

No Bullshit Guide To Maths And Physics

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[No Bullsh!t Leadership](#) Jan 14 2021 What makes a truly exceptional leader? Discover the practical, fail-proof tools that will help you to fine-tune your leadership skills, solidify respect among your workforce, and ensure your company's lasting success. When Martin G. Moore was asked to rescue a leading energy corporation from ever-increasing debt and a lack of executive accountability, he faced an uphill battle. Not only had he never before stepped into the role of CEO; he also had no experience in the rapidly evolving energy sector. Relying on the practical leadership principles he had honed throughout his thirty-three-year career, he overhauled the company's culture, redefined its leadership capability, and increased earnings by a compound annual growth rate of 125 percent. In *No Bullsh!t Leadership*, Moore outlines these proven leadership principles in a clear, direct way. He sweeps away the mystical fog surrounding leadership today and lays out the essential steps for success. Moore combines this tangible advice with honest, real-world examples from his own career to provide a no-nonsense look at the skills a true leader possesses. Moore's principles for no bullshit leadership focus on: Creating value by focusing only on the things that matter most Facing conflict, adversity, and ambiguity with decisiveness and confidence Setting uncompromising standards for behavior and performance Selecting and developing great people Making those people accountable, and empowering them to do their best Setting simple, value-driven goals and communicating them relentlessly Though the steps aren't easy, they are guaranteed, if implemented, to lift your leadership—and your organization—to a higher level. Wherever you are in your career, *No Bullsh!t Leadership* will help you develop the skills and form the habits needed to become a no bullshit leader.

Money Talks Bullshit Walks the Entrepreneur's Guide to Productivity and Making More Money by Eliminating Distractions, Time Thieves and People Who Are Full of Shit Jun 06 2020 As an entrepreneur your success and bottom line is tied to your productivity. When you are being productive with your time it should translate into money. In fact, entrepreneurship is the way that you take all of your knowledge, skills, talents, determination, bind it all together in the magic facet known as time, and through that you make money. That's what it's all about. When you can pull all of that together, you become successful. However, in our daily lives we are faced with people and things who intentionally and unintentionally steal our productive time away from us. We can also be guilty of sabotaging our own productive time without assistance. If you are short changing your productivity as a result of countless distractions and the "time thieves" in your life you must eliminate them because they will have an adverse impact on your productivity which will affect the amount of money that you make. Most entrepreneurs have a hard time solving this dilemma and even fail to recognize that they indeed have time management issues. In his book entitled *Money Talks Bullshit Walks: The Entrepreneur's Guide to Productivity and Making More Money By Eliminating Distractions, Time Thieves and People Who Are Full of Shit* author and serial entrepreneur Omar Johnson shows you how to recognize and effectively eliminate the distractions that plague you as an entrepreneur and how to quantify what your time is worth so that you can make more money in your business.

Say It Once Feb 24 2022 *Say It Once: The No Bullshit Guide to Parenting* is your go-to handbook for successful childrearing. The overall concept is simple: empower your children, and learn how to say "no" with love and a smile. Change your home for the better as you teach your kids to pull their own weight, and to discover for themselves how good it feels to help with the daily chores of running a household. Without raising your voice, take the stress out of the countless challenges families face—coping with mealtimes, choosing the right school, helping with homework, managing cell phones, dressing for the weather, and much more.

[The Wellness Bible](#) Oct 11 2020 Are you sick and tired of feeling sick and tired? Or maybe you're ready to take your health and wellness to the next level? With plenty of conflicting health advice on the market, it's hard to know what to follow. Fortunately, clinical naturopath Brendan Waddington can clear the way, show you what works, and present a vision of wellness for you.

[No Bullshit Guide to Manifestation](#) May 18 2021 *The No Bullshit Guide to Manifestation* is a playful yet down-to-earth introduction to the spiritual realm of manifestation. This is Lauren Frank's first self-published book. Being both the author and designer allowed her to create a very intentional and intimate experience for the reader. While exploring the many aspects of manifestation, this book engages with you to further your understanding by including chapters on what manifestation is, how to do it, the science behind it, and more. The final chapter is formatted like a Q&A for the reader to write directly onto the page. The journaling section includes a series of thought-provoking questions that directly relate to the book's content. This book is the perfect introduction to manifestation as well as an experienced practitioner's guide to expanding their practice. This book is in full-color print and each page is just as colorful and abstracted as the last. Visuals were created through experimental image-making techniques that involved abstracting typography in analog and digital processes. Having complete creative control over every inch of the book was imperative for Lauren's vision and the reasoning behind self-publishing. Few works are as detailed and curated as this author's first edition. One of the more impressive aspects of this project is that it was one hundred percent funded on Kickstarter in 2021.

