

# Les Mills Sprint Torrent

The Mass Ornament today remains a refreshing tribute to popular culture, and its impressively interdisciplinary writings continue to shed light not only on Kracauer's later work but also on the ideas of the Frankfurt School, the genealogy of film theory and cultural studies, Weimar cultural politics, and, not least, the exigencies of intellectual exile.

The mega-bestseller with more than 2 million readers, soon to be a major television series From the #1 New York Times-bestselling author of The Lincoln Highway and Rules of Civility, a beautifully transporting novel about a man who is ordered to spend the rest of his life inside a luxury hotel In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him entry into a much larger world of emotional discovery. Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the count's endeavor to

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gain a deeper understanding of what it means to be a man of purpose.

A cloth bag containing 20 paperback copies of the title that may also include a folder with sign out sheets.

What is fascism? By focusing on the concrete: what the fascists did, rather than what they said, the esteemed historian Robert O. Paxton answers this question. From the first violent uniformed bands beating up “enemies of the state,” through Mussolini’s rise to power, to Germany’s fascist radicalization in World War II, Paxton shows clearly why fascists came to power in some countries and not others, and explores whether fascism could exist outside the early-twentieth-century European setting in which it emerged. “A deeply intelligent and very readable book. . . . Historical analysis at its best.”

—The Economist The Anatomy of Fascism will have a lasting impact on our understanding of modern European history, just as Paxton’s classic Vichy France redefined our vision of World War II. Based on a lifetime of research, this compelling and important book transforms our knowledge of fascism—“the major political innovation of the twentieth century, and the source of much of its pain.”

An American bioengineering research firm erects a theme park on a Caribbean island, complete with living dinosaurs, and invites a group of scientists to

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be its first terrified guests.

On paper, Coach Rob Mendez sounds like any other football coach on any other field across America: passionate, authoritative, knowledgeable. But he's unlike any other coach you know--in fact, he's probably unlike any other person you know. Born with an extraordinarily rare condition called tetra-Amelia syndrome, Rob has no arms or legs. He moves with the assistance of a custom-made, motorized wheelchair that he operates with his back and shoulders. Many people look at Rob and see limitation, yet Rob sees opportunity: Opportunity to pursue his passion for football. Opportunity to change the way people perceive physical disability. Opportunity to serve as a role model for the hundreds of kids he's coached over the years. Told with both humor and frankness, *Who Says I Can't?* takes readers on Rob's incredible journey, from his birth to loving parents who wanted to afford him every chance for happiness, to the emotional and physical hurdles he faced while seeking independence, to receiving the Jimmy V Award for Perseverance at the ESPY Awards in 2019. Each day, Coach Rob rolls onto the field and shows his players that dreams are achievable when you show up, do the work, and believe in yourself. And after reading this book you, too, will believe that anything is possible.

A lively, unorthodox look at economics, business,

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and public policy told in the form of a novel. A love story that embraces the business and economic issues of the day? The Invisible Heart takes a provocative look at business, economics, and regulation through the eyes of Sam Gordon and Laura Silver, teachers at the exclusive Edwards School in Washington, D.C. Sam lives and breathes capitalism. He thinks that most government regulation is unnecessary or even harmful. He believes that success in business is a virtue. He believes that our humanity flourishes under economic freedom. Laura prefers Wordsworth to the Wall Street Journal. Where Sam sees victors, she sees victims. She wants the government to protect consumers and workers from the excesses of Sam's beloved marketplace. While Sam and Laura argue about how to make the world a better place, a parallel story unfolds across town. Erica Baldwin, the crusading head of a government watchdog agency, tries to bring Charles Krauss, a ruthless CEO, to justice. How are these two dramas connected? Why is Sam under threat of dismissal? Will Erica Baldwin find the evidence she needs? Can Laura love a man with an Adam Smith poster on his wall? The answers in The Invisible Heart give the reader a richer appreciation for how business and the marketplace transform our lives.

The orderly Sweet-Williams are dismayed at their son's fondness for the messy pastime of gardening.

