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An introduction to computational complexity theory, its connections and interactions with mathematics, and its central role in the natural and social sciences, technology, and philosophy Mathematics and Computation provides a broad, conceptual overview of computational complexity theory—the mathematical study of efficient computation. With important practical applications to computer science and industry, computational complexity theory has evolved into a highly interdisciplinary field, with strong links to most mathematical areas and to a growing number of scientific endeavors. Avi Wigderson takes a sweeping survey of complexity theory, emphasizing the field's insights and challenges. He explains the ideas and motivations leading to key models, notions, and results. In particular, he looks at algorithms and complexity, computations and proofs, randomness and interaction, quantum and arithmetic computation, and cryptography and learning, all as parts of a cohesive whole with numerous cross-influences. Wigderson illustrates the immense breadth of the field, its beauty and richness, and its diverse and growing interactions with other areas of mathematics. He ends with a comprehensive look at the theory of computation, its methodology and aspirations, and the unique and fundamental ways in which it has shaped and will further shape science, technology, and society. For further reading, an extensive bibliography is provided for all topics covered. Mathematics and Computation is useful for undergraduate and graduate students in mathematics, computer science, and related fields, as well as researchers and teachers in these fields. Many parts require little background, and serve as an invitation to newcomers seeking an introduction to the theory of computation. Comprehensive coverage of computational complexity theory, and beyond High-level, intuitive exposition, which brings conceptual clarity to this central and dynamic scientific discipline Historical accounts of the evolution and motivations of central concepts and models A broad view of the theory of computation's influence on science, technology, and society Extensive bibliography Provides information on ways to use Wireshark to capture and analyze packets, covering such topics as building customized capture and display filters, graphing traffic patterns, and building statistics and reports.

From the bestselling author of *The Secrets She Keeps* and *Good Girl, Bad Girl* comes a new thriller featuring the brilliant forensic psychologist Cyrus Haven as he becomes embroiled in an explosive murder case with disturbing origins. Criminal psychologist Cyrus Haven and Evie Cormac return in this mesmerizing new thriller from internationally bestselling author Michael Robotham, a writer Stephen King calls “an absolute master...with heart and soul.” Who is Evie, the girl with no past, running from? She was discovered hiding in a secret room in the aftermath of a terrible crime. Her ability to tell when someone is lying helped Cyrus crack an impenetrable case in *Good Girl, Bad Girl*. Now, the closer Cyrus gets to uncovering answers about Evie's dark history, the more he exposes Evie to danger, giving her no choice but to run. Ultimately, both will have to decide if some secrets are better left buried and some monsters should never be named...

"Sutanto brilliantly infuses comedy and culture into the unpredictable rom-com/murder mystery mashup as Meddy navigates familial duty, possible arrest and a groomzilla. I laughed out loud and you will too."--USA Today (four-star review) "A hilarious, heartfelt

romp of a novel about--what else?--accidental murder and the bond of family. This book had me laughing aloud within its first five pages... Utterly clever, deeply funny, and altogether charming, this book is sure to be one of the best of the year!"--Emily Henry, New York Times bestselling author of Beach Read One of PopSugar's "42 Books Everyone Will Be Talking About in 2021"! What happens when you mix 1 (accidental) murder with 2 thousand wedding guests, and then toss in a possible curse on 3 generations of an immigrant Chinese-Indonesian family? You get 4 meddling Asian aunties coming to the rescue! When Meddelin Chan ends up accidentally killing her blind date, her meddlesome mother calls for her even more meddlesome aunties to help get rid of the body. Unfortunately, a dead body proves to be a lot more challenging to dispose of than one might anticipate, especially when it is inadvertently shipped in a cake cooler to the over-the-top billionaire wedding Meddy, her Ma, and aunties are working at an island resort on the California coastline. It's the biggest job yet for the family wedding business--"Don't leave your big day to chance, leave it to the Chans!"--and nothing, not even an unsavory corpse, will get in the way of her auntie's perfect buttercream flowers. But things go from inconvenient to downright torturous when Meddy's great college love--and biggest heartbreak--makes a surprise appearance amid the wedding chaos. Is it possible to escape murder charges, charm her ex back into her life, and pull off a stunning wedding all in one weekend?