[The Life-Changing Science of Detecting Bullshit](#) Aug 09 2020 Expanding upon his viral TEDx Talk, psychology professor and social scientist John V. Petrocelli reveals the critical thinking habits you can develop to recognize and combat pervasive false information that harms society in *The Life-Changing Science of Detecting Bullshit*. Bullshit is the foundation of contaminated thinking and bad decisions leading to health consequences, financial losses, legal consequences, broken relationships, and wasted time and resources. No matter how smart we believe ourselves to be, we're all susceptible to bullshit—and we all engage in it. While we may brush it off as harmless marketing sales speak or as humorous, embellished claims, it's actually much more dangerous and insidious. It's how Bernie Madoff successfully swindled billions of dollars from even the most experienced financial experts with his Ponzi scheme. It's how the protocols of Mao Zedong's Great Leap Forward resulted in the deaths of 36 million people from starvation. Presented as truths by authority figures and credentialed experts, bullshit appears legitimate, and we accept their words as gospel. If we

don't question the information we receive from bullshit artists to prove their thoughts and theories, we allow these falsehoods to take root in our memories and beliefs. This faulty data affects our decision making capabilities, sometimes resulting in regrettable life choices. But with a little dose of skepticism and a commitment to truth seeking, you can build your critical thinking and scientific reasoning skills to evaluate information, separate fact from fiction, and see through bullshitter spin. In *The Life-Changing Science of Detecting Bullshit*, experimental social psychologist John V. Petrocelli provides invaluable strategies not only to recognize and protect yourself from everyday bullshit, but to accept your own lack of knowledge about subjects and avoid engaging in bullshit just for societal conformity. With real world examples from people versed in bullshit who work in the used car, real estate, wine, and diamond industries, Petrocelli exposes the red-flag warning signs found in the anecdotal stories, emotional language, and buzzwords used by bullshitters that persuade our decisions. By using his critical thinking defensive tactics against those motivated by profit, we will also learn how to stop the toxic misinformation spread from the social media influencers, fake news, and op-eds that permeate our culture and call out bullshit whenever we see it.

How to Stop Feeling So Damn Depressed Oct 30 2019 In this no-nonsense guide for men, psychologist Jonas Horwitz presents straightforward, jargon-free strategies to help you identify and overcome depression, once and for all. The damned thing about severe depression is that it takes over your brain, body, and spirit. It wants you to say to yourself, "There is nothing I can do to make myself feel better. I am helpless in the face of my problems." Even at this very moment your severe depression is whispering in your ear, "This is all bulls@#t." Your depression has lived with you for a long time, and has seldom left your side. It's relentlessly pessimistic, and wants you to believe that your misery will never end. These are the lies your depression is wanting you believe. With this unique guide, you'll learn why it's so important to take your severe depression seriously—just as you would if you had cancer, heart disease, diabetes, or any other life-threatening illness. In addition, by viewing your depression as a separate entity—The Beast—you'll discover how it tries to trick you when you are most stressed to do things that leave you feeling much more depressed. You'll also learn how changing your behavior can actually change your brain chemistry. And, most importantly, you'll find actionable solutions to put The Beast in its place so you can start feeling better now! In order to overcome your depression, you must understand its nature. This book will help you understand The Beast, stop feeding it, and take back your life.

The no bullshit guide to fat loss Sep 21 2021

No Bullsh*t Leadership Jan 02 2020 WINNER OF BUSINESS BOOK OF THE YEAR AWARD 2020: LEADERSHIP FOR THE FUTURE A Financial Times Business Book of the Month 'A brilliant set of leadership tools that will help you succeed whatever your goal' - Sir Clive Woodward 'A punchy, plainly written guide, offering a readable and enlightened view of what leaders do and how they should do it' - Financial Times 'A new rubric on leadership' - Evening Standard Inspiration behind the No Bullsh*t Leadership Intelligence Squared podcast Leadership is not some special club, open only to elites. It's not a gold star given only to those with expensive degrees. Leadership is for everyone. Based on the author's hard-won experience as a Global CEO, this smart, fun book delivers a step-by-step working manual on how to lead - for anyone. Full of simple and direct approaches, it demystifies an over-analysed subject to get to the heart of modern leadership: the life-changing, career-transforming power to get stuff done. These principles and actionable steps apply to every field, from small businesses to community initiatives, from schools to sports teams to global enterprises. No matter your goal, this book will show you how to: - make effective decisions - build a world-class team - take care of yourself and others - achieve results

How to Become a Human Bullshit Detector Jul 28 2019 Lying is a normal part of human communication and is sometimes necessary to protect someone's feelings. At the same time, there are also malicious lies meant to deceive, cheat, and defraud. Especially in today's world, in which technology, media, and the government have blurred the lines between fact and fiction, you can't always rely on what comes out of someone's mouth or what you see on the internet or television. It doesn't take mind-reading superpowers to be able to tell when someone is lying—but it does take special skills and a little practice. In *How to Become a Human Shit Detector*, international expert in undercover operations Dr. David Craig provides readers with an easy-to-follow guide on applying lie-detection skills to your everyday life. From the simple skills of bargaining, making a purchase, or dealing with children, to the more serious business of negotiating a contract, identifying infidelity, or understanding lies in politics, Craig delivers simple but effective tips and techniques we can all use to see behind the façade and find our way to the truth. The culmination of more than twenty years of practical criminology and hundreds of hours of academic research, this book is the premier guide to the art of lie-detecting. Split into three parts, the book looks at understanding lies and how to detect lies, and it includes an easy reference section that summarizes all the main points. The mystery of what a person is really thinking is finally unlocked in this fascinating and informative book.

