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*Ego Is The Enemy
The Fight To Master
Our Greatest*

***Recently, fake news has become
real news, making headlines as***

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***its consequences become
crushingly obvious in political
upsets and global turmoil. But
it's not new - you've seen it all
before. A malicious online
rumour costs a company
millions. Politically motivated***

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'fake news' stories are planted and disseminated to influence elections. Some product or celebrity zooms from total obscurity to viral sensation. Anonymous sources and speculation become national

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conversation. What you don't know is that someone is responsible for all this. Usually, someone like Ryan Holiday: a media manipulator. Holiday wrote this book to explain how media manipulators work, how to

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spot their fingerprints, how to fight them, and how (if you must) to emulate their tactics. Why is he giving away these secrets? Because he's tired of a world where trolls hijack debates, marketers help write the news,

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***reckless journalists spread lies,
and no one is accountable for
any of it. He's pulling back the
curtain because it's time
everyone understands how
things really work.***

THE PHENOMENAL

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**INTERNATIONