

Download Ebook Getting A Grip On My Body Mind Self Monica Seles Read Pdf Free

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Think GET a GRIP Oct 24 2019 Think GET A GRIP teaches strategies to change the way we think that holds us back from reaching our promise and potential. It is intended as an instructional manual for thinking. In the book you will learn not only what, how, and why you think the thoughts you think, but also which ones are actually messing with your happiness. You will gain insight into how to change your thought habits and learn techniques to track your progress.

Get a Grip! Jun 19 2019 Practical tips and easy exercises for relieving the stress of everyday life Get a Grip! offers powerful, prescriptive advice for living and thriving in our high-stress times. Integrating techniques that relax the mind, the body, and the spirit, it presents quick and easy ways to make the day less stressful-and get the most out of each and every day. For business owners, office workers, and even those who work at home raising a family, Get a Grip! helps them understand the sources of their stress and deal with it effectively with advice on such topics as: stress-busting exercises, breathing techniques, meditation, visualization, diet, attitude, humor and work/life balance. Though it's impossible to lead a completely stress-free life, Get a Grip! will help everyone-from CEOs to homemakers-deal with the difficulties of daily life. Bob Losyk (Fort Lauderdale, FL) is a business consultant, trainer, and international speaker whose clients include American Express, Honda, Marriott, Taco Bell, IBM, and Inc. magazine, among others. His articles on management have appeared in such magazines as Futurist, Travel Weekly and Training & Development Journal.

[Get a Grip on Physics](#) Aug 26 2022 A guide through the maze of theories, relative, general and otherwise.

[Get a Grip](#) Aug 22 2019 The author draws from her own experiences with rheumatoid arthritis, a chronic, debilitating, and incurable disease, to present a compassionate and compelling guide, filled with inspiration and motivation, that will help readers to overcome the disease both at home and in the workplace. 12,500 first printing.

Get a Grip on Evolution Oct 16 2021 This text traces the discoveries and theories which try to explain how the giraffe got its neck, why big ears are good when things get hot, and how it is that someone called Lucy can claim to be everyone's greatest of great-grandmothers.

Get a Grip, Vivy Cohen! Jan 27 2020 In this perfectly pitched novel-in-letters, autistic eleven-year-old Vivy Cohen won't let anything stop her from playing baseball--not when she has a major-league star as her pen pal. Vivy Cohen is determined. She's had enough of playing catch in the park. She's ready to pitch for a real baseball team. But Vivy's mom is worried about Vivy being the only girl on the team, and the only autistic kid. She wants Vivy to forget about pitching, but Vivy won't give up. When her social skills teacher makes her write a letter to someone, Vivy knows exactly who to choose: her hero, Major League pitcher VJ Capello. Then two amazing things happen: A coach sees Vivy's amazing knuckleball and invites her to join his team. And VJ starts writing back! Now Vivy is a full-fledged pitcher, with a catcher as a new best friend and a steady stream of advice from VJ. But when a big accident puts her back on the bench, Vivy has to fight to stay on the team.

[Getting a Grip](#) Feb 08 2021 DIV At the age of sixteen, Monica Seles crashed on to the world tennis scene by becoming the youngest winner in French Open History. For three years, she dominated the tennis circuit, racking up eight Grand Slam titles, winning three back-to-back French Open titles. At post-match conferences she charmed the media with her trademark giggle. In January 1993, Seles defeated Steffi Graf in the Australian Women's Open and in April of that year, while playing a quarter-final in Hamburg, a boning knife was plunged between her shoulder blades by a Graff fan. Everything changed. The incident shocked the tennis world. Seles's injuries healed, but Seles did not. Now, in this compelling book she tells us in her own words what followed - years of seclusion, the fog of despair, binge eating, dealing with criticism about her weight from a brutal press, losing her father's coach to cancer and never regaining her dominance on court despite getting in to the top 10. After years battling to regain fitness and tennis glory, an excruciating injury forced Monica to take time off from tennis in 2003 and she embarked on her own journey. She abandoned the arduous workouts and punitive diets, and slowly uncovered the painful emotions behind years of tumultuous feelings. This is a human and inspiring story of determination, amazing talent and touching vulnerability, that Seles hopes will motivate and inspire others to find happiness in their own lives. Monica Seles is a former No 1 professional tennis player who became the youngest-ever champion at the French Open in 1990 and went on to win nine Grand Slam singles titles. In 2007, she was appointed goodwill ambassador for the UN's Global Sports for Peace and Development Initiative. /div

