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These imagined possibilities constitute a prepared mind that can take advantage of serendipity ... Christian Busch, the author of the book, The Serendipity Mindset, explains that in order to ...

Psychology Today

Lessons For Building a Winning Portfolio ” by William Bernstein. It makes many top 10 lists of best personal investing books, but I ’ d never read it. Bernstein, a neurologist-turned-investment writer ...

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Taylor: Discovering the beauties of a classic, 20-year-old personal finance book

When reading on a digital device, the fear is that the loss of mental effort will lead to a loss in overall thoughtfulness.

A book you remember, a Kindle you forget

You can ' t detect a liar just by looking or talking to them — but scientists are zeroing in on methods that might actually work.

The Science of Spotting a Liar

A professor of psychology at The University of Texas at Arlington has published a new book that examines the need to balance cognitive and emotional processes and to place equal importance on emotion ...

Levine publishes book that advocates for balance, partnership between reason and emotion

Harvard's Michael Sandel says a lottery conveys "what is true in any case: that luck matters as much as effort in admission." ...

Admission by lottery: A proposal to reimagine college acceptance

They ' re marked by the narratives that circulate about them, says Robert Shiller, the Yale professor and Nobel laureate whose book Irrational ... has an ear for psychology, ” says Shiller.

The Psychology of a Market Bubble

James Davies on neoliberal ideology's medicalization and individualizing of distress, and the need for reform to focus on social causes.

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The Politics of Distress: A Discussion With Dr. James Davies on His New Book, “ Sedated ”

It seemingly can happen anywhere – and at any time. From London to Hong Kong, apparently peaceful cities can sometimes erupt suddenly into widespread, and often sustained, unrest. But what role does ...

The psychology of riots – and why it ’ s never just mindless violence I had the pleasure of reading the book and highly recommend it. It ’ s available on their site, bobdenver.com. Tobi Doyle of Huntington has graced us with not one but TWO new releases. First up is a new ...

WV Book Team: Mysteries, memoirs among new WV books Consequently, they allow others to take advantage of them, according to Psychology Today. Vlogger Flavia Tumusiime ... lack of authenticity and weaker relationships. ” In a book titled “ Boundaries ” by ...

People-pleasing: Are you strong enough to say “ no ” ? Whether you ’ re chilling at the beach or sheltering in place, consider picking up one of these pairs of nonfiction books ... Advantage: The Seven Principles of Positive Psychology That ...

Reconnect with your inner bookworm: A nonfiction summer reading list in pairs

Seasons played during the COVID-19 pandemic presented a unique opportunity to study the effect of fans on home-court advantage.

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Take heart, Bucks fans: According to science, home court advantage is real. See which factors make a difference

Writing interest - Long term portfolio management, quantitative portfolio management, selection of value stocks, dividend stocks, personal finances, investment psychology ** And most importantly ...

VIG Revisited And Adaptive Allocation

Avinashilingam Institute for Home Science & Higher Education for Women, Coimbatore is a gateway for all those girls who dream of weaving their ambitions into reality. We all have embedded desi ...

Take a step forward, and acknowledge the pioneer university of southern India

When Sha ' Carri Richardson was denied a spot in the Tokyo Olympics after testing positive for marijuana, it reignited a debate about using cannabis to aid in sports. Does it actually help?

Can Marijuana Make You a Better Athlete?

So when you read about Chris Paul's utter domination in the Phoenix Suns' 118-105 victory over the Milwaukee Bucks in Tuesday's Game 1 of the NBA Finals, you're going to see a lot of analysis of ...

NBA Finals: To limit Chris Paul's dominance, Bucks must give him a taste of his own annoying medicine

Here's Why Science Says You Should Book a Vacation Now According to a ... You Don't Technically Need to Travel to Take Advantage Even if you're not booking an exclusive getaway to the Caribbean ...

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Here's Why Science Says You Should Book a Vacation Now

The phone proved to be a superior method for feeling closer to people and enjoying conversations more, according to a study last year by the Journal of Experimental Psychology. Another study found ...

