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KEY=UNIQUE - SHAMAR KENYON

UNIQUE ABILITY : CREATING THE LIFE YOU WANT

[Strategic Coach](#)

THE LAWS OF LIFETIME GROWTH

ALWAYS MAKE YOUR FUTURE BIGGER THAN YOUR PAST: EASYREAD LARGE BOLD EDITION

[ReadHowYouWant.com](#)

THE LAWS OF LIFETIME GROWTH

ALWAYS MAKE YOUR FUTURE BIGGER THAN YOUR PAST

Berrett-Koehler Publishers **Based on Sullivans discovery of what motivates people and unlocks their greatest abilities, this work outlines ten "laws" that give readers an internal framework for taking charge of their future, and shows them how to stay focused and firm so that they can continually grow in all areas of life.**

THE LAWS OF LIFETIME GROWTH

ALWAYS MAKE YOUR FUTURE BIGGER THAN YOUR PAST

Berrett-Koehler Publishers **"If you want to live a life of continual growth, wider impact, greater fulfillment, and unimagined success, read this book!"** —Jack Canfield, New York Times-bestselling author of *The Success Principles™* **NEW EDITION, EXPANDED AND UPDATED** Growth is a fundamental human need—it is at the root of everything that gives us a feeling of accomplishment, satisfaction, meaning, and progress. In this inspiring book, Dan Sullivan and Catherine Nomura offer ten simple laws that will help you continue to grow throughout your life. Through vivid real-life stories, Sullivan and Nomura illustrate each of the ten laws and show how with just a slight shift in thinking—regardless of your age, income, or position—you can use them to maintain a fresh, innovative perspective on the world around you and unlock your greatest abilities. This second edition includes a new preface, new examples, and a self-assessment to measure your progress on each of the ten laws. **"This little book can change your life, as its principles have changed mine."** —David Bach, #1 New York Times-bestselling author of *The Automatic Millionaire* **"The Laws of Lifetime Growth is a definitive example of Dan's wisdom that has improved my life, and the lives of the people around me. This book is a must-read for anyone, at any age, who is willing to ask the question, 'How far can I go?'"** —Barbara Hemphill, author of *Organizing Paper @ Home* **"Dan Sullivan has the remarkable gift of turning good intentions into superior results and performance. The book is priceless."** —Bob Buford, author of *Halftime*

WHY DOGS WAG THEIR TAILS

LESSONS LEADERS CAN LEARN ABOUT WORK, JOY, AND LIFE

Academic Learning Company LLC **WHY DOGS WAG THEIR TAILS merges the authors' experience with their business-leader clients and their determination to help people rekindle joy at work through their love of dogs. The book weaves human**

leadership and dog stories around engaging themes in each chapter, followed by real tools for doing better in business and in life. In this book you can find lessons for lasting behavioral change that will lead to remarkable ways to live and work. You'll learn the skills you need to become an extraordinary leader at any level in your organization.

THE SUCCESS LIE

5 SIMPLE TRUTHS TO OVERCOME OVERWHELM AND ACHIEVE PEACE OF MIND

Made For Success Publishing "Readers looking for a structured approach to attaining goals will appreciate Bruland's clearly plotted activities and helpful reminders for staying on the path to success." — PUBLISHER'S WEEKLY Have you bought into the lie that success constantly requires more, more, and more? To achieve success, you must do more, work more hours, take on more projects, and accept more responsibilities? If so, you're probably experiencing a roller coaster ride of mixed results-being on top of the world one moment and crashing to earth at lightning speed the next. The Success Lie was written for you. You recognize the gap between where you are now and your highest potential, but don't want to sacrifice your sanity to get there. Janelle Bruland has built a formidable bridge over that gap, proving that you can be successful in the business world and maintain balance in your personal life without constantly feeling stressed and overwhelmed. You know that everything in life is a result of the choices you've made, yet you're wondering if you're making the right choices. The proven strategies in this book will show you how to step away from the modern world's path to success and create a life of significance---one where you are loving your work and making a positive impact. • Determine what's truly important to you and then live by those values. • Recognize what's gotten in the way of your success and take transformational steps to increase mindfulness, improve your skills, and become a better (and happier) version of yourself. • Discover strategies to eliminate over-work, over-commitment, and overwhelm. • Take back your life! Stop allowing societal pressures to tell you what matters. Get back on the path to fulfillment and do it your way! • Reduce stress, enjoy peace of mind, and create the life you have always wanted. Included in The Success Lie are resources and tools that will help you design your own Success Plan for powerful results. Access the downloadable workbook to apply these strategies to your life. Don't buy into the lie anymore. You have the choice.