[Uva's Basic Grip Book](#) Jul 25 2022 This text is aimed at the beginner handling grip equipment for the first time. It covers the equipment used daily in the making of films, TV shows and commercials, and explains why one piece of equipment may be chosen over another in a given situation.

[Getting a Grip on the Basics of Serving God](#) Nov 24 2019 About this Book Have you wondered where you fit in God's plan? How do you find your place of service in God's kingdom? What gifts or talents has God given you for serving Him? Is there a place for you in the local church? This workbook is designed to help equip believers with the tools they need to be more effective in discovering and fulfilling their unique God-given purpose. When we discover the Biblical pattern for serving God, we find the greatest fulfillment and the most lasting fruit. Getting a Grip on the Basics of Serving God is a powerful study guide, designed for either individual or group use, to teach believers the foundational principles of serving God. Through Studying the Scriptures and completing this workbook, Christians will discover the thrill and adventure God has prepared for them as they serve God, serve His people and serve through their local church. Here's What You'll Discover How to View the Big Picture How to Tap Into God's Plan for Your Life How to Lose Your Life How to be Great in God's Kingdom How to Find Your Place How to Function in Your Local Church How to Follow God's Plan for Spiritual Authority How to be an Asset to Your Church & God's Kingdom How to Enjoy Relationships with Leaders & Followers How to Keep the Main Thing the Main Thing If you want to be effective in serving the Lord, this is the Bible study for you! Getting a Grip on the Basics of Serving God will stir up your heart, renew and refresh your passion for serving God, ignite your spiritual growth and literally transform your life!

[Get a Grip—On the Bible](#) Jul 01 2020 Did you ever start to read the Bible and then give up? If so, this Get a Grip approach could help you get into the Word with confidence. Get a Grip—on the Bible is designed to provide enough information to help you familiarize yourself with each book but not so much that you get overwhelmed. For each book covered, author Jerry L. Burton discusses who wrote it, why and when it was written, and the intended audience. He also explores the culture and history of the time, offering additional context. He also shares a few key narratives in a storytelling format, exploring key doctrines that appear consistently throughout the Bible. Using this method, you'll soon have confidence in your ability to study and understand God's Word. Formatted for use by Sunday school classes, small-group Bible studies, and individuals, this study guide presents a comfortable way of learning the basics of the Bible.

Get A Grip Dec 26 2019 It's time to take your business to the next level. Eileen Sharp and Vic Hightower were frustrated. After years of profitable, predictable growth, Swan Services was in a rut. Meetings were called and discussions held, but few decisions were made and even less got done. People were pointing fingers and assigning blame, but nothing happened to solve Swan's mounting problems. It felt as though they were working harder than ever but with less impact. The company Eileen and Vic had founded and built for 10 years was a different place. It just wasn't fun anymore. Their story is not unusual. The challenges they were facing are common, predictable, and solvable. Get A Grip tells the story of how Swan Services resolves its issues by implementing the Entrepreneurial Operating System®. With the help of EOS, Eileen, Vic, and their leadership team master a set of managerial tools that allow them to get traction on their business, grow the business, and deliver better results for clients. The story of Swan Services is a fable, but the Entrepreneurial Operating System® is very real and has helped thousands of businesses worldwide. A complete entrepreneurial toolkit, EOS has helped thousands of businesses get to where they want to be. In Get A Grip, learn how Swan Services leaders learned to develop and commit to a clear vision, establish focus, build discipline, and create a healthier and more cohesive team. With characters and situations created from collective business experiences and stories, Get A Grip is a fable that will ring true for entrepreneurial leaders the world over and guide them to get their companies on track.