This newly expanded and updated second edition of the best-selling classic continues to take the "mystery" out of designing algorithms, and analyzing their efficacy and efficiency. Expanding on the first edition, the book now serves as the primary textbook of choice for algorithm design courses while maintaining its status as the premier practical reference guide to algorithms for programmers, researchers, and students. The reader-friendly Algorithm Design Manual provides straightforward access to combinatorial algorithms technology, stressing design over analysis. The first part, Techniques, provides accessible instruction on methods for designing and analyzing computer algorithms. The second part, Resources, is intended for browsing and reference, and comprises the catalog of algorithmic resources, implementations and an extensive bibliography. NEW to the second edition:

- Doubles the tutorial material and exercises over the first edition
- Provides full online support for lecturers, and a completely updated and improved website component with lecture slides, audio and video
- Contains a unique catalog identifying the 75 algorithmic problems that arise most often in practice, leading the reader down the right path to solve them
- Includes several NEW "war stories" relating experiences from real-world applications
- Provides up-to-date links leading to the very best algorithm implementations available in C, C++, and Java

- More than 500 appearances on national bestseller lists
- #1 Wall Street Journal, New York Times, and USA Today
- Won 12 book awards
- Translated into 35 languages
- Voted Top 100 Business Book of All Time on Goodreads

People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing

stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH — LESS AND MORE. In *The ONE Thing*, you'll learn to * cut through the clutter * achieve better results in less time * build momentum toward your goal* dial down the stress * overcome that overwhelmed feeling * revive your energy * stay on track * master what matters to you *The ONE Thing* delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?

An expanded guide to enhancing analytical skills by building up one's intrinsic abilities is a primer for business leaders on how to develop ideas and enable faster results using to-the-point visual methods. Original.

FOREWORD BY GUY KAWASAKI Presentation designer and internationally acclaimed communications expert Garr Reynolds, creator of the most popular Web site on presentation design and delivery on the Net — presentationzen.com — shares his experience in a provocative mix of illumination, inspiration, education, and guidance that will change the way you think about making presentations with PowerPoint or Keynote. *Presentation Zen* challenges the conventional wisdom of making "slide presentations" in today's world and encourages you to think differently and more creatively about the preparation, design, and delivery of your presentations. Garr shares lessons and perspectives that draw upon practical advice from the fields of communication and business. Combining solid principles of design with the tenets of Zen simplicity, this book will help you along the path to simpler, more effective presentations.

Braden Proving I'm the right man to lead Steele Ventures is all I care about. Then Isabella came into my life. For a comedian, she's got pretty bad timing. Let's just say I'm dealing with a lot in my life right now. A hostile board that's baying for my blood. A father who seems intent on undermining my every move. And a supermodel ex who refuses to accept that it's over between us. Oh, and there's one more thing. Isabella is the niece of Irvine Gray—the CEO of Gray Industries who came within a whisper of destroying my corporate career. Isabella doesn't belong in my world, and announcing to my family that we're dating will just be adding fuel to the fire. Walking away is the smart decision. But it's not that simple. Not when Isabella is the only thing that seems to make sense any more. And with this firestorm raging around me, all that matters is figuring out a way to be with her. Isabella Braden Steele is the billionaire CEO who laughs at all my jokes. Even the corny ones. And after we slept together I figured he wouldn't call. Which is fine with me. Really. I knew what I was getting myself into. I'm a big girl, and I have no intention of drowning in a puddle of my own tears. But then he went and asked me to meet his family. But wait . . . it gets better. I scored

myself an invite to join his family for a weekend in The Hamptons. Something about this perfect picture isn't right. It's not the way my life works. Now I'm waiting for the punch line, because when you've been the butt of life's jokes as many times as I have, you don't get to believe in fairy tales.

What is fat activism and why is it important? Charlotte Cooper, a fat activist with around 30 years experience, answers this question by lifting the lid on a previously unexplored social movement and offering a fresh perspective on one of the major problems of our times. In her expansive grassroots study she: reveals details of fat activist methods and approaches and explodes myth; charts extensive accounts of international fat activist historical roots going back over four decades; explores controversies and tensions in the movement; shows that fat activism is an undeniably feminist and queer phenomenon, and explains why fat activism presents exciting possibilities for anyone interested in social justice. *Fat Activism: A Radical Social Movement* is a rare insider's view of fat people speaking about their lives and politics on their own terms. This is the book you have been waiting for.