Brian Tracy, one of the top professional speakers and sales trainers in the world today, found that his most important breakthrough in selling was the discovery that it is the "Psychology of Selling" that is more important than the techniques and methods of selling. Tracy's classic audio program, The Psychology of Selling, is the best-selling sales training program in history and is now available in expanded and updated book format for the first time. Salespeople will learn: "the inner game of selling" how to eliminate the fear of rejection how to build unshakeable self-confidence Salespeople, says Tracy, must learn to control their thoughts, feelings, and actions to make themselves more effective.

Revised and Updated, Featuring a New Case Study How do successful companies create products people can ' t put down? Why do some products capture widespread attention while others flop? What makes us engage with certain products out of sheer habit? Is there a pattern underlying how technologies hook us? Nir Eyal answers these questions (and many more) by explaining the Hook Model—a four-step process embedded into the products of many successful companies to subtly encourage customer behavior. Through consecutive " hook cycles, " these products reach their ultimate goal of bringing users back again and again without depending on costly

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advertising or aggressive messaging. Hooked is based on Eyal 's years of research, consulting, and practical experience. He wrote the book he wished had been available to him as a start-up founder—not abstract theory, but a how-to guide for building better products. Hooked is written for product managers, designers, marketers, start-up founders, and anyone who seeks to understand how products influence our behavior. Eyal provides readers with:

- Practical insights to create user habits that stick.
- Actionable steps for building products people love.
- Fascinating examples from the iPhone to Twitter, Pinterest to the Bible App, and many other habit-forming products.

Until now, the single most important unpublished work by C.G. Jung—The Black Books. In 1913, C.G. Jung started a unique self-experiment that he called his “ confrontation with the unconscious ” : an engagement with his fantasies in a waking state, which he charted in a series of notebooks referred to as The Black Books. These intimate writings shed light on the further elaboration of Jung ' s personal cosmology and his attempts to embody insights from his self-investigation into his life and personal relationships. The Red Book drew on material recorded from 1913 to 1916, but Jung actively kept the notebooks for many more decades. Presented in a magnificent, seven-volume boxed collection featuring a revelatory essay by noted Jung scholar Sonu Shamdasani—illuminated by a selection of Jung ' s vibrant visual works—and both translated and facsimile versions of each notebook, The Black Books offer a unique portal into Jung ' s mind and the origins of analytical psychology.

A beautifully illustrated book of encouragement from the beloved entertainer and #1 New York Times bestselling author John Cena

“ Each day, try to become a little less perfect and a little more brave. ”

For years, John Cena has been using his popular Twitter feed to uplift his followers with his unique brand of positivity. Now, he collects his

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favorite words of wisdom on the benefits of being bold and open-minded, embracing discomfort, and making the most of every opportunity. Heartfelt and hopeful, *Be a Work in Progress* is the pick-me-up readers will turn to again and again.

A fascinating exploration of how insights from computer algorithms can be applied to our everyday lives, helping to solve common decision-making problems and illuminate the workings of the human mind. All our lives are constrained by limited space and time, limits that give rise to a particular set of problems. What should we do, or leave undone, in a day or a lifetime? How much messiness should we accept? What balance of new activities and familiar favorites is the most fulfilling? These may seem like uniquely human quandaries, but they are not: computers, too, face the same constraints, so computer scientists have been grappling with their version of such issues for decades. And the solutions they've found have much to teach us. In a dazzlingly interdisciplinary work, acclaimed author Brian Christian and cognitive scientist Tom Griffiths show how the algorithms used by computers can also untangle very human questions. They explain how to have better hunches and when to leave things to chance, how to deal with overwhelming choices and how best to connect with others. From finding a spouse to finding a parking spot, from organizing one's inbox to understanding the workings of memory, *Algorithms to Live By* transforms the wisdom of computer science into strategies for human living.