[Getting a Grip on Prosperous Living](#) Apr 29 2020

[Get A Grip](#) Apr 10 2021 It's time to take your business to the next level. Eileen Sharp and Vic Hightower were frustrated. After years of profitable, predictable growth, Swan Services was in a rut. Meetings were called and discussions held, but few decisions were made and even less got done. People were pointing fingers and assigning blame, but nothing happened to solve Swan's mounting problems. It felt as though they were working harder than ever but with less impact. The company Eileen and Vic had founded and built for 10 years was a different place. It just wasn't fun anymore. Their story is not unusual. The challenges they were facing are common, predictable, and solvable. Get A Grip tells the story of how Swan Services resolves its issues by implementing the Entrepreneurial Operating System®. With the help of EOS, Eileen, Vic, and their leadership team master a set of managerial tools that allow them to get traction on their business, grow the business, and deliver better results for clients. The story of Swan Services is a fable, but the Entrepreneurial Operating System® is very real and has helped thousands of businesses worldwide. A complete entrepreneurial toolkit, EOS has helped thousands of businesses get to where they want to be. In Get A Grip, learn how Swan Services leaders learned to develop and commit to a clear vision, establish focus, build discipline, and create a healthier and more cohesive team. With characters and situations created from collective business experiences and stories, Get A Grip is a fable that will ring true for entrepreneurial leaders the world over and guide them to get their companies on track.

[Get a F*cking Grip](#) Oct 04 2020 - You know the key to having more energy has nothing to do with crystals and chakras... and everything to do with how much sleep you get. - You know that neglecting your friends will leave you destitute and lonely... but you're still too damn lazy to pick up your phone and get in touch. - You know you could get through your to-do list in half the time... yet you're still stalking your ex on Facebook. - You know you just need a kick up the backside... and that's what you'll find within the pages of this book. Get A F*cking Grip is the self-help book for people who hate self-help, offering simple no-nonsense advice that you can implement into all areas of your life, allowing you to get on with everything you've always wanted to do. Learning how to get a f*cking grip is the key to taking back control of your life.

[Getting a Grip on the Basics for Kids](#) Nov 17 2021 About this Book God loves kids! Join us as we take a journey through the Bible to discover that God wants to know and be known by kids! God is looking for Christian kids who will stand up and be counted! It's time for Christian kids to be so comfortable in their knowledge of God that they can be bold and strong when faced with peer pressures and temptations. It's time for Christian kids to know who they are in Christ, to have a prayer life, to know the Word and to live by faith! Through "Getting a Grip on the Basics for Kids," young people can get the "God advantage" at an early age. Here's What You'll Discover: How To Know You're Going to Heaven How To Know The Lord As Your Best Friend How To Pray How To Read Your Bible How To Have God's Best How To Experience God's Love and Forgiveness How To Know the Holy Spirit How To Live Life to the Max How to Be a Winner with God Here's What Kids are Saying: "I learned... you can get to know God." -Jessica "I learned... if you're not asking Jesus into your heart or if you're faking, you are separated from God." -Lauren "I learned... God is looking for true worshippers." -Luke "I learned... where I will go when I die and how I am filled with the Holy Spirit." -Amber "I learned... about faith muscles." -Megan "I learned... fear operates the same way as faith and how awesome God is." -Olivia "I learned... you can't take credit for being saved." -Ciara "I learned... God is always on our side and if you obey your parents you will have a long, blessed life." -Brittney "I learned... how to get a grip." -Victor

Getting a Grip Dec 18 2021 This New York Times hardcover bestseller is a remarkable journey through fame, tragedy, self-discovery, and triumph Getting a Grip chronicles Monica Seles's early success on the tennis circuit where, at age sixteen, she became the youngest winner in French Open history. For three years she dominated the tour, seemingly unstoppable, until a deranged Steffi Graf fan plunged a knife into her back during a match in Hamburg and turned her life upside down. Her injuries healed but the emotional trauma was deep. She spent more than two years in seclusion from the media and the tennis world, trying to fight off the fog of despair until she continued the battle against herself-grueling six-hour workouts were sabotaged by secretive late- night binges-and she was assaulted with criticism about her weight from her trainers and, most brutally, the press. After an excruciating injury forced her to take time off from tennis in 2003, Seles embarked on her own journey. As she uncovered the painful emotional reasons that had been the trigger for her binge-eating, she finally found the peace and balance she had been searching for. Seles's determination, amazing talent, and touching vulnerability make her story truly inspiring.