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The first book of its kind: a fascinating and entertaining examination of hedge funds today  
Shortlisted for the Financial Times/Goldman Sachs Business Book of the Year Award The New York Times bestseller

The diet that works faster and forever! SUPER SHRED Using the same principles—meal spacing, snacking, meal replacement and diet confusion—that made his SHRED a major #1 bestseller—Dr. Ian K. Smith has developed what dieters told him they needed: a quick-acting plan that is safe and easy to follow at home, at work, or on the road. SUPER SHRED It's a program with four week-long cycles: --Foundation, when you'll eat four meals and three snacks a day, start shedding pounds and set yourself up for success --Accelerate, when you'll kick it up and speed up weight loss --Shape, the toughest week in the program, and the one that will get your body back by keeping it guessing --Tenacious, a final sprint that cements your improved eating habits and melts off those last stubborn pounds The SHRED system never leaves you hungry. It's a completely new way to lose weight, stay slender, and feel fantastic about your body, mind and spirit! Includes more than 50 all-new recipes for meal replacing smoothies and soups!

An explosive expose? of Samsung that “reads like a dynastic thriller, rolling through three generations of family intrigue, embezzlement, bribery, corruption,

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prostitution, and other bad behavior” (The Wall Street Journal). **LONGLISTED FOR THE FINANCIAL TIMES AND MCKINSEY BUSINESS BOOK OF THE YEAR AWARD** Based on years of reporting on Samsung for The Economist, The Wall Street Journal, and Time, from his base in South Korea, and his countless sources inside and outside the company, Geoffrey Cain offers a penetrating look behind the curtains of the biggest company nobody in America knows. Seen for decades in tech circles as a fast follower rather than an innovation leader, Samsung today has grown to become a market leader in the United States and around the globe. They have captured one quarter of the smartphone market and have been pushing the envelope on every front. Forty years ago, Samsung was a rickety Korean agricultural conglomerate that produced sugar, paper, and fertilizer, located in a backward country with a third-world economy. With the rise of the PC revolution, though, Chairman Lee Byung-chul began a bold experiment: to make Samsung a major supplier of computer chips. The multimillion-dollar plan was incredibly risky. But Lee, wowed by a young Steve Jobs, who sat down with the chairman to offer his advice, became obsessed with creating a tech empire. And in *Samsung Rising*, we follow Samsung behind the scenes as the company fights its way to the top of tech. It is one of Apple’s chief suppliers of technology critical to the iPhone, and its

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own Galaxy phone outsells the iPhone. Today, Samsung employs over 300,000 people (compared to Apple's 80,000 and Google's 48,000). The company's revenues have grown more than forty times from that of 1987 and make up more than 20 percent of South Korea's exports. Yet their disastrous recall of the Galaxy Note 7, with numerous reports of phones spontaneously bursting into flames, reveals the dangers of the company's headlong attempt to overtake Apple at any cost. A sweeping insider account, *Samsung Rising* shows how a determined and fearless Asian competitor has become a force to be reckoned with.

Put your phone system on your computer network and see the savings See how to get started with VoIP, how it works, and why it saves you money VoIP is techspeak for "voice over Internet protocol," but it could spell "saving big bucks" for your business! Here's where to get the scoop in plain English. Find out how VoIP can save you money, how voice communication travels online, and how to choose the best way to integrate your phone system with your network at home or at the office. Discover how to: Use VoIP for your business or home phone service Choose the best network type Set up VoIP on a wireless network Understand transports and services Demonstrate VoIP's advantages to management

Acclaimed as one of the most exciting books in the

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history of American letters, this modern epic became an instant bestseller upon publication in 1974, transforming a generation and continuing to inspire millions. This 25th Anniversary Quill Edition features a new introduction by the author; important typographical changes; and a Reader's Guide that includes discussion topics, an interview with the author, and letters and documents detailing how this extraordinary book came to be. A narration of a summer motorcycle trip undertaken by a father and his son, the book becomes a personal and philosophical odyssey into fundamental questions of how to live. The narrator's relationship with his son leads to a powerful self-reckoning; the craft of motorcycle maintenance leads to an austere beautiful process for reconciling science, religion, and humanism. Resonant with the confusions of existence, *Zen and the Art of Motorcycle Maintenance* is a touching and transcendent book of life.

In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As First Lady of the United States of America, she helped create the most welcoming and inclusive White House in history. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private.