"Indistractable provides a framework that will deliver the focus you need to get results." —James Clear, author of *Atomic Habits* "If you value your time, your focus, or your relationships, this book is essential reading. I'm putting these ideas into practice." —Jonathan Haidt, author of *The Righteous Mind* National Bestseller Winner of the Outstanding Works of Literature (OWL) Award Included in the Top 5 Best Personal Development Books of the Year by Audible Included in the Top 20 Best Business and Leadership Books of the Year by Amazon

Featured in The Amazon Book Review Newsletter, January 2020

Goodreads Best Science & Technology of 2019 Finalist

You sit down at your desk to work on an important project, but a notification on your phone interrupts your morning. Later, as you're about to get back to work, a colleague taps you on the shoulder to chat. At home, screens get in the way of quality time with your family. Another day goes by, and once again, your most important personal and professional goals are put on hold. What would be possible if you followed through on your best intentions? What could you accomplish if you could stay focused? What if you had the power to become "indistractable?"

International bestselling author, former Stanford lecturer, and behavioral design expert, Nir Eyal, wrote Silicon Valley's handbook for making technology habit-forming. Five years after publishing *Hooked*, Eyal reveals distraction's Achilles' heel in his groundbreaking new book. In *Indistractable*, Eyal reveals the hidden psychology driving us to distraction. He describes why solving the problem is not as simple as swearing off our devices: Abstinence is impractical and often makes us want more. Eyal lays bare the secret of finally doing what you say you will do with a four-step, research-backed model. *Indistractable* reveals the key to getting the best out of technology, without letting it get the best of us. Inside, Eyal overturns conventional wisdom and reveals:

- Why distraction at work is a symptom of a dysfunctional company culture—and how to fix it
- What really drives human behavior and why "time management is pain management"
- Why your relationships (and your sex life) depend on you becoming indistractable
- How to raise indistractable children in an increasingly distracting world

Empowering and optimistic, *Indistractable* provides practical, novel techniques to control your time and attention—helping you live the life you really want.

Nobody wants to fail. But in highly complex organizations, success can happen only when we confront our mistakes, learn from our own version of a black box, and create a climate where it 's safe to fail. We all have to endure failure from time to time, whether it 's

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underperforming at a job interview, flunking an exam, or losing a pickup basketball game. But for people working in safety-critical industries, getting it wrong can have deadly consequences. Consider the shocking fact that preventable medical error is the third-biggest killer in the United States, causing more than 400,000 deaths every year. More people die from mistakes made by doctors and hospitals than from traffic accidents. And most of those mistakes are never made public, because of malpractice settlements with nondisclosure clauses. For a dramatically different approach to failure, look at aviation. Every passenger aircraft in the world is equipped with an almost indestructible black box. Whenever there 's any sort of mishap, major or minor, the box is opened, the data is analyzed, and experts figure out exactly what went wrong. Then the facts are published and procedures are changed, so that the same mistakes won 't happen again. By applying this method in recent decades, the industry has created an astonishingly good safety record. Few of us put lives at risk in our daily work as surgeons and pilots do, but we all have a strong interest in avoiding predictable and preventable errors. So why don 't we all embrace the aviation approach to failure rather than the health-care approach? As Matthew Syed shows in this eye-opening book, the answer is rooted in human psychology and organizational culture. Syed argues that the most important determinant of success in any field is an acknowledgment of failure and a willingness to engage with it. Yet most of us are stuck in a relationship with failure that impedes progress, halts innovation, and damages our careers and personal lives. We rarely acknowledge or learn from failure—even though we often claim the opposite. We think we have 20/20 hindsight, but our vision is usually fuzzy. Syed draws on a wide range of sources—from anthropology and psychology to history and complexity theory—to explore the subtle but predictable patterns of human error and our defensive responses to error. He also shares fascinating stories of individuals and organizations that have successfully embraced a black box approach to improvement, such as David Beckham, the Mercedes F1 team, and Dropbox.

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In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

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