[Getting a Grip on Time Management](#) Sep 27 2022 If you struggle with time and just can't fit everything in, Robyn Pearce's new edition of her best-selling first book will give you really practical help. It

[Getting a Grip on the Basics for Teens](#) Feb 26 2020 About this book... God loves students! In this Bible study for teens, young people will discover that God has an amazing plan for students of all ages. He's looking for young people who will stand up and be counted. God is looking for students who know Him, His Word, who they are in Christ, how to pray and how to live by faith. Getting a Grip on the Basics for Teens will take young people on a practical, personal and interactive journey in God's Word. Through studying the Scriptures for themselves and completing this workbook, students will get to know Jesus Christ in a more personal way and they will gain a true love for His Word. Getting a Grip on the Basics for Teens is designed for either individual or group study and will help students who are new and young in their faith and it will rejuvenate those who are mature in the walk with God. Here's What You'll Discover... How To Know You're Going to Heaven How To Know The Lord As Your Best Friend How To Pray How To Read Your Bible How To Have God's Best How To Experience God's Love and Forgiveness How To Know the Holy Spirit How To Live A Full Life How To Be A Strong Christian How To Be Used By God

Get a Grip on Your Dream Mar 09 2021 Here's a four-step plan to help you get a solid grip on your dream -- for your personal and business life. You'll be given four pitons (mountain climbing spikes), which will enable you to climb more courageously and effectively. Go higher than you ever thought you could. These four essential pitons will enable you to scale the most challenging "mountains" imaginable. You'll also be empowered to climb more confidently, and -- with greater speed. In addition to more sure-footed climbing, you'll be equipped to reach out and set the stage of your life -- more completely than ever before. Be like a grip on a movie set. Gain more control over how your future looks. Move the lights, cameras and scenery for the best illumination and illustration of the scenes in your life. Use the pitons to rise to new levels of success -- for a happier, more prosperous and fulfilling life. Book jacket.

[Get a Grip on Genetics](#) Jul 13 2021 Non-scientists now can get a handle on genetics. With this simple reference guide that cuts through the jargon & gets straight to the facts, learn about subjects from Mendel & the garden peas, to the discoveries of Crick & Watson, to the world-embracing human genome project.

Getting a Grip on Time Mar 21 2022 This commonsense approach to time management focuses on restoring quality, balance and enjoyment in life. By first looking at the "big picture" and how you want to live your life, the author demonstrates that it is possible to take control and achieve your goals.

Grip: The art of working smart (and getting to what matters most) Jun 24 2022 'If you feel like a hostage of your to-do list, and struggle to find time for what matters most, this book will be a big help.' DANIEL H. PINK,#1 New York Times bestselling author of When and Drive

[Getting a Grip on the Basics](#) Dec 06 2020 When a child is born, doctors and family encourage the new parents to provide three elements essential to the survival of the newborn: love, nourishment and protections. These same elements are vital for every newborn Christian as well. This workbook will help those new to the Christian faith find these basics for survival. Getting a Grip on the Basics is a powerful study tool designed for either individual or group use and will help new and mature Christians alike. Through studying the Scriptures and completing this workbook, Christians will find and experience the love of God, receive spiritual nourishment and be able to rest in the protective care of the Lord and His Word. This dynamic study course will help readers become grounded in the fundamentals of Christian faith and learn important principles to vital Charismatic believers, including: - How to Become a Christian - How to Be Sure You are a Christian - How to Develop Your Relationship with God - How to Develop Your Prayer Life - How to Hear from God - How to Obey God - How to Experience God's Love and Forgiveness - How to Be Filled with the Holy Spirit - How to Be Sure You are Filled With the Spirit - How to Grow and Develop Your Faith - How to Experience the Abundant Life - How to Be an Overcover - How to Serve God Also Included is Insightful Teaching On: - How to Recognize False Doctrines - How to Find a Good Church - What to Look for in a Good Church - What to Do When You Find a Good Church