Calling Bullshit Oct 23 2021 Bullshit isn't what it used to be. Now, two science professors give us the tools to dismantle misinformation and think clearly in a world of fake news and bad data. "A modern classic . . . a straight-talking survival guide to the mean streets of a dying democracy and a global pandemic."—Wired Misinformation, disinformation, and fake news abound and it's increasingly difficult to know what's true. Our media environment has become hyperpartisan. Science is conducted by press release. Startup culture elevates bullshit to high art. We are fairly well equipped to spot the sort of old-school bullshit that is based in fancy rhetoric and weasel words, but most of us don't feel qualified to challenge the avalanche of new-school bullshit presented in the language of math, science, or statistics. In *Calling Bullshit*, Professors Carl Bergstrom and Jevin West give us a set of powerful tools to cut through the most intimidating data. You don't need a lot of technical expertise to call out problems with data. Are the numbers or results too good or too dramatic to be true? Is the claim comparing like with like? Is it confirming your personal bias? Drawing on a deep well of expertise in statistics and computational biology, Bergstrom and West exuberantly unpack examples of selection bias and muddled data visualization, distinguish between correlation and causation, and examine the susceptibility of science to modern bullshit. We have always needed people who call bullshit when necessary, whether within a circle of friends, a community of scholars, or the citizenry of a nation. Now that bullshit has evolved, we need to relearn the art of skepticism.

Writing Without Bullshit Aug 28 2019 Joining the ranks of classics like *The Elements of Style* and *On Writing Well*, *Writing Without Bullshit* helps professionals get to the point to get ahead. It's time for *Writing Without Bullshit*. *Writing Without Bullshit* is the first comprehensive guide to writing for today's world: a noisy environment where everyone reads what you write on a screen. The average news story now gets only 36 seconds of attention. Unless you change how you write, your emails, reports, and Web copy don't stand a chance. In this practical and witty book, you'll learn to front-load your writing with pithy titles, subject lines, and opening sentences. You'll acquire the courage and skill to purge weak and meaningless jargon, wimpy passive voice, and cowardly weasel words. And you'll get used to writing directly to the reader to make every word count. At the center of it all is the Iron Imperative: treat the reader's time as more valuable than your own. Embrace that, and your customers, your boss, and your colleagues will recognize the power and boldness of your thinking. Transcend the fear that makes your writing weak. Plan and execute writing projects with confidence. Manage edits and reviews flawlessly. And master every modern format from emails and social media to reports and press releases. Stop writing to fit in. Start writing to stand out. Boost your career by writing without bullshit.

George Washington Is Cash Money Nov 23 2021 PREPARE TO BE BEAKED BY THE MAJESTIC EAGLE OF HISTORY Most of us are familiar with the greatest hits and legendary heroes of US history. In *George Washington Is Cash Money*, Cory O'Brien, author of *Zeus Grants Stupid Wishes*, does away with the pomp and circumstance and calls America's history what it is: one long, violent soap opera. In his signature clever, crude, and cuss-ridden style, O'Brien reminds us that: · Teddy Roosevelt stopped bullets with his manly chest · Harriet Tubman avoided danger by having prophetic seizures. · Joseph Smith invented Mormonism by staring into a hat full of rocks. · Billy the Kid was finally defeated by the smell of fresh bacon. And there's plenty more Star Spangled stupidity where that came from.

Cut the Bullshit Apr 04 2020 IT'S TIME TO BECOME A CHAMPION AT LIFE. Coach Everett Overton has been changing men and women's lives with his unique ability to alter unfulfilling perspectives and provide CHAMPION GAME direction to better oneself. For years, Coach EO has been amassing followers through his YouTube channel, teaching those how to live life more abundantly. In his debut book, *CUT THE BULLSHIT, A GUIDE TO LIVING AS YOUR AUTHENTIC SELF*, Coach EO unveils a raw and refreshing take on identifying hindrances due to social programming. He offers

suggestions on how to date and select a life partner in a healthier, more productive way. In addition, Coach EO pinpoints the multiple sources and potential remedies for depression and anxiety, among many more imperative subjects. ARE YOU READY TO CUT THE BULLSHIT? Good. Let's begin.