This is the eBook of the printed book and may not include any

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media, website access codes, or print supplements that may come packaged with the bound book. Discover where the real success in business can be found. What makes some businesses more successful than others? The answer: people. Organizations with motivated, talented employees that offer outstanding customer service are more likely to pull ahead of the competition. Performance Management is the first text to emphasize this key competitive advantage, showing readers that success in today's globalized business world can be found, not in technology and products, but in an organization's people. The third edition includes updated and current information, and features over forty new cases.

This book gives us a close-up detailing of this gifted, dynamic teacher in a variety of classroom settings, along with analyses of Heathcote's remarkable improvisations with young people.

Now in its second edition Maritime Economics provides a valuable introduction to the organisation and workings of the global shipping industry. The author outlines the economic theory as well as many of the operational practicalities involved. Extensively revised for the new edition, the book has many clear illustrations and tables. Topics covered include: \* an overview of international trade \* Maritime Law \* economic organisation and principles \* financing ships and shipping companies \* market research and forecasting.

"Bruce Schneier's amazing book is the best overview of privacy and security ever written."—Clay Shirky "Bruce Schneier's amazing book is the best overview of privacy and security ever written."—Clay Shirky Your cell phone provider tracks your location and knows who's with you. Your online and in-store purchasing patterns are recorded, and reveal if you're unemployed, sick, or pregnant. Your e-mails and texts expose your intimate and casual friends. Google knows what you're thinking because it saves your private searches. Facebook can determine your sexual orientation without you

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ever mentioning it. The powers that surveil us do more than simply store this information. Corporations use surveillance to manipulate not only the news articles and advertisements we each see, but also the prices we're offered. Governments use surveillance to discriminate, censor, chill free speech, and put people in danger worldwide. And both sides share this information with each other or, even worse, lose it to cybercriminals in huge data breaches. Much of this is voluntary: we cooperate with corporate surveillance because it promises us convenience, and we submit to government surveillance because it promises us protection. The result is a mass surveillance society of our own making. But have we given up more than we've gained? In *Data and Goliath*, security expert Bruce Schneier offers another path, one that values both security and privacy. He brings his bestseller up-to-date with a new preface covering the latest developments, and then shows us exactly what we can do to reform government surveillance programs, shake up surveillance-based business models, and protect our individual privacy. You'll never look at your phone, your computer, your credit cards, or even your car in the same way again.

The practical e-guide that gives you the skills to succeed as a project manager. Discover how to improve your project management skills by defining a project brief, identifying stakeholders, and building a strong team. You'll also learn useful tips for initiating projects, setting deadlines, and managing your budgets. *Essential Managers* gives you a practical "how-to" approach with step-by-step instructions, tips, checklists, and "ask yourself" features showing you how to focus your energy, manage change, and make an impact. DK's *Essential Managers* series contains the knowledge you need to be a more effective manager and hone your management style. Whether you're new to project management or simply looking to sharpen your existing skills,

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this is the e-guide for you.

Raymond Noe's Employee Training and Development sets the standard in this course area. First introduced in 1998, ETD became the market-defining text within 6 months of publication. Its popularity is due to its lively writing style and relevant examples of the most up-to-date developments in training, research and practice, including the strategic role of training and the use of new technologies in training.

Employee Training and Development strikes a balance between research and real company practices. It provides students with a solid background in the fundamentals of training and development such as needs assessment, transfer of training, learning environment design, methods, and evaluation. To help students better understand the relationship between the main elements of the book, the book is now organized into five different parts. Part I focuses on the context for training and development and includes a chapter devoted to strategic training. Part II includes coverage related to the fundamentals of designing training programs. Chapters in Part II focus on needs assessment, learning theories and program design, transfer of training, and training evaluation. Part III focuses on training and development methods and includes chapters devoted to traditional training methods, e-learning and the use of technology in training, employee development, and special issues in employee development, such as managing diversity, succession planning, and cross-cultural preparation. Chapters in Part IV cover career issues and how companies manage careers, as well as challenges in career management, such as dealing with work-life conflict, retirement, and socialization. Finally, Part V provides a look at the future of training and development.