CANADIAN BOOKS IN PRINT. AUTHOR AND TITLE INDEX

University of Toronto Press

SUMMARY OF DAN SULLIVAN & CATHERINE NOMURA'S THE LAWS OF LIFETIME GROWTH

Everest Media LLC Please note: This is a companion version & not the original book. **Sample Book Insights: #1 Growth is a fundamental human desire. If you want to see changes in your life, it's a sign of this desire. The ten laws in this book are like mirrors you can use to reflect your behavior so you can see if it's supporting or undermining your growth. #2 The laws of growth are a collection of principles that help you grow. They are based on the observation that growth happens when you make your future bigger than your past, and they help you stay on course when growth is difficult. #3 The ten laws of growth mindset are: 1) A growth mindset is not a fixed mindset. It is a mindset of constant learning and growing. 2) The rewards of maintaining a growth mindset far outweigh the challenges. 3) The desire to grow is nothing less than the love of existence. 4) When you align your actions with the principles embedded in these ten laws, you also align yourself with making the most of life. #4 A bigger future is essential for lifetime growth. The past is useful because it is rich with experiences that are worth thinking about in new ways. By making your future bigger than your past, you are separating yourself from situations, relationships, and activities that can trap you there.**

ON YOUR OWN!

HOW TO START YOUR OWN CPA FIRM

John Wiley & Sons **Going solo doesn't have to be a game of trial and error. Careful planning can make it one of the most rewarding decisions of your accounting career. Now in its second edition and revised by author Brannon Poe, this book leads new solo practitioners through each stage of creating your own firm, bringing your vision to reality, and nurturing your practice to make that reality a success. Follow each of the book's five parts as it takes you chronologically from start to success. Each chapter is rich with strategies as well as stimulating follow-up questions that will help you define your goals and plans, drawing you to careful consideration of important factors such as: Creating concise mission and vision statements Establishing goals, standards, attitude, and skills that reflect a successful practitioner Anticipating financial needs Defining family involvement Shifting from employee to owner Understanding potential stumbling blocks Advancing your practice with a specialty Deciding whether to buy a practice Choosing a form of organization for your practice Building client relationships Keeping a focus on the future And much more!**

FINANCIAL DNA

DISCOVERING YOUR UNIQUE FINANCIAL PERSONALITY FOR A QUALITY LIFE

John Wiley & Sons

KIPLINGER'S PERSONAL FINANCE

The most trustworthy source of information available today on savings and investments, taxes, money management, home ownership and many other personal finance topics.

WEALTH IS NOT ABOUT THE MONEY

THE 10 LAWS OF CONDITIONOMICS

AuthorHouse This book is entitled **Wealth Is Not about the Money**. The rest of Michael Campbell's premise is that "it is about the purpose for which it is created." And Michael has many more pithy morsels that will inspire and motivate you to rethink many of the things you thought were gospel about financial planning and building wealth. This book is short and to the point. It is for people, especially married couples, who are committed to living a rich life and growing together. But as Michael points out, many successful people, despite their high incomes, are ineffective at creating and accumulating wealth. The 10 Laws of Conditionomics is a summary of lessons learned about money and life based on Michael Campbell's own personal experience and those of the many couples he has coached over the years. Read this book with your spouse. It will immediately help the two of you see a new way to plan your future together, starting with the here and now. You will learn life-changing strategies that will help you integrate and grow your personal, professional, and financial lives. These are guiding principles that will enable you to confidently achieve financial success and grow together for a lifetime.