No Bullshit Guide to Women's Self Defense Jul 20 2021 This book's target audience is females between the ages of 18 and 35 who are seeking REALISTIC advice about how to avoid conflict, stay safe in high risk situations, and defend themselves EFFECTIVELY if necessary. This book differs from the typical women's self defense book in that it is written from the outlaw perspective by a controversial author who had been immersed in deep street subcultures for over 20 years and has published two underground bestsellers regarding the forbidden topics of self defense that more reputable instructors are hesitant to address. This is not untested theory . . . these techniques are guaranteed to work, and they are very simple to learn. The truth about self protection is not pleasant, and it will require an honest self-assessment as well as a clear understanding of the nature of the threats you may face. This book will be brutally honest and these facts can save your life.

Believing Bullshit Sep 09 2020 This book identifies eight key mechanisms that can transform a set of ideas into a psychological flytrap. The author suggests that, like the black holes of outer space, from which nothing, not even light, can escape, our contemporary cultural landscape contains numerous intellectual black-holes—belief systems constructed in such a way that unwary passers-by can similarly find themselves drawn in. While such self-sealing bubbles of belief will most easily trap the gullible or poorly educated, even the most intelligent and educated of us are potentially vulnerable. Some of the world's greatest thinkers have fallen in, never to escape. This witty, insightful critique will help immunize readers against the wiles of cultists, religious and political zealots, conspiracy theorists, promoters of flaky alternative medicines, and others by clearly setting out the tricks of the trade by which such insidious belief systems are created and maintained.

The No-Bullshit Guide to Depression Sep 02 2022

Meditation Without Bullshit Mar 16 2021 Meditation Without Bullshit: A Guide for Rational Men is a practical no-nonsense guide to meditation.

The No Bullshit Guide to Living Your Best Life Apr 28 2022 Here's how the marketing experts want me to describe my book: The No Bullsh*t Guide to Living Your Best Life is a straightforward, no nonsense blueprint to personal growth and self-improvement. Using personal anecdotes, timeless quotes and a little self-deprecating humor, Myndee cuts straight through the fluff to give you the tools you need to live a better life. Despite the title, this book isn't filled with curse words, aside from the deliberate overuse of the word bullshit. Here's what I really want to tell you: This book isn't the only self-help book you'll ever need. It probably won't radically change your life. That's not how this works. That's not how any of this works. After carving a path out of the forest of self-loathing and into self-acceptance, I've wanted to do nothing more than help others forge their own way. I'm not going to try to impress you with all my accolades (and frankly, I don't have that many); I want you to trust me because I'm just like you. I read personal growth books. I still need self-help. But I've been through it all now, and I'm on the other side. Take my hand. Let me walk you out of this pain. I know the way because I've been here. I spent my life in these dark, dense woods. Writing this book was part of my journey out. You may not get out of your forest with this book, but reading it will lead you closer to the peace that lies ahead. I will only be one leg on your journey, and I'm honored to be here with you. I hope my words help ease the burden you carry.

Bullshit Jobs Jul 08 2020 From bestselling writer David Graeber—"a master of opening up thought and stimulating debate" (Slate)—a powerful argument against the rise of meaningless, unfulfilling jobs...and their consequences. Does your job make a meaningful contribution to the world? In the spring of 2013, David Graeber asked this question in a playful, provocative essay titled "On the Phenomenon of Bullshit Jobs." It went viral. After one million online views in seventeen different languages, people all over the world are still debating the answer. There are hordes of people—HR consultants, communication coordinators, telemarketing researchers, corporate lawyers—whose jobs are useless, and, tragically, they know it. These people are caught in bullshit jobs. Graeber explores one of society's most vexing and deeply felt concerns, indicting among other villains a particular strain of finance capitalism that betrays ideals shared by thinkers ranging from Keynes to Lincoln. "Clever and charismatic" (The New Yorker), Bullshit Jobs gives individuals, corporations, and societies permission to undergo a shift in values, placing creative and caring work at the center of our culture. This book is for everyone who wants to turn their vocation back into an avocation and "a thought-provoking examination of our working lives" (Financial Times).

F.U.C.K. Your Insecurities! Jun 18 2021 What Doesn't Define You Will Never Hold You Back! As a distant cousin to The Subtle Art of Not Giving a F*ck, F*ck Feelings, Unfu*k Yourself, and You are a Badass comes this brutally honest guide to shoving aside your insecurities and self-doubt to finally take advantage of your best qualities and do what the hell you want. The mass media and society in general has you believing that you aren't "good enough" if you don't have the perfect body, impressive degrees and flashy materialistic crap. No bigger lie has ever been told, because everyone is hopelessly flawed and you have a lot to offer! Do you believe other people are better than you? Have you ever been too damn afraid to approach someone of the opposite sex for a date? Have you been afraid to try something because you feared failure or rejection? This book solves those problems. Personal development writer Deante Young spent decades being ripped to shreds by his own insecurities of his self-proclaimed "equator length waistline" and "the portable tool inside his trousers," before figuring out how to overcome that constant humiliation. Often hilarious and occasionally shocking, Young uncovers the dirty truth about what's holding you back. In F.U.C.K. Your Insecurities, you will learn several key things: The one thing you need that is far more important than confidence to succeed Why people you think are better than you actually admire the hell out of you The four step process of handling your insecurities and make them irrelevant How to write the ultimate love letter to yourself Why your biggest inspiration should be your infant self How to turn your "shortcomings" into your ultimate weapon And much more! Stop underestimating yourself and your worthiness and let F.U.C.K. Your Insecurities! guide you to your ultimate freedom--Self-belief!