Middle School Math with Pizzazz!: E. Ratio and proportion; Percent; Statistics and graphs; Probability; Integers; Coordinate graphing; Equations UGC NET Paper 1 - 32 Solved Papers (2019 to 2004) 2nd Edition Disha Publications What's Your Problem? To Solve Your Toughest Problems, Change the Problems You Solve Harvard Business Press

A fully updated edition of the classic text by acclaimed physicist A. Zee Since it was first published, *Quantum Field Theory in a Nutshell* has quickly established itself as the most accessible and comprehensive introduction to this profound and deeply fascinating area of theoretical physics. Now in this fully revised and expanded edition, A. Zee covers the latest advances while providing a solid conceptual foundation for students to build on, making this the most up-to-date and modern textbook on quantum field theory available. This expanded edition features several additional chapters, as well as an entirely new section describing recent developments in quantum field theory such as gravitational waves, the helicity spinor formalism, on-shell gluon scattering, recursion relations for amplitudes with complex momenta, and the hidden connection between Yang-Mills theory and Einstein gravity. Zee also provides added exercises, explanations, and examples, as well as detailed appendices, solutions to selected exercises, and suggestions for further reading. The most accessible and comprehensive introductory textbook available Features a fully revised, updated, and expanded text Covers the latest exciting advances in the field Includes new exercises Offers a one-of-a-kind resource for students and researchers Leading universities that have adopted this book include: Arizona State University Boston University Brandeis University Brown University California Institute of Technology Carnegie Mellon College of William & Mary Cornell Harvard University Massachusetts Institute of Technology Northwestern University Ohio State University Princeton University Purdue University - Main Campus Rensselaer

Polytechnic Institute Rutgers University - New Brunswick Stanford University
University of California - Berkeley University of Central Florida University of
Chicago University of Michigan University of Montreal University of Notre Dame
Vanderbilt University Virginia Tech University

Fierce warrior and legendary lover, Rhage, a vampire cursed by the Scribe Virgin and owned by the dark side, finds salvation in Mary Luce, the innocent young beauty he has sworn to protect.

"The author makes a compelling case that we often start solving a problem before thinking deeply about whether we are solving the right problem. If you want the superpower of solving better problems, read this book." -- Eric Schmidt, former CEO, Google

Are you solving the right problems? Have you or your colleagues ever worked hard on something, only to find out you were focusing on the wrong problem entirely? Most people have. In a survey, 85 percent of companies said they often struggle to solve the right problems. The consequences are severe: Leaders fight the wrong strategic battles. Teams spend their energy on low-impact work. Startups build products that nobody wants. Organizations implement "solutions" that somehow make things worse, not better. Everywhere you look, the waste is staggering. As Peter Drucker pointed out, there's nothing more dangerous than the right answer to the wrong question. There is a way to do better. The key is reframing, a crucial, underutilized skill that you can master with the help of this book. Using real-world stories and unforgettable examples like "the slow elevator problem," author Thomas Wedell-Wedellsborg offers a simple, three-step method - Frame, Reframe, Move Forward - that anyone can use to start solving the right problems. Reframing is not difficult to learn. It can be used on everyday challenges and on the biggest, trickiest problems you face. In this visually engaging, deeply researched book, you'll learn from leaders at large companies, from entrepreneurs, consultants, nonprofit leaders, and many other breakthrough thinkers. It's time for everyone to stop barking up the wrong trees. Teach yourself and your team to reframe, and growth and success will follow.

Have you ever been in a training and marveled at how quickly the time flew by? Genuinely enjoyed a meeting you were expecting to dread? Learned something powerful about a topic you thought wouldn't engage you? Experienced an intimate, vulnerable, transformative moment with a group of total strangers? Then you've witnessed the magic of facilitation. Like all magic tricks - though they seem to defy reason when you're spectating for the first time - once the secrets of facilitation are unveiled to you, you'll look back with a bland obviousness. Of course that's how it's done. In this book, co-authors and social justice facilitators Sam Killermann and Meg Bolger teach you how to perform the favorite tricks they keep up their sleeve. It's the learning they've accumulated from thousands of hours of facilitating, debriefing, challenging, and failing; it's the lessons from their mentors, channeled through their experience; it's the magician's secrets, revealed to the public, because it's about time folks have the privilege of looking behind the curtain of facilitation and thinking of course that's how it's done. This book highlights 11 key concepts every facilitator

should know, that most facilitators don't even know they should know. They are sometimes-tiny things that show up huge in facilitation. It's a book for facilitators of all stripes, goals, backgrounds, and settings - and the digestible, enjoyable, actionable lessons would benefit anyone who is responsible for engaging a group of people in learning.