LIVE RICH AND GROW TOGETHER

THE 10 LAWS OF CONDITIONOMICS

AuthorHouse

KEEP ANY PROMISE

A BLUEPRINT FOR DESIGNING YOUR FUTURE

iUniverse Remember thinking? 1. I just don't want to face each day... 2. There is something missing in my family relationships and I don't know how to fix it... 3. I just don't make enough money and I don't know what to do about it... 4. I would like to leave a legacy ...but how do I do it...I have never felt special... 5. I just can't keep a connection with God and I feel a bit lost... The answer to why your life is not working lies in how you define who...what...and why you are! So make the distinction who defines your life. You or the world around you! If you want the life you always knew you could have, then **Keep Any Promise: a blueprint for designing your future** is the path to recognizing the value of your life! It is your roadmap to choice! As you read **Keep Any Promise**: 1. You'll learn to redefine your definition of the word "Life"...and discover the myths that have held you back from fully experiencing your life. 2. You'll learn the secrets to delivering more value to your goals and objectives...and recognize that confidence is a natural part of living... 3. You'll discover how the word 'choice' can be one of your most important tools that can bring you from being your 'worst enemy' to becoming your 'best friend'... 4. You'll find out how to uncover the masks that have kept the real you 'buried' and repeating the same old self defeating habits... 5. You'll experience chapter after chapter of time tested...practical techniques and the innovative strategies that have helped so many to overcome the challenges of living a fulfilling life... 6. You'll experience a combination of compelling stories and ground breaking insights that allow you to anticipate...to understand and work through any obstacle that has held you back... 7. You'll experience the step by step "Keep any Promise System" that will help you uncover your own uniqueness...your ability to express...to be heard and to be understood... 8. You'll experience firsthand how to navigate through the simplest to the most complicated challenges using the "Keep any Promise System"... As a special bonus, you'll be able to download a **FREE** workbook worth \$149 at no charge! So if you want to recognize the value of your life, order **Keep Any Promise** today and open the door to your future! From the Inside Flap Keeping promises often seem impossible. The solution: an easy-to-read, inspiring guide that assists you overcome your obstacles and design your future -- consciously, creatively, successfully. Learn about twelve ordinary-but-extraordinary individuals, including: The dynamic founder of the phenomenal Weekend To End Breast Cancer 60km walk. An 11-year-old, who in seven years has raised millions for charities and been honored as UNICEF Canada's National Child Ambassador, the youngest in the world. A former travelling salesman, who founded Sleeping Children Around The World, so a million impoverished children now sleep

soundly each night. ...And many more inspiring people! From their stories, as well as the author's personal examples, you'll learn: How to align more closely with your life's purpose, and gain a clear focus. How to use progress in any area to embrace challenges, without fear of failure. How to achieve more -- faster, easier, and with a new sense of calm. How, in sharing your promises with the world, you'll attract resources for success. Praise for Keep Any Promise "If you crave financial success, peace of mind and a balance life...this is a must-read!" ~T. Harv Eker, Author of #1 NY Times Bestseller Secrets of the Millionaire Mind "A highly compelling read -- with great exercises to stretch your mind." ~Dan Sullivan, Founder of the Strategic Coach "A simple, straightforward prescription for attaining lofty life goals which avoids superficiality and unrealistically rosy proclamations...The author brings admirable clarity and brevity to the field. Readers rarely need to scan a sentence twice to discern his meaning, and a quick look at his life-changing exercises need not take more than a single sitting." ~Kirkus Discoveries, New York

THE COMPLETE IDIOT'S GUIDE TO SUCCESS AS A PERSONAL FINANCIAL PLANNER

BUILDING A THRIVING CAREER IN ONE OF TODAY'S HOTTEST FIELDS

Dorling Kindersley Ltd Building a successful career in a red-hot field. Financial planning is one of the fastest growing careers in America today. Written by a veteran certified financial planning expert, this invaluable book tells aspiring and new CFPs everything you need to know about the certification process, setting up private practice, self-marketing techniques, client management and expansion, and much more. -Includes a comprehensive resource section

UNIQUE ABILITY 2.0 DISCOVERY

DEFINE YOUR BEST SELF

KIPLINGER'S PERSONAL FINANCE

EVERYBODY NEEDS A COACH IN LIFE

ISN'T IT TIME YOU FOUND YOURS?

Savio Republic Imagine having a person in your life that brings you clarity from confusion, confidence from insecurity, and accelerated instead of gradual growth. A good coach can change virtually every area of your life by drastically

enhancing your knowledge, your skills, your desire, and your confidence and transform your low thoughts of value to high thoughts of value. Micheal Burt has won championships as a former head women's basketball coach. He has infused his coaching acumen with his business and entrepreneurial mindset. Burt embraces the concept of intense but, positive and brings a level of creativity, depth, and energy that very few coaches possess. He has the ability to cross over from the locker room to the board room and infuses ideas from both sport and business into each other's arena in ways that only a championship coach can. Everybody Needs a Coach in Life takes three decades worth of coaching and condenses it into a book that can change the way you see every area of your life by someone that knows how to get the most out of you. p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 12.0px Arial; color: #424242}

\$15-TRILLION FREE ZON

YOUR GAME PLAN FOR JOINING OUR COLLABORATIVE ENTREPRENEURIAL COMMUNITY THAT WILL CREATE \$15 TRILLION IN COMBINED ANNUAL REVENUE IN 2044.