The Go Programming Language is the authoritative resource for any programmer who wants to learn Go. It shows how to write clear and idiomatic Go to solve real-world problems. The

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book does not assume prior knowledge of Go nor experience with any specific language, so you'll find it accessible whether you're most comfortable with JavaScript, Ruby, Python, Java, or C++. The first chapter is a tutorial on the basic concepts of Go, introduced through programs for file I/O and text processing, simple graphics, and web clients and servers. Early chapters cover the structural elements of Go programs: syntax, control flow, data types, and the organization of a program into packages, files, and functions. The examples illustrate many packages from the standard library and show how to create new ones of your own. Later chapters explain the package mechanism in more detail, and how to build, test, and maintain projects using the go tool. The chapters on methods and interfaces introduce Go's unconventional approach to object-oriented programming, in which methods can be declared on any type and interfaces are implicitly satisfied. They explain the key principles of encapsulation, composition, and substitutability using realistic examples. Two chapters on concurrency present in-depth approaches to this increasingly important topic. The first, which covers the basic mechanisms of goroutines and channels, illustrates the style known as communicating sequential processes for which Go is renowned. The second covers more traditional aspects of concurrency with shared variables. These chapters provide a solid foundation for programmers encountering concurrency for the first time. The final two chapters explore lower-level features of Go. One covers the art of metaprogramming using reflection. The other shows how to use the unsafe package to step outside the type system for special situations, and how to use the cgo tool to create Go bindings for C libraries. The book features hundreds of interesting and practical examples of well-written Go code that cover the whole language, its most important packages, and a wide range of applications. Each chapter

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has exercises to test your understanding and explore extensions and alternatives. Source code is freely available for download from <http://gopl.io/> and may be conveniently fetched, built, and installed using the `go get` command.

From the Vault Career Library covering the basics of financial statements, fit portion of interviews and equity and debt valuation techniques in a step-by-step process.

Marion and Shiva Stone are twin brothers born of a secret union between a beautiful Indian nun and a brash British surgeon. Orphaned by their mother's death and their father's disappearance and bound together by a preternatural connection and a shared fascination with medicine, the twins come of age as Ethiopia hovers on the brink of revolution. Moving from Addis Ababa to New York City and back again, *Cutting for Stone* is an unforgettable story of love and betrayal, medicine and ordinary miracles—and two brothers whose fates are forever intertwined.

Jean Baudrillard's classic text was one of the first to focus on the process and meaning of consumption in contemporary culture. Originally published in 1970, the book makes a vital contribution to current debates on consumption. The book includes Baudrillard's most organized discussion of mass media culture, the meaning of leisure, and anomie in affluent society. A chapter on the body demonstrates Baudrillard's extraordinary prescience for flagging vital subjects in contemporary culture long before others. This English translation begins with a new introductory essay.

A sanctioned sequel to Mario Puzo's blockbuster novel, *The Godfather*, continues the saga of the Corleone

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family, beginning in 1955 and recounting the events that occurred between the end of the original novel and the episodes chronicled in Coppola's movie sequels.

Reprint.

The one primer you need to develop your entrepreneurial skills. Whether you're imagining your new business to be the next big thing in Silicon Valley, a pivotal B2B provider, or an anchor in your local community, the HBR Entrepreneur's Handbook is your essential resource for getting your company off the ground. Starting an independent new business is rife with both opportunity and risk. And as an entrepreneur, you're the one in charge: your actions can make or break your business. You need to know the tried-and-true fundamentals--from writing a business plan to getting your first loan. You also need to know the latest thinking on how to create an irresistible pitch deck, mitigate risk through experimentation, and develop unique opportunities through business model innovation. The HBR Entrepreneur's Handbook addresses these challenges and more with practical advice and wisdom from Harvard Business Review's archive. Keep this comprehensive guide with you throughout your startup's life--and increase your business's odds for success. In the HBR Entrepreneur's Handbook you'll find: Step-by-step guidance through the entrepreneurial process Concise explanations of the latest research and thinking on entrepreneurship from Harvard Business Review contributors such as Marc Andreessen and Reid Hoffman Time-honed best practices Stories of real companies, from Airbnb to eBay You'll learn: Which skills

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and characteristics make for the best entrepreneurs How to gauge potential opportunities The basics of business models and competitive strategy How to test your assumptions--before you build a whole business How to select the right legal structure for your company How to navigate funding options, from venture capital and angel investors to accelerators and crowdfunding How to develop sales and marketing programs for your venture What entrepreneurial leaders must do to build culture and set direction as the business keeps growing HBR Handbooks provide ambitious professionals with the frameworks, advice, and tools they need to excel in their careers. With step-by-step guidance, time-honed best practices, real-life stories, and concise explanations of research published in Harvard Business Review, each comprehensive volume helps you to stand out from the pack--whatever your role.