Be: A No-Bullsh*t Guide to Increasing Your Self Worth and Net Worth by Simply Being Yourself Feb 12 2021 Build your confidence, increase your value, and make a lasting impact—a brand authenticity expert shares her most powerful secrets. Everyone in marketing is talking "authenticity." Which means making a personal or professional brand should be simpler than ever, right? What could be easier than "being yourself"? Simple? Sure. But easy? Not so much. Why? Because authenticity is unfiltered, unapologetic, and honest. Authenticity owns its imperfections and takes responsibility for mistakes. It shows up on the good and bad days. In short, authenticity feels scary. No wonder we try to brand ourselves as someone else we think will be more appealing than our real selves. Jessica Zweig founded the SimplyBe. agency to revolutionize an authenticity-first approach to branding. With Be: A No-Bullsh*t Guide to Increasing Your Self Worth and Net Worth by Simply Being Yourself, she shares her most powerful secrets for building authenticity, service, and real connection into your winning brand. "I'm opening up the freakin' vault to SimplyBe.'s best-in-class, trademarked methodologies, tools, and frameworks for clearing away everything that's keeping the real you from shining through," she says, including: Branding Reinvented—Forget the hacks and tricks, it's time to learn what personal branding is really about. Embracing Your Sh*t—All that stuff you think you need to hide? That's actually your most important resource! Your Vibe Attracts Your Tribe—Learn to magnetize the people who most want to support you (and they're out there). Your Personal Brand Hologram®—SimplyBe.'s universal framework can crystallize your utterly unique brand platform. The Supernova™—Create winning content with the secret sauce of consistency and clarity. The Pinnacle Content Framework™—Take the stress out of strategy and find the most direct, effective path toward your goals. Getting Social Media Right—Stop chasing trends and learn the 10 sustainable, evergreen principles for online connection. Living Your Brand—Take your authentic personal brand where it matters most: offline and into your relationships, your workplace, and the way you show up in the world. "We are living at an inflection point," says Jessica Zweig. "For any brand—business or personal—the game is no longer about eyeballs, but engagement. No longer about impressions, but impact. Content is no longer king, clarity is. Your best strategy? Service and generosity. Your best solution? Authenticity." Here is a powerful guide for connecting with others, changing lives, and moving the world forward as only you can.

No Bullshit Social Media Mar 28 2022 The In-Your-Face, Results-Focused, No-"Kumbaya" Guide to Social Media for Business! Detailed techniques for increasing sales, profits, market share, and efficiency. Specific solutions for brand-building, customer service, R & D, and reputation management. Facts, statistics, real-world case studies, and rock-solid metrics

No Bullshit Guide to Self Confidence Dec 25 2021 An International Multi Award Winning Author. Are you constantly comparing yourself to other

women? Do you find yourself asking, "when I lose weight, will I be happy"? Or "if I lose weight, will I find someone?". Do you often feel lousy, ugly and just not good enough? If you have said YES to any of these, then the No Bullshit Guide to Self Confidence is for you! What if I was to tell you that the secret to being more beautiful is not losing weight, getting a boob job, or even changing the colour of your hair. And what if I was to tell you that the beauty industry has defined who you are! Yes, a billion dollar industry has told you that you are not good enough! That you need to change! Well, I'm here to tell you that what the beauty industry and the media has taught you is bullshit. And I am also here to remind you of how f@cking awesome you really are. Stop feeling awful about yourself. Stop constantly putting yourself down. Stop beating yourself up for not being 'perfect'. In my simple, yet practical No Bullshit Guide I will help you to: Understand how the beauty industry has taken hostage of your self esteem and self confidence. How to create a healthy lifestyle which is based on 'realism'. How to learn to like yourself again. How to take back the REAL YOU! No gimmicks. No fad diets. No crazy exercise regimes. It's about YOU discovering how awesome you are. It's about YOU accepting who you are RIGHT NOW. It's about YOU reclaiming the REAL YOU! This guide is perfect for those of you who are exhausted from constantly trying to change and from constantly comparing yourself to others. Discover a realistic way of changing your life... permanently! ----- WHAT OTHERS HAVE SAID ----- "After reading the first 3 pages it became apparent that this book just ripped apart everything I had spent so much time focusing on since I was 16. "Throw out your scales," Katrina says....hm.... OK? Reading that line was quite the shock as daily I'm exposed to a mass of advertising campaigns telling me to do the exact opposite with "weigh in's" and "weight loss 30 day challenges". The more I read, the more I began to actually relax and exhale deeply (I'm not kidding I actually caught myself doing this). I began to feel like I was reinstating my own power in my health journey (both mental and physical). This book is beyond a "self help manual", it broke down society engrained behaviours and identified how I could stop acting in this way. It also included simple but effective solutions to break my bad habits, ones that I can actually see myself using. Very very refreshing. Quick, easy to read but also very informative. And cut through the BS. Absolutely loved it! Stephanie