Most entrepreneurs spend their working lives competing, feeling fatigue, barely able to offer clients anything more than the industry standard. They deny their creativity and focus their time on making the most of scarce resources. "Free Zone" entrepreneurs don't compete, they collaborate, creating and sharing "Intellectual Shortcuts"-ways to do things faster, easier, cheaper, and with bigger results. And by 2044, their combined revenue will grow to \$15 trillion. Find out how you can be one of them.

THE GAP AND THE GAIN

THE HIGH ACHIEVERS' GUIDE TO HAPPINESS, CONFIDENCE, AND SUCCESS

Hay House, Inc As he did in WHO NOT HOW, Dr. Benjamin Hardy shares one of Dan Sullivan's simple yet profound teachings that until now has been known only to his Strategic Coach clients: unsuccessful people focus on "The Gap," but successful people focus on "The Gain." "[T]his one simple concept is a masterclass on positive psychology, healthy relationships, mental well-being, and high-performance. Everything that psychologists know about how to create a high-functioning and successful person can be achieved using The GAP and the GAIN."- Dr. Benjamin Hardy Most people, especially highly ambitious people, are unhappy because of how they measure their progress. We all have an "ideal," a moving target that is always out of reach. When we measure ourselves against that ideal, we're in "the GAP."

However, when we measure ourselves against our previous selves, we're in "the GAIN." That is where the GAP and the GAIN concept comes in. It was developed by legendary entrepreneur coach Dan Sullivan and is based on his work with tens of thousands of successful entrepreneurs. When Dan's coaching clients periodically take stock of all that they've accomplished-both personally and professionally-they are often shocked at how much they have actually achieved. They weren't able to appreciate their progress because no matter how much they were getting done, they were usually measuring themselves against their ideals or goals. In this book you will learn that measuring your current self vs. your former self has enormous psychological benefits. And that's really the key to this deceptively simple yet multi-layered concept that will have you feeling good, feeling grateful, and feeling like you are making progress even when times are tough, which will in turn bolster motivation, confidence, and future success. If you're finding that happiness eludes you no matter how much you've achieved, then learning this easy mindset shift will set you on a life-changing path to greater fulfillment and success.

MULTIPLE SCLEROSIS

EVERYTHING YOU NEED TO KNOW

[Firefly Books Limited](#) Practical health guide to multiple sclerosis for both patients and their families, including advice on diagnosis, treatment options and symptoms.

A SONG FOR BIJOU

[Bloomsbury Publishing USA](#) Life for Alex Schrader has never involved girls. He goes to an all-boys prep school and spends most of his time goofing around with his friends. But all that changes the first time he meets Bijou Doucet, a Haitian girl recently relocated to Brooklyn after the earthquake-and he is determined to win her heart. For Bijou, change is the only constant, and she's surprised every day by how different life is in America, especially when a boy asks her out. Alex quickly learns that there are rules when it comes to girls-both in Haitian culture and with his own friends. And Bijou soon learns that she doesn't have to let go of her roots to find joy in her new life. Told in alternating viewpoints against the vibrant backdrop of Haitian-American culture, Alex and Bijou take their first tender steps toward love in this heartwarming story.

AGILE PRODUCT MANAGEMENT WITH SCRUM

CREATING PRODUCTS THAT CUSTOMERS LOVE (ADOBE READER)