The timeless and practical advice in *The Magic of Thinking Big* clearly demonstrates how you can: Sell more Manage better Lead fearlessly Earn more Enjoy a happier, more fulfilling life With applicable and easy-to-implement insights, you'll discover: Why believing you can succeed is essential How to quit making excuses The means to overcoming fear and finding confidence How to develop and use creative thinking and dreaming Why making (and getting) the most of your attitudes is critical How to think right towards others The best ways to make "action" a habit How to find victory in defeat Goals for growth, and How to think like a leader "Believe Big," says Schwartz. "The size of your success is determined by the size of your belief. Think little goals

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and expect little achievements. Think big goals and win big success. Remember this, too! Big ideas and big plans are often easier -- certainly no more difficult - than small ideas and small plans."

The Law Of Success: In Sixteen Lessons Teaching, For The First Time In The History Of The World, The True Philosophy Upon Which All Personal Success Is Built.

This book is a result of an effort made by us towards making a contribution to the preservation and repair of original classic literature. In an attempt to preserve, improve and recreate the original content, we have worked towards: 1. Type-setting & Reformatting: The complete work has been re-designed via professional layout, formatting and type-setting tools to re-create the same edition with rich typography, graphics, high quality images, and table elements, giving our readers the feel of holding a 'fresh and newly' reprinted and/or revised edition, as opposed to other scanned & printed (Optical Character Recognition - OCR) reproductions. 2.

Correction of imperfections: As the work was re-created from the scratch, therefore, it was vetted to rectify certain conventional norms with regard to typographical mistakes, hyphenations, punctuations, blurred images, missing content/pages, and/or other related subject matters, upon our consideration. Every attempt was made to rectify the imperfections related to omitted constructs in the original edition via other references. However, a few of such imperfections which could not be rectified due to intentional\unintentional omission of content in the original edition, were inherited and preserved from the original work to maintain the

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authenticity and construct, relevant to the work. We believe that this work holds historical, cultural and/or intellectual importance in the literary works community, therefore despite the oddities, we accounted the work for print as a part of our continuing effort towards preservation of literary work and our contribution towards the development of the society as a whole, driven by our beliefs. We are grateful to our readers for putting their faith in us and accepting our imperfections with regard to preservation of the historical content. HAPPY READING!

Reports on a new generation of Internet controls that establish a new normative terrain in which surveillance and censorship are routine. Internet filtering, censorship of Web content, and online surveillance are increasing in scale, scope, and sophistication around the world, in democratic countries as well as in authoritarian states. The first generation of Internet controls consisted largely of building firewalls at key Internet gateways; China's famous "Great Firewall of China" is one of the first national Internet filtering systems. Today the new tools for Internet controls that are emerging go beyond mere denial of information. These new techniques, which aim to normalize (or even legalize) Internet control, include targeted viruses and the strategically timed deployment of distributed denial-of-service (DDoS) attacks, surveillance at key points of the Internet's infrastructure, take-down notices, stringent terms of usage policies, and national information shaping strategies. Access Controlled reports on this new normative terrain. The book, a project from the OpenNet Initiative (ONI), a collaboration of the Citizen Lab at the University of Toronto's Munk Centre for International Studies, Harvard's Berkman Center for Internet and Society, and the SecDev Group, offers six substantial chapters that analyze Internet control in both Western and Eastern Europe

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and a section of shorter regional reports and country profiles drawn from material gathered by the ONI around the world through a combination of technical interrogation and field research methods.