The winners of the Nobel Prize show how economics, when done right, can help us solve the thorniest social and political problems of our day. Figuring out how to deal with today's critical economic problems is perhaps the great challenge of our time. Much greater than space travel or perhaps even the next revolutionary medical breakthrough, what is at stake is the whole idea of the good life as we have known it. Immigration and inequality, globalization and technological disruption, slowing growth and accelerating climate change--these are sources of great anxiety across the world, from New Delhi and Dakar to Paris and Washington, DC. The resources to address these challenges are there--what we lack are ideas that will help us jump the wall of disagreement and distrust that divides us. If we succeed, history will remember our era with gratitude; if we fail, the potential losses are incalculable. In this revolutionary book, renowned MIT economists Abhijit V. Banerjee and Esther Duflo take on this challenge, building on cutting-edge research in economics explained with lucidity and grace. Original, provocative, and urgent, *Good Economics for Hard Times* makes a persuasive case for an intelligent interventionism and a society built on compassion and respect. It is an extraordinary achievement, one that shines a light to help us appreciate and understand our precariously balanced world.

This classic introduction to probability theory for beginning graduate students covers laws of large numbers, central limit theorems, random walks, martingales, Markov chains, ergodic theorems, and Brownian motion. It is a comprehensive treatment concentrating on the results that are the most useful for applications. Its philosophy is that the best way to learn probability is to see it in action, so there are 200 examples and 450 problems. The fourth edition begins with a short chapter on measure theory to orient readers new to the subject.

Computational thinking (CT) is a timeless, transferable skill that enables you to think more clearly and logically, as well as a way to solve specific problems. With this book you'll learn to apply computational thinking in the context of software development to give you a head start on the road to becoming an experienced and effective programmer.

There has been a shift of policy at board level. Cash is needed and Alex Rogo's companies are to be put on the block. Alex faces a cruel dilemma. If he successfully completes the turnaround of his companies they can be sold for the maximum return: if he fails they will be closed down. Either way Alex and his team will be out of work. It looks like lose-lose, both for Alex and for his team. And as if he doesn't have enough to deal with, his two children have become teenagers. As Alex grapples with problems at work and at home, we begin to understand the full scope of Eli Goldratt's powerful techniques. It's *Not Luck* reveals more of the Thinking Process-techniques that consistently produce win-win solutions to seemingly impossible problems.

Winner of a 2009 Shingo Research and Professional Publication Prize. Notably flexible and brief, the A3 report has proven to be a key tool in Toyota's successful move toward organizational efficiency, effectiveness, and improvement, especially within its

engineering and R&D organizations. The power of the A3 report, however, derives not from the report itself, but rather from the development of the culture and mindset required for the implementation of the A3 system. In *Understanding A3 Thinking*, the authors first show that the A3 report is an effective tool when it is implemented in conjunction with a PDCA-based management philosophy. Toyota views A3 Reports as just one piece in their PDCA management approach. Second, the authors show that the process leading to the development and management of A3 reports is at least as important as the reports themselves, because of the deep learning and professional development that occurs in the process. And finally, the authors provide a number of examples as well as some very practical advice on how to write and review A3 reports. The present volume examines the relationship between second language practice and what is known about the process of second language acquisition, summarising the current state of second language acquisition theory, drawing general conclusions about its application to methods and materials and describing what characteristics effective materials should have. The author concludes that a solution to language teaching lies not so much in expensive equipment, exotic new methods, or sophisticated language analysis, but rather in the full utilisation of the most important resources - native speakers of the language - in real communication.