Addison-Wesley Professional **The First Guide to Scrum-Based Agile Product Management In Agile Product Management with Scrum**, leading Scrum consultant Roman Pichler uses real-world examples to demonstrate how product owners can create successful products with Scrum. He describes a broad range of agile product management practices, including making agile product discovery work, taking advantage of emergent requirements, creating the minimal marketable product, leveraging early customer feedback, and working closely with the development team. Benefitting from Pichler's extensive experience, you'll learn how Scrum product ownership differs from traditional product management and how to avoid and overcome the common challenges that Scrum product owners face. Coverage includes Understanding the product owner's role: what product owners do, how they do it, and the surprising implications Envisioning the product: creating a compelling product vision to galvanize and guide the team and stakeholders Grooming the product backlog: managing the product backlog effectively even for the most complex products Planning the release: bringing clarity to scheduling, budgeting, and functionality decisions Collaborating in sprint meetings: understanding the product owner's role in sprint meetings, including the dos and don'ts Transitioning into product ownership: succeeding as a product owner and establishing the role in the enterprise This book is an indispensable resource for anyone who works as a product owner, or expects to do so, as well as executives and coaches interested in establishing agile product management.

WHO NOT HOW

THE FORMULA TO ACHIEVE BIGGER GOALS THROUGH ACCELERATING TEAMWORK

Hay House, Inc **The world's foremost entrepreneurial coach shows you how to make a mindset shift that opens the door to explosive growth and limitless possibility--in your business and your life. Have you ever had a new idea or a goal that excites you... but not enough time to execute it? What about a goal you really want to accomplish...but can't because instead of taking action, you procrastinate? Do you feel like the only way things are going to get done is if you do them? But what if it wasn't that way? What if you had a team of people around you that helped you accomplish your goals (while you helped them accomplish theirs)? When we want something done, we've been trained to ask ourselves:**

"How can I do this?" Well, there is a better question to ask. One that unlocks a whole new world of ease and accomplishment. Expert coach Dan Sullivan knows the question we should ask instead: "Who can do this for me?" This may seem simple. And it is. But don't let the lack of complexity fool you. By mastering this question, you will quickly learn how billionaires and successful entrepreneurs like Dan build incredible businesses and personal freedom. This book will teach you how to make this essential paradigm-shift so you can:

- Build a successful business effectively while not killing yourself
- Immediately free-up 1,000+ hours of work that you shouldn't be doing anyway
- Bypass the typical scarcity and decline of aging and other societal norms
- Increase your vision in all areas of life and build teams of WHOs to support you in that vision
- Never be limited in your goals and ambitions again
- Expand your abundance of wealth, innovation, relationships, and joy
- Build a life where everything you do is your choice--how you spend your time, how much money you make, the quality of your relationships, and the type of work you do

Making this shift involves retraining your brain to stop limiting your potential based on what you solely can do and instead focus on the nearly infinite and endless connections between yourself and other people as well as the limitless transformation possible through those connections.

THE VALUES FACTOR

THE SECRET TO CREATING AN INSPIRED AND FULFILLING LIFE

Penguin Based on his landmark research and teachings, Dr. John Demartini has discovered the key to fulfillment in all aspects of life. What is the most important step you can take to achieve the life you've always dreamed of? You might think the answer is something like, start saving money, get a better job, find my soul mate, or improve my marriage. Solutions like these might offer temporary satisfaction, but none of them can provide true, lasting fulfillment or help you achieve your unique purpose in life. The Values Factor shows you how to create a life in which every minute can be inspiring and fulfilling. The first step is to identify what you find most meaningful—the values in life that are most important to you. Once you understand your own unique values and align your life accordingly, you can achieve fulfillment in every aspect of your life: deepening your loving relationships, creating an inspiring career, establishing financial freedom, and tapping into a rich spiritual life. Dr. Demartini's provocative thirteen-part questionnaire will reveal to you what you value most. The answers may surprise you! Then, each chapter of this book explains how to align every aspect of your life with your true values, so that you can finally achieve the success that you were capable of all along.

CONVICTION

THE THRILLING NEW YORK TIMES BESTSELLER

Random House **EVERYBODY LOVES A MURDER MYSTERY . . . UNTIL THEY HAVE A STARRING ROLE. *A NEW YORK TIMES BESTSELLER* *A REESE WITHERSPOON BOOK CLUB PICK*** 'Denise Mina is crime-writing royalty' Ian Rankin 'Such a delight: playful, fast-paced, and entirely compulsive' Ann Cleeves It's just a normal morning when Anna's husband announces that he's leaving her for her best friend and taking their two daughters with him. With her safe, comfortable world shattered, Anna distracts herself with someone else's story: a true-crime podcast. That is until she recognises the name of one of the victims and becomes convinced that only she knows what really happened. With nothing left to lose, she throws herself into investigating the case. But little does she know, Anna's past and present lives are about to collide, sending everything she has worked so hard to achieve into freefall. 'If you loved Killing Eve, you'll devour Conviction' Erin Kelly 'A dark star of a novel, blazingly intense, up-to-the-minute fresh, and exciting as all hell' A. J. Finn, author of The Woman in the Window _____ ***CONFIDENCE, THE FOLLOW UP TO CONVICTION, IS AVAILABLE TO PREORDER NOW***