Grind Sep 29 2019 This practical guide to starting a new business skips past the MBA and goes right to the nuts and bolts of building a successful, self-sustaining company. In Grind, Michael J. McFall, co-CEO of BIGGBY® COFFEE, helps readers identify the common-sense strategies needed to turn their start-up ideas into positive-cash flow businesses. Dispensing with the notion that potential business owners require a formal education, he outlines several fundamental areas of importance, keying in on hustle, self-evaluation, and commitment. Having risen from a minimum-wage barista to build a company with over 250 stores in 9 states, McFall writes with the authority of hard-fought achievement. In addition to his calls for "personal due diligence," he goes into detail about crucial business drivers, speaking from his personal and professional experience and including examples of hits and misses along the way. Readers will be pleased to find that McFall avoids sophisticated descriptions of processes and theories, retaining a down-to-earth approachability throughout the book. Filled with anecdotes, ideas, and calls to action, Grind provides the insight and expertise aspiring business owners require to reach profitability.

No Bullshit Guide to Linear Algebra Nov 04 2022 This textbook covers the material for an undergraduate linear algebra course: vectors, matrices, linear transformations, computational techniques, geometric constructions, and theoretical foundations. The explanations are given in an informal conversational tone. The book also contains 100+ problems and exercises with answers and solutions. A special feature of this textbook is the prerequisites chapter that covers topics from high school math, which are necessary for learning linear algebra. The presence of this chapter makes the book suitable for beginners and the general audience-readers need not be math experts to read this book. Another unique aspect of the book are the applications chapters (Ch 7, 8, and 9) that discuss applications of linear algebra to engineering, computer science, economics, chemistry, machine learning, and even quantum mechanics.

Calculus Dec 01 2019 Application-oriented introduction relates the subject as closely as possible to science with explorations of the derivative; differentiation and integration of the powers of x; theorems on differentiation, antidifferentiation; the chain rule; trigonometric functions; more. Examples. 1967 edition.

No Bullshit Business Finance Guide Nov 11 2020 In his book NO Bull\$hit Business Finance Guide, Bill educates the reader in exactly what banks look for in a loan package. There are plenty of uncertainties, but knowing what banks expect, what to do if you do not qualify for traditional financing, and why you need certain documents, will put you way ahead of the game. Finding money for your business is important and Bill King wants to help you get there.

Zeus Grants Stupid Wishes Jan 26 2022 From the creator of Myths Retold comes a hilarious collection of Greek, Norse, Chinese and even Sumerian myths retold in their purest, bawdiest forms! All our lives, we've been fed watered-down, PC versions of the classic myths. In reality, mythology is more screwed up than a schizophrenic shaman doing hits of unidentified...wait, it all makes sense now. In Zeus Grants Stupid Wishes, Cory O'Brien, creator of Myths RETOLD!, sets the stories straight. These are rude, crude, totally sacred texts told the way they were meant to be told: loudly, and with lots of four-letter words. Did you know? Cronus liked to eat babies. Narcissus probably should have just learned to masturbate. Odin got construction discounts with bestiality. Isis had bad taste in jewelry. Ganesh was the very definition of an unplanned pregnancy. And Abraham was totally cool about stabbing his kid in the face. Still skeptical? Here are a few more gems to consider: • Zeus once stuffed an unborn fetus inside his thigh to save its life after he exploded its mother by being too good in bed. • The entire Egyptian universe was saved because Sekhmet just got too hammered to keep murdering everyone. • The Hindu universe is run by a married couple who only stop murdering in order to throw sweet dance parties...on the corpses of their enemies. • The Norse goddess Freyja once consented to a four-dwarf gangbang in exchange for one shiny necklace. And there's more dysfunctional goodness where that came from.

No bullshit guide to math and physics Oct 03 2022 Often calculus and mechanics are taught as separate subjects. It shouldn't be like that. Learning calculus without mechanics is incredibly boring. Learning mechanics without calculus is missing the point. This textbook integrates both subjects and highlights the profound connections between them. This is the deal. Give me 350 pages of your attention, and I'll teach you everything you need to know about functions, limits, derivatives, integrals, vectors, forces, and accelerations. This book is the only math book you'll need for the first semester of undergraduate studies in science. With concise, jargon-free lessons on topics in math and physics, each section covers one concept at the level required for a first-year university course. Anyone can pick up this book and become proficient in calculus and mechanics, regardless of their mathematical background.