The human brain has some capabilities that the brains of other animals lack. It is to these distinctive capabilities that our species owes its dominant position. Other animals have stronger muscles or sharper claws, but we have cleverer brains. If machine brains one day come to surpass human brains in general intelligence, then this new superintelligence could become very powerful. As the fate of the gorillas now depends more on us humans than on the gorillas themselves, so the fate of our species then would come to depend on the actions of the machine superintelligence. But we have one advantage: we get to make the first move. Will it be possible to construct a seed AI or otherwise to engineer initial conditions so as to make an intelligence explosion survivable? How could one achieve a controlled detonation? To get closer to an answer to this question, we must make our way through a fascinating landscape of topics and considerations. Read the book and learn about oracles, genies, singletons; about boxing methods, tripwires, and mind crime; about humanity's cosmic endowment and differential technological development; indirect normativity, instrumental convergence, whole brain emulation and technology couplings; Malthusian economics and dystopian evolution; artificial intelligence, and biological cognitive enhancement, and collective intelligence.

Thinking Mathematically is perfect for anyone who wants to develop their powers to think mathematically, whether at school, at university or just out of interest. This book is invaluable for anyone who wishes to promote mathematical thinking in others or for anyone who has always wondered what lies at the core of mathematics. *Thinking Mathematically* reveals the processes at the heart of mathematics and demonstrates how to encourage and develop them. Extremely practical, it involves the reader in questions so that subsequent discussions speak to immediate experience.

This elementary presentation exposes readers to both the process of rigor and the rewards inherent in taking an axiomatic approach to the study of functions of a real variable. The aim is to challenge and improve mathematical intuition rather than to verify it. The philosophy of this book is to focus attention on questions which give

analysis its inherent fascination. Each chapter begins with the discussion of some motivating examples and concludes with a series of questions.

Provocative, challenging, and fun, *The Ideal Problem Solver* offers a sound, methodical approach for resolving problems based on the IDEAL (Identify, Define, Explore, Act, Look) model. The authors suggest new strategies for enhancing creativity, improving memory, criticizing ideas and generating alternatives, and communicating more effectively with a wider range of people. Using the results of laboratory research previously available only in a piece-meal fashion or in scientific journals, Bransford and Stein discuss such issues as Teaming new information, overcoming blocks to creativity, and viewing problems from a variety of perspectives.

"High school senior Frank Li takes a risk to go after a girl his parents would never approve of, but his plans will leave him wondering if he ever really understood love--or himself--at all"--

Improve the writing and speaking skills you use everyday Graceless with grammar? Perplexed by punctuation? Have no fear! This second Australian edition of *English Grammar For Dummies* explains everything from basic sentence structure to the finer points of grammar. Packed with expert advice, this book will help you to communicate more effectively and make the right impression every time. Structure sentences correctly — learn everything from making verbs agree to understanding clauses Avoid and fix common mistakes — find out how to revise the things your grammar checker underlines Punctuate like a professional — explore the correct use of commas, apostrophes, colons, semicolons and dashes Polish your writing style — discover how good grammar and good style go hand in hand Open the book and find: Ways to accessorise with adjectives and adverbs Tips for pairing the correct pronoun with the noun Advice about how to use numerals in documents Hints for writing emails and slide presentations Explanations of errors missed by spell checkers Learn to: Improve your writing and editing Understand and apply grammar rules Avoid common errors Connect grammar with style

A famed political scientist's classic argument for a more cooperative world We assume that, in a world ruled by natural selection, selfishness pays. So why cooperate? In *The Evolution of Cooperation*, political scientist Robert Axelrod seeks to answer this question. In 1980, he organized the famed Computer Prisoners Dilemma Tournament, which sought to find the optimal strategy for survival in a particular game. Over and over, the simplest strategy, a cooperative program called Tit for Tat, shut out the competition. In other words, cooperation, not unfettered competition, turns out to be our best chance for survival. A vital book for leaders and decision makers, *The Evolution of Cooperation* reveals how cooperative principles help us think better about everything from military strategy, to political elections, to family dynamics.

Proofs play a central role in advanced mathematics and theoretical computer science, yet many students struggle the first time they take a course in which proofs play a significant role. This bestselling text's third edition helps students transition from solving problems to proving theorems by teaching them the techniques needed to read and write proofs. Featuring over 150 new exercises and a new chapter on number theory, this new edition introduces students to the world of advanced mathematics through the mastery of proofs. The book begins with the basic concepts of logic and set theory to familiarize students with the language of mathematics and how it is interpreted. These concepts are used as the basis for an analysis of techniques that can be used to build up complex proofs step by step, using detailed 'scratch work' sections to expose the machinery of proofs about numbers, sets, relations, and functions. Assuming no

background beyond standard high school mathematics, this book will be useful to anyone interested in logic and proofs: computer scientists, philosophers, linguists, and, of course, mathematicians.