Get a Grip on Your Money May 11 2021 A course on managing personal finances designed for teens' individual or classroom use. Emphasis is on using principles in budgeting, writing a resume, and applying for a job.

[Get a Grip on Ecology](#) Sep 22 2019

Get a Grip! on a Heavenly Perspective May 31 2020 The Bible tells us that "In the last days, perilous times will come....," and truly we are in these days. God has always given His saints what they need for every circumstance that they would face in this life. In fact, God knew beforehand these times would come. In this book, the child of God will discover again how to ride these perilous times as an overcomer, by using tools God has given us in His Word. It will show you how to keep a grip on a heavenly perspective during difficult times with very simple and practical guidelines. Remember, God desires His children to be a success. Through this book, you'll come to understand in a greater way how God defines success and how to achieve it in this lifetime. Chris Louer is a native born Californian who lives in Mission Viejo, California. Chris, a bible teacher, received the Lord at the age of seven, and has been teaching and ministering to women for seventeen years. God's faithfulness to His Word is a reality to Chris and the gentle, practical way she encourages women, has won her the loving respect of women she has ministered to in Bible Studies, retreats and conferences, and individually over the past seventeen years. Chris and her husband Ron have been married for thirty-five years. They have two grown married daughters, Melissa and Adrienne, four grandchildren, as well as two godly son-in-laws, Shane and Aron. With boldness and practical teaching, Chris delivers the Word to this current generation, alerting the Body of Christ to what God requires for us to remain overcomers in these days.

Getting a Grip on God Aug 02 2020 Have you lost your grip? A little bit of wisdom will help you retain the traction needed to keep moving along life's worn and often rocky path. Lillian McFerran's Getting a Grip on God is an assemblage of such wisdom from her own life experiences as well as the knowledge and passion of a number of sages and contemporary authors. Inside you'll find essays on 150 topics that can be helpful for sermons, retreats, discussions, devotions, or meditations. Over 300 quotes illuminate the subjects with clarity, irony, and humor. Getting a Grip on God is a compendium of the threads of reason and influence that are applicable to everyday life, and though produced through a prism of the author's Lutheran background, the text awakens a reverence for the spirit and fortitude inherent in mankind. Although written for personal clarification, insight, and understanding, the author feels the conveyed wisdom relates to parenting, maturity, family life, and community involvement. Getting a Grip on God provides biblical and liturgical references for each topic, making it an easy-to-read, educational tool. It reminds us eloquently and convincingly of the sound, practical sense found in manners, friendship, sensibility, and compassion. Get back to your roots and refocus your grip on life!

Mothers Work! Aug 14 2021 While the seemingly perfect celebrities in glossy magazines may make juggling family life with a career look effortless, the reality is that reaching equilibrium without going insane requires support and some excellent advice! Mothers Work! dissects and discusses the burning issues playing on these mothers' minds, with a warm, encouraging voice that nudges women to be proactive and gently draws mums away from the pressure of perfection. Jessica shows us that 'it's good to be good enough' and explains how to do it! This book will help you to: know your ideal work scenario; keep in touch and ask for what you want; see your family as a team; find childcare that fits your family; get a grip on guilt; go for 'good enough' at home; get organised for a smooth return; do what it takes to thrive.

