen McCullough sends Carmine Delmonico on a heart-pounding ride through the world of toxic substances and brilliant biochemists to pursue a mysterious killer on the loose. When Chubb University biochemist Millie Hunter notices that a deadly neurotoxin is missing from her laboratory refrigerator, she knows the situation is grave: the poison, extracted from a blowfish, shuts down the nervous system, leading to a slow, gruesome, and virtually unstoppable death. The very next night, Millie and her husband, another exceptional biochemist, attend a black tie dinner for an old friend, John Hall. John's stepmother, an exotic former Yugoslavian model, has assembled some of the most important—and eccentric—people from Chubb University for a lavish dinner. Notably missing is John's Aunt Emily, who holds an old family grudge. After dinner, the men retire for cigars and whiskey, and John suddenly falls to the floor and dies a horrible death. The cause: a dose of the missing neurotoxin, administered through a tiny puncture wound in his neck. As the bodies pile up and the coroner keeps pointing to the neurotoxin, Captain Carmine Delmonico must find the killer fast. Assisted by his brilliant colleague Delia and his constant wife Desdemona (an excellent cook), Delmonico follows the trail—no matter how close to home it may lead.

59 segundos Random House

Are you a genius or a genius maker? We've all had experience with two dramatically different types of leaders. The first type drain intelligence, energy, and capability from the ones around them and always need to be the smartest ones in the room. These are the idea killers, the energy sappers, the diminishers of talent and commitment. On the other side of the spectrum are leaders who use their intelligence to amplify the smarts and capabilities of the people around them. When these leaders walk into a room, lightbulbs go off over people's heads, ideas flow, and problems get solved. These are the leaders who inspire employees to stretch themselves to deliver results that surpass expectations. These are the Multipliers. And the world needs more of them, especially now, when leaders are expected to do more with less. In this engaging and highly practical book, leadership expert Liz Wiseman and management consultant Greg McKeown explore these two leadership styles, persuasively showing how Multipliers can have a resoundingly positive and profitable effect on organizations—getting more done with fewer resources, developing and attracting talent, and cultivating new ideas and energy to drive organizational change and innovation. In analyzing data from more than 150 leaders, Wiseman and McKeown have identified five disciplines that distinguish Multipliers from Diminishers. These five disciplines are not based on innate talent; indeed, they are skills and practices that everyone can learn to use—even lifelong and recalcitrant Diminishers. Lively, real-world case studies and practical tips and techniques bring to life each of these principles, showing you how to become a Multiplier too, whether you are a new or an experienced manager. Just imagine what you could accomplish if you could harness all the energy and intelligence around you. Multipliers will show you how.

Roots and Wings, Revised Edition Basic Books

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn How to Resolve Your Most Emotionally Charged Conflicts Conflicts in relationships are a part of human nature. Everyone is a unique individual with different opinions, values, and morals. It's no surprise that conflicts arise in friendships, romantic relationships, and even in international relations. When you struggle with conflict in relationships, you may find just how difficult it is to get past them. No matter how hard you try to see another view or explain your own perspective, it's difficult to come to a mutual understanding. So how can you resolve these emotionally charged differences? Harvard negotiation expert Daniel Shapiro has created a groundbreaking method to bridge the toughest divides. He introduces that the root of each problem is identity. The hidden power of identity fuels conflict, whether it's with family members, colleagues, or even with world politics. As you read, you'll learn how to identify the root of conflicts, how the Tribes Effect causes problems in relationships, and you'll learn the necessary steps to begin mending relationships today.

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