The No Bullshit Guide to Military Life Aug 21 2021 Serve your country, and become financially free in the process! If you're considering joining the military, or already serve, and want to make the most out of your career while building passive income after your service ends, this book is a must-read. With nearly X-pages of in-depth advice, The No Bullshit Guide to Military Life is the book I wish existed when I joined the military. The tools and tactics in this book can literally earn you millions of dollars, and help you build enough passive income to retire, without ever having to work again! David Pere—active duty Marine, real estate investor, and host of the Military Millionaire Podcast —has one goal in mind: to help you create a successful career in the military while building the life of your dreams for after service. Service members and veterans alike will learn how to achieve financial freedom, have a successful career, maximize veteran benefits, use their VA loan, invest to build wealth, transition out of the military, and become a Military Millionaire. Inside, you'll discover: How to get rich in the military with simple, automated strategies The biggest mistakes people make with their Thrift Savings Plan, and how to avoid them How to get promoted quickly, attend the best schools, and tackle the best billets throughout your career The right way to buy a car while in the military: "Not another Mustang" How to leverage your VA loan (properly) to live for free, and build wealth How to buy rental properties that will generate passive income for you while you sleep How I was able to replace my income while in the military, and how you can too The best practices for transitioning out of the military and landing on your feet You've fought for our freedom—now it is time to achieve financial freedom

The Smart Seeker's Guide to Spiritual Bullshit Apr 16 2021 Do you roll your eyes at Be positive! Be happy! and Just let it go!? Are you tired of the Universe being responsible for everything? Feel like a failure because you can't manifest everything you want in an afternoon? Don't worry, you're not crazy. You may just be wriggling free from the hypnotic grip of spiritual bullshit. And fair play to you; it can be strangely compelling. The

truth is that the spiritual path is as nuanced and frustrating as it is beautiful and fulfilling. The danger is that as we enthusiastically rush to share our new found spiritual wisdom, we unwittingly pass more and more bullshit around. So how do you clear the crap off your spiritual path? Join life-long spiritual seeker (and finder) Sue Fitzmaurice as she wades valiantly through a monumental pile of it in search of answers. Packed with insight and more than a few belly laughs, let *The Smart Seeker's Guide to Spiritual Bullshit* be your life raft and guide. Dear Seeker, sanity lies within.

The No-Bullshit Guide to Depression Aug 01 2022 Funny, insightful, and relentlessly honest, this book is the manual for living with depression that everyone should have been given. It's packed with bite-sized chapters covering big-picture concepts, 60+ research-backed tools, and a friendly, no-nonsense style. This guide will get you through visits from depression and into a value-filled life.

Social Media Is Bullshit Feb 01 2020 A provocative assessment of social media counsels readers on the essentials of what they need to know about using the Internet to expand a business, challenging the claims of online authorities and marketing consultants while tracing the rise of social media and revealing the benefits of real-world connections.

Bullshit Dec 13 2020 An irreverent lexicon of the seemingly infinite ways we call bullshit, written by a McSweeney's columnist and etymologist, illustrated by a New Yorker-contributing cartoonist. What's the difference between "balderdash" and "drivel"? Where did "mumbo-jumbo" come from? How should you use "meadow mayonnaise"? What's "felgercarb" and which popular TV show coined it? There are hundreds of common and rare terms for bullshit in English, including borrowings from German, turn-of-the-century sailors, *The Simpsons*, and beyond. Bullshit is everywhere, but not all of it is created equal. Mark Peters's *Bullshit: A Lexicon* is the handy guide to identifying and calling BS in all of its many forms, from "bunk" and "claptrap" to "applesauce" and "gobbledygook." Packed with historical facts, pop culture tidbits, and definitions for each term, *Bullshit* is perfect for humor readers, language lovers, and anyone looking to describe life's everyday annoyances.

Zeus Grants Stupid Wishes May 30 2022 Get this: Cronus liked to eat babies. Narcissus probably should have just learned to masturbate. Odin got construction discounts with bestiality. Isis had bad taste in jewelry. Ganesh was the very definition of an unplanned pregnancy. And Abraham was totally cool about stabbing his kid in the face. All our lives, we've been fed watered-down, PC versions of the classic myths. In reality, mythology is more screwed up than a schizophrenic shaman doing hits of unidentified...wait, it all makes sense now. In *Zeus Grants Stupid Wishes*, Cory O'Brien, creator of *Myths RETOLD!*, sets the stories straight. These are rude, crude, totally sacred texts told the way they were meant to be told: loudly, and with lots of four-letter words. Skeptical? Here are a few more gems to consider: • Zeus once stuffed an unborn fetus inside his thigh to save its life after he exploded its mother by being too good in bed. • The entire Egyptian universe was saved because Sekhmet just got too hammered to keep murdering everyone. • The Hindu universe is run by a married couple who only stop murdering in order to throw sweet dance parties...on the corpses of their enemies. • The Norse goddess Freyja once consented to a four-dwarf gangbang in exchange for one shiny necklace. And there's more dysfunctional goodness where that came from.