CONNECTED TO GOODNESS

Balboa Press **David Meltzer reveals proven business and life principles and how to “make a lot of money, help a lot of people, and have a lot of fun.”**

THIS AIN'T NO PRACTICE LIFE

GO FROM WHERE YOU ARE TO WHERE YOU WANT TO BE

Cool Springs Press **Micheal Burt has one goal in his interactions with his clients-to transform and impart knowledge and skills to improve the current condition of the people and the organization. Through years of leadership and personal growth study while pursuing his doctorate of management in organizational leadership, Micheal has learned what works and what does not. With a philosophy deeply scripted in building the “whole person” then building the entire group, Micheal will help you make the transition from where you are to where you want to go.**

AMERICAN BOOK PUBLISHING RECORD

THE DAN SULLIVAN QUESTION

ASK IT AND TRANSFORM ANYONE'S FUTURE

THE PUBLISHERS WEEKLY

15 SECRETS TO HAPPINESS AND SUCCESS

BE THE BEST THAT YOU CAN BE

Balboa Press **To rise as high as you can in life, you must discover and incorporate what I call the “15 Principles of Happiness and Success.” How well you master these principles will impact your life and your happiness far more than you can possibly imagine. This work includes advice that both parents and teenagers can use to successfully interact with people, develop many new friends, and ultimately to be happy and successful.**

IMPROVING READING AND READING ENGAGEMENT IN THE 21ST CENTURY

INTERNATIONAL RESEARCH AND INNOVATION

Springer **This book presents cutting-edge research findings in areas critical to advancing reading research in the 21st century context, including new literacies, reading motivation, strategy instruction, and reading intervention studies. While students’ reading performance is currently receiving unprecedented attention, there is a lack of research that adopts an international perspective and draws on research expertise from different parts of the world to present a concerted effort, discussing key research models and findings on how to improve reading education. Addressing this gap in the literature, the book also responds to the challenge of promoting higher levels of literacy, and supporting and developing readers who can enjoy and critique texts of every genre.**

MICROC/OS-II

THE REAL TIME KERNEL

CRC Press **MicroC/OS II Second Edition** describes the design and implementation of the MicroC/OS-II real-time operating system (RTOS). In addition to its value as a reference to the kernel, it is an extremely detailed and highly readable design study particularly useful to the embedded systems student. While documenting the design and implementation of the ker

THE PRODUCTIVITY PUZZLE: RESTORING ECONOMIC DYNAMISM

CFA Institute Research Foundation This monograph is a collection of articles on productivity and related topics submitted by speakers at an interdisciplinary November 2017 conference sponsored by, among others, the CFA Institute Research Foundation, with additional articles solicited by the editors from noted experts on the field.

THE 4 C'S FORMULA

YOUR BUILDING BLOCKS OF GROWTH: COMMITMENT, COURAGE, CAPABILITY, AND CONFIDENCE.

Have you ever wondered why some people are super-achievers and seem to go from success to success while others never seem to get out of the starting blocks? In my 40 years of coaching high-achieving entrepreneurs, I've noticed that they all go through a process to help them break through to the next level of success. I call this process The 4 C's Formula. The 4 C's Formula is a universal process that can be used by anyone who wants to achieve greater success in any part of their life.

PERSONALITY ISN'T PERMANENT

BREAK FREE FROM SELF-LIMITING BELIEFS AND REWRITE YOUR STORY

Penguin Psychologist and bestselling author Benjamin Hardy, PhD, debunks the pervasive myths about personality that prevent us from learning—and provides bold strategies for personal transformation In *Personality Isn't Permanent*, Dr. Benjamin Hardy draws on psychological research to demolish the popular misconception that personality—a person's consistent attitudes and behaviors—is innate and unchanging. Hardy liberates us from the limiting belief that our “true selves” are to be discovered, and shows how we can intentionally create our desired selves and achieve amazing goals

instead. He offers practical, science-based advice to for personal-reinvention, including:

- Why personality tests such as Myers-Briggs and Enneagram are not only psychologically destructive but are no more scientific than horoscopes
- Why you should never be the “former” anything--because defining yourself by your past successes is just as damaging to growth as being haunted by past failures
- How to design your current identity based on your desired future self and make decisions here-and-now through your new identity
- How to reframe traumatic and painful experiences into a fresh narrative supporting your future success
- How to become confident enough to define your own life’s purpose
- How to create a network of “empathetic witnesses” who actively encourage you through the highs and lows of extreme growth
- How to enhance your subconscious to overcome addictions and limiting patterns
- How redesign your environment to pull you toward your future, rather than keep you stuck in the past
- How to tap into what psychologists call “pull motivation” by narrowing your focus on a single, definable, and compelling outcome

The book includes true stories of intentional self-transformation—such as Vanessa O’Brien, who quit her corporate job and set the Guinness World Record for a woman climbing the highest peak on every continent in the fastest time; Andre Norman, who became a Harvard fellow after serving a fourteen-year prison sentence; Ken Arlen, who instantly quit smoking by changing his identity narrative; and Hardy himself, who transcended his childhood in a broken home, surrounded by issues of addiction and mental illness, to earn his PhD and build a happy family. Filled with strategies for reframing your past and designing your future, *Personality Isn’t Permanent* is a guide to breaking free from the past and becoming the person you want to be.

TONTINES: A PRACTITIONER’S GUIDE TO MORTALITY-POOLED INVESTMENTS

CFA Institute Research Foundation **Tontines and similar mortality-pooled investment arrangements offer a useful and unique value proposition to the global retirement challenge.**

THE SMALL BIG

SMALL CHANGES THAT SPARK BIG INFLUENCE

Grand Central Publishing **At some point today you will have to influence or persuade someone - your boss, a co-worker, a customer, client, spouse, your kids, or even your friends. What is the smallest change you can make to your request, proposal or situation that will lead to the biggest difference in the outcome? In *The small BIG*, three heavyweights from the world of persuasion science and practice -- Steve Martin, Noah Goldstein and Robert Cialdini -- describe how, in**

today's information overloaded and stimulation saturated world, increasingly it is the small changes that you make that lead to the biggest differences. In the last few years more and more research - from fields such as neuroscience, cognitive psychology, social psychology, and behavioral economics - has helped to uncover an even greater understanding of how influence, persuasion and behavior change happens. Increasingly we are learning that it is not information per se that leads people to make decisions, but the context in which that information is presented. Drawing from extensive research in the new science of persuasion, the authors present lots of small changes (over 50 in fact) that can bring about momentous shifts in results. It turns out that anyone can significantly increase his or her ability to influence and persuade others, not by informing or educating people into change but instead by simply making small shifts in approach that link to deeply felt human motivations.

WHERE THINGS TOUCH

A MEDITATION ON BEAUTY

Book*hug Press To devote oneself to the study of beauty is to offer footnotes to the universe for all the places and all the moments that one observes beauty. I can no longer grab beauty by her wrists and demand articulation or meaning. I can only take account of where things touch. Part lyric essay, part prose poetry, Where Things Touch grapples with the manifold meanings and possibilities of beauty. Drawing on her experiences as a physician-in-training, Orang considers clinical encounters and how they relate to the concept and very idea of beauty. Such considerations lead her to questions about intimacy, queerness, home, memory, love, and other aspects of human existence. Throughout, beauty is ultimately imagined as something inextricably tied to care: the care of lovers, of patients, of art and literature, and the various non-human worlds that surround us. Eloquent and meditative in its approach, beauty, here, beyond base expectations of frivolity and superficiality, is conceived of as a thing to recover. Where Things Touch is an exploration of an essential human pleasure, a necessary freedom by which to challenge what we know of ourselves and the world we inhabit. Praise for Where Things Touch: A Meditation on Beauty: "A strikingly lyric thoughtful new voice, Orang writes with the knowledge that feeling is intelligence and thought is sensory. 'What happens to beauty when it's removed from its own dirt?' Beauty is tangled with language, with a lover, with medicine, flowers, ocean, care and compassion. These explorations are insightful, incisive and beautiful--and yes, touching." --Gary Barwin, Scotiabank Giller Prize shortlisted author of Yiddish for Pirates