[Getting a Grip on Character](#) Jan 07 2021 Getting a Grip on Character By: Rebecca Short Getting a GRIP on CHARACTER is a complete curriculum designed for teachers, parents, grandparents, and anyone who has a role in working with children. Using the metaphor that life is like rock climbing, students learn to get a grip on 7 Handholds of Character (respect, responsibility, courage, honesty, perseverance, trustworthiness, and caring.) Character curricula can be very involved, time consuming, and costly. Author Rebecca Short breaks that mold with easy one-page lesson plans, objectives, books, sayings, stories, and games applicable to students Pre K through 8th grade. Getting a GRIP on CHARACTER provides practical, fun, and engaging opportunities for students to learn and practice good character. Lessons that will last a lifetime! • Short inspiring stories • Team building games • Sayings and books • Age-appropriate activities • Community service projects • Simple Lesson Plans For information on ordering the book, please visit our web site: www.rocksolidcharacter.com

Get a Grip on Your Grammar Jun 12 2021 Just as we should think before we speak, we need to think before we write. Most of us are not poets or novelists, but we are all writers. We email, text, and post; we craft memos and reports, menus and outdoor signage, birthday cards and sticky notes on the fridge. Get a Grip on Your Grammar is a grammar book for those who hate grammar books, a writing resource filled with quick answers and a playful style—not endless, indecipherable grammar jargon. Get a Grip on Your Grammar is The Elements of Style for the Twitter generation. Designed for student, business, and creative-writing audiences alike, its easily digestible, occasionally witty writing tips will finally teach you: The differences between “lay” and “lie.” The proper usage of “affect” and “effect.” Where to put punctuation around quotation marks. The meaning of “e.g.” versus “i.e.” The perils of overusing the word “suddenly.” That apostrophes should not be thrown about like confetti. And 243 more great tips. Writers owe it to themselves and to everyone who sees their written words to get it right. With Get a Grip on Your Grammar, they finally can (not “may”).

Getting a Grip on the Spirit-Empowered Life Sep 03 2020 If youre ready for a fun, practical, step-by-step study to help you experience the Holy Spirit, this book is for you! Whether youre a fledgling Christian, seeking to grow in your faith, or a weary saint, longing for refreshment, an authentic encounter with the Holy Spirit will change your life! In a personal and conversational way, author Beth Jones takes you on an exciting journey through Gods Word, walking you through Getting to Know the Holy Spirit Being Filled with the Spirit Praying in the Spirit Being Led by the Spirit By the last chapter, youll have already embarked on the supernatural adventure of a lifetime!

[Getting a Grip on Aggression Cases](#) Jan 19 2022 There is a lot more to handling aggression cases than mastering methods and techniques. Wilde presents information trainers need to know in order to work effectively, safely, and successfully with aggressive dogs.

[Get a Grip: A Practical Primer on Grip Strength and Endurance Training... and More](#) Jul 21 2019 FROM THE AUTHOR'S INTRODUCTION: "This book is intended as a from-the-ground-up primer on grip-strength training. This book makes no assumptions about your current level of fitness or baseline knowledge about training methodologies: the ONLY attribute you need is the desire to get stronger! This book is also intended as a "poor man's guide" to grip strength training. The exercises and methods shown and explained in this book require little, cheap, and/or easy-to-find and/or construct-for-yourself equipment. Many of the exercises I describe in this book can be performed using items you have around the house, and any gadgets I describe can be easily constructed from materials found at any sporting goods and/or hardware store. The contents and conclusions presented in this book are the result of my own training, study, and experience, and that of my coaches, clients, martial arts students. I feel strongly that book presents a safe, efficient, and effective approach to grip strength training. I wish you good luck and good training!" Scott Burr is a graduate of the creative writing program at The Colorado College, where he was co-chair of the Climber's Association of Colorado College (CACC) and head route-setter at the Ritt Kellogg Climbing Gym. A long-time martial artist, Scott holds black belt rank in Gracie Jiu-Jitsu, Kodokan Judo, and the Korean art of Kuk Sul Do. He has also training extensively in Muay Thai, Boxing, and Submission Grappling, and has trained with and learned from some of the top names in combat sports, including many members of the Gracie Family. Scott is a certified pro fitness trainer under legendary strength & conditioning coach Steve Maxwell. He holds additional MaxwellSC certifications in Kettlebell (Level 1 and 2) and Bodyweight (Level 1 and 2) training. He has traveled internationally with Steve, assisting at seminars on everything from kettlebell training to joint mobility to breathwork. Scott was the head instructor and head strength & conditioning coach at The Fight Gym, a Gracie Jiu-Jitsu school and fitness facility located outside Cleveland, Ohio, for over a decade. Scott is the author of the novels Bummed Out City and We Will Rid the World of You, and the essay collection Superhero Simplified: Collected, Selected, Revised and Expanded. He is also the author of the training manual Get a Grip: A Practical Primer on Grip Strength and Endurance Training... and More. His short stories and novel excerpts have appeared Metonym, Mildred, The Decades Review, and elsewhere. His nonfiction has been published in Climbing and Urban Climber magazines. Scott is the 2002 winner of the Ebey Prize for novella-length fiction and was a finalist for the 2004 Reville Prize in short fiction. He is also the 2006 winner of the Geauga Park District Foundation Nature Writing Contest, and was a finalist for the Gordon Square Review's inaugural contest for Northeast Ohio writers (2017). His novel Bummed Out City was one of Library Journal's most-read books for 2015. Scott is currently head of design for Hold Fast Grip Tech, where he is refining and improving the training gadgets he dreamed up and developed over his years as the head strength & conditioning coach at The Fight Gym. Visit HoldFastGripTech.com to learn more. If you are interested in training with Scott, or would like to inquire about hosting a seminar with Scott at your facility, contact information may be found at www.EnclaveJiuJitsu.com.