Bitcoin Pizza Jun 30 2022 When you hear the word blockchain, what's your reaction? Do you think it's a fad that's been overhyped but will soon be forgotten? Or maybe you have a vague understanding of how the technology works, but you're unsure of how it will impact your life. Neither reaction is wrong. Blockchain and cryptocurrencies like Bitcoin are still in their infancy--but they will soon fuel a worldwide cultural and technological paradigm shift that will disrupt every major industry: finance, supply chain, film and arts distribution, digital rights, automotive, social media, data security, real estate, and more. In *Bitcoin Pizza*, Sam Radocchia offers an eye-opening exploration of what blockchain is and how it will radically change our world. Whether you're an executive looking to prepare your business for a decentralized future or a newcomer curious about the blockchain hype, this fun and relatable guide will give you the confidence to explore this technology in more detail by first showing you the big picture. Instead of looking at blockchain with trepidation, you'll come away thrilled by the possibilities.

Algebra May 06 2020 This book is about algebra. This is a very old science and its gems have lost their charm for us through everyday use. We have tried in this book to refresh them for you. The main part of the book is made up of problems. The best way to deal with them is: Solve the problem by yourself - compare your solution with the solution in the book (if it exists) - go to the next problem. However, if you have difficulties solving a problem (and some of them are quite difficult), you may read the hint or start to read the solution. If there is no solution in the book for some problem, you may skip it (it is not heavily used in the sequel) and return to it later. The book is divided into sections devoted to different topics. Some of them are very short, others are rather long. Of course, you know arithmetic pretty well. However, we shall go through it once more, starting with easy things. 2 Exchange of terms in addition Let's add 3 and 5: $3+5=8$. And now change the order: $5+3=8$. We get the same result. Adding three apples to five apples is the same as adding five apples to three - apples do not disappear and we get eight of them in both cases. 3 Exchange of terms in multiplication Multiplication has a similar property. But let us first agree on notation.

No B.S. Guide to Direct Response Social Media Marketing Mar 04 2020 To avoid grabbing every business owner he meets by the shoulders and shaking them, millionaire maker Dan S. Kennedy has joined with marketing strategist Kim Walsh-Phillips to help business owners, private practice professionals, and professional marketers start making dollars and cents of their social media marketing. Daring readers to stop accepting non-monetizable "likes" and "shares" for their investment of time, money, and energy, Kennedy and Walsh-Phillips urge readers to see their social platforms for what they are--another channel to reach customers and gain leads and sales for their efforts. Illustrated by case studies and examples, this No B.S. guide delivers practical strategies for applying the same direct-response marketing rules Kennedy has himself found effective in all other mediums. Covers: •How to stop being a wimp and make the switch from a passive content presence into an active conversion tool •How to become a lead magnet by setting up social media profiles that focus on the needs of ideal prospects (not the product or service) •Creating raving fans that create introductions to their networks •How to move cold social media traffic into customers •The role of paid media and how to leverage social media advertising to drive sales

Pelvic Pain The Ultimate Cock Block Jun 26 2019 Men with pelvic pain, suffer no more. In *Pelvic Pain The Ultimate Cock Block*, Dr. Susie Gronski blends cutting edge research with practical advice that you can put into practice right away wherever you are on your journey through pelvic pain. In addition to the biological underpinnings of pain, this edition is more psychologically informed for a well-rounded picture of health that empowers you toward self-guided healing. In this updated version, you'll find more on: why some common assumptions about pain are completely false how the nerves, the gut and the immune system come into play why reframing your pain perspective is key to feeling better how simple mindful practices and breathing can modulate pain how to use movement and non-painful touch to turn down pain sensitivity Perhaps your current experience sounds something like this... You woke up one morning expecting a hard on, but instead all you felt was dick pain. You were sure it would go away eventually. Now you're not so sure. You've seen specialist after specialist, done every test known to man, scoured Google MD searching for the 'cure', spent a don't-dare-look amount of cash on medications, supplements and diets. But here you are years later, still dealing with it. With well over a decade in physical therapy specializing in men's sexual and pelvic health, Dr. Susie Gronski has written the essential guide to chronic pelvic pain, incorporating the latest in pain research, so that you can address your experience of pelvic pain without the fear, confusion and hopelessness you may have come to know. Don't wait for the pain to go away to start doing the things you love. Embrace where you are and get back to doing all those things you may have given up for fear it will hurt. There is hope for your pain to change. This book will show you how.