With 28 new chapters, the third edition of *The Practice of System and Network Administration* innovates yet again! Revised with thousands of updates and clarifications based on reader feedback, this new edition also incorporates DevOps strategies even for non-DevOps environments. Whether you use Linux, Unix, or Windows, this new edition describes the essential practices previously handed down only from mentor to protégé. This wonderfully lucid, often funny cornucopia of information introduces beginners to advanced frameworks valuable for their entire career, yet is structured to help even experts through difficult projects. Other books tell you what commands to type. This book teaches you the cross-platform strategies that are timeless! DevOps techniques: Apply DevOps principles to enterprise IT infrastructure, even in environments without developers Game-changing strategies: New ways to deliver results faster with less stress Fleet management: A comprehensive guide to managing your fleet of desktops, laptops, servers and mobile devices Service management: How to design, launch, upgrade and migrate services Measurable improvement: Assess your operational effectiveness; a forty-page, pain-free assessment system you can start using today to raise the quality of all services Design guides: Best practices for networks, data centers, email, storage, monitoring, backups and more Management skills: Organization design, communication, negotiation, ethics, hiring and firing, and more Have you ever had any of these problems? Have you been surprised to discover your backup tapes are blank? Ever spent a year launching a new service only to be told the users hate it? Do you have more incoming support requests than you can handle? Do you spend more time fixing problems than building the next awesome thing? Have you suffered from a botched migration of thousands of users to a new service? Does your company rely on a computer that, if it died, can't be rebuilt? Is your network a fragile mess that breaks any time you try to improve it? Is there a periodic "hell month" that happens twice a year? Twelve times a year? Do you find out about problems when your users call you to complain? Does your corporate "Change Review Board" terrify you? Does each division of your company have their own broken way of doing things? Do you fear that automation will replace you, or break more than it fixes? Are you underpaid and overworked? No vague "management speak" or empty platitudes. This comprehensive guide provides real solutions that prevent these problems and more!

"The Benefactress" by Elizabeth Von Arnim. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten or yet undiscovered gems of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

This revised edition of the original reference standard for urban legends provides an updated anthology of common myths and stories, and presents expanded coverage of international legends and tales shared and popularized online. • Approximately 300 individual entries for specific urban legends • An introduction provides a brief history of urban legend research • A selected bibliography and reference citations

Solving complex problems and selling their solutions is critical for personal and organizational success. For most of us, however, it doesn't come naturally and we haven't been taught how to do it well. Research shows a host of pitfalls trips us up when we try: We're quick to believe we understand a situation and jump to a flawed solution. We seek to confirm our hypotheses and ignore conflicting evidence. We view challenges incompletely through the frameworks we know instead of with a fresh pair of eyes. And when we communicate our recommendations, we forget our reasoning isn't obvious to our audience. How can we do it better? In *Cracked It!*,

seasoned strategy professors and consultants Bernard Garrette, Corey Phelps and Olivier Sibony present a rigorous and practical four-step approach to overcome these pitfalls. Building on tried-and-tested (but rarely revealed) methods of top strategy consultants, research in cognitive psychology, and the latest advances in design thinking, they provide a step-by-step process and toolkit that will help readers tackle any challenging business problem. Using compelling stories and detailed case examples, the authors guide readers through each step in the process: from how to state, structure and then solve problems to how to sell the solutions. Written in an engaging style by a trio of experts with decades of experience researching, teaching and consulting on complex business problems, this book will be an indispensable manual for anyone interested in creating value by helping their organizations crack the problems that matter most.

Widely regarded as the authoritative reference in the field, this volume comprehensively reviews theory and research on the self. Leading investigators address this essential construct at multiple levels of analysis, from neural pathways to complex social and cultural dynamics. Coverage includes how individuals gain self-awareness, agency, and a sense of identity; self-related motivation and emotion; the role of the self in interpersonal behavior; and self-development across evolutionary time and the lifespan. Connections between self-processes and psychological problems are also addressed. New to This Edition *Incorporates significant theoretical and empirical advances. *Nine entirely new chapters. *Coverage of the social and cognitive neuroscience of self-processes; self-regulation and health; self and emotion; and hypoegoic states, such as mindfulness.

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