Get a Grip on Physics Oct 28 2022 Popular physics primer by an acclaimed author offers accessible, imaginative explanations of string theory, the Schrödinger's Cat paradox, quantum uncertainty, black holes, and other cosmic oddities. Numerous playful illustrations.

Getting a Grip on Time Management Mar 29 2020

[Getting a Grip on Diabetes](#) Sep 15 2021 Two teenagers with diabetes have partnered with a diabetes expert to put together an easy-to-read, fun, and useful guide for children and teens. They provide helpful hints on how to deal with diabetes at school, pursue sports to the fullest, travel with diabetes, be prepared in emergencies, and more.

Get a Grip on Philosophy Apr 22 2022 This concise introduction to philosophy guides readers from the works of Plato and Aristotle to those of Simone de Beauvoir and Michel Foucault. The lively, cartoon-like format — loaded with sidebars, cheeky illustrations, and bulleted points — injects a playful modern tone into potentially obscure subjects. Featured thinkers include Aquinas, Descartes, Wittgenstein, Hume, Heidegger, and Nietzsche.

Traction Feb 20 2022 OVER 1 MILLION COPIES SOLD! Do you have a grip on your business, or does your business have a grip on you? All entrepreneurs and business leaders face similar frustrations—personnel conflict, profit woes, and inadequate growth. Decisions never seem to get made, or, once made, fail to be properly implemented. But there is a solution. It's not complicated or theoretical.The Entrepreneurial Operating System® is a practical method for achieving the business success you have always envisioned. More than 80,000 companies have discovered what EOS can do. In Traction, you'll learn the secrets of strengthening the six key components of your business. You'll discover simple yet powerful ways to run your company that will give you and your leadership team more focus, more growth, and more enjoyment. Successful companies are applying Traction every day to run profitable, frustration-free businesses—and you can too. For an illustrative, real-world lesson on how to apply Traction to your business, check out its companion book, Get A Grip.

Getting a Grip on the Basics Nov 05 2020 Getting a Grip on the Basics is a powerful study tool for new and mature Christians alike. Powerful topics are presented in an informative and engaging manner, with provoking questions that can be used for individual or group use.

[How to Get a Grip on Grammar](#) May 23 2022 How to Get a Grip on Grammar is packed full of amazing activities to get your grammar skills up to speed! Have fun with terrific tenses, awesome adverbs and super sentence structure! For useful tips and inspiring ideas, How to Get a Grip on Grammar is jam packed full of outrageous activities that will have you mastering the world of grammar in no time!