A revised new edition of the bestselling toolkit for creating, building, and maintaining a strong brand From research and analysis through brand strategy, design development through application design, and identity standards through launch and governance, *Designing Brand Identity, Fourth Edition* offers brand managers, marketers, and designers a proven, universal five-phase process for creating and implementing effective brand identity. Enriched by new case studies showcasing successful world-class brands, this Fourth Edition brings readers up to date with a detailed look at the latest trends in branding, including social networks, mobile devices, global markets, apps, video, and virtual brands. Features more than 30 all-new case studies showing best practices and world-class Updated to include more than 35 percent new material Offers a proven, universal five-phase process and methodology for creating and implementing effective brand identity

Baye's *Managerial Economics and Business Strategy* is one of the best-selling managerial economics textbooks. It is the first textbook to blend tools from intermediate microeconomics, game theory, and industrial organization for a managerial economics text. Baye is known for its balanced coverage of traditional and modern topics, and the fourth edition continues to offer the diverse managerial economics marketplace a flexible and up-to-date textbook. Baye offers coverage of frontier research in his new chapter on advanced topics. The Fourth Edition also offers completely new problem material, data, and much more.

How can management be developed to create the greatest wealth for society as a whole? This is the question Peter

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Drucker sets out to answer in *Innovation and Entrepreneurship*. A brilliant, mould-breaking attack on management orthodoxy it is one of Drucker's most important books, offering an excellent overview of some of his main ideas. He argues that what defines an entrepreneur is their attitude to change: 'the entrepreneur always searches for change, responds to it and exploits it as an opportunity'. To exploit change, according to Drucker, is to innovate. Stressing the importance of low-tech entrepreneurship, the challenge of balancing technological possibilities with limited resources, and the organisation as a learning organism, he concludes with a vision of an entrepreneurial society where individuals increasingly take responsibility for their own learning and careers. With a new foreword by Joseph Maciariello

With the rise of web 2.0 and social media platforms taking over vast tracts of territory on the internet, the media landscape has shifted drastically in the past 20 years, transforming previously stable relationships between media creators and consumers. *The Social Media Reader* is the first collection to address the collective transformation with pieces on social media, peer production, copyright politics, and other aspects of contemporary internet culture from all the major thinkers in the field. Culling a broad range and incorporating different styles of scholarship from foundational pieces and published articles to unpublished pieces, journalistic accounts, personal narratives from blogs, and whitepapers, *The Social Media Reader* promises to be an essential text, with contributions from Lawrence Lessig, Henry Jenkins, Clay Shirky, Tim O'Reilly, Chris Anderson, Yochai Benkler, danah boyd, and Fred von Loehmann, to name a few. It covers a wide-ranging topical terrain, much like the internet itself, with particular emphasis on collaboration and sharing, the politics of social media and social networking, Free Culture and copyright politics, and labor and ownership. Theorizing new

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models of collaboration, identity, commerce, copyright, ownership, and labor, these essays outline possibilities for cultural democracy that arise when the formerly passive audience becomes active cultural creators, while warning of the dystopian potential of new forms of surveillance and control.

In this prequel to the bestselling *Tour:Smart*, label owner, speaker, entrepreneur, drummer, and producer Martin Atkins has collected advice and contributions from more than 200 industry professionals covering everything a person needs to know about being in a band and succeeding on their own terms. Topics range from starting and naming a new band, recording, packaging, social media, local scenes, event management, and more. The book's illustrations and highly readable, down-to-earth style make it essential for any artist in any genre.

Jennifer Aniston. Kate Beckinsale. Helen Hunt. Brooke Shields. In addition to their fame, these actresses share something else in common: they owe their enviable silhouettes to fitness expert and celebrity yoga instructor Mandy Ingber. In *Yogalosophy®*, Ingber—one of the most sought-after fitness and wellness advisors in Los Angeles—offers up a unique 28-day plan to help readers achieve healthier bodies and happier minds. Building on the concepts offered in Ingber's popular *Yogalosophy®* DVD, this handbook provides an accessible program of proven workouts and eating guidelines designed to tone and strengthen the entire body, inside and out. In addition to recipes and detailed body-sculpting workouts (which combine yoga postures with a wide range of other effective exercises), Ingber also offers up wise insights and thought-provoking anecdotes in each chapter, encouraging readers to establish a healthier, more life-embracing mindset. Full of girlfriend-y wisdom, *Yogalosophy®* is a realistic, flexible, daily plan that

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will help readers transform their minds, their bodies, and their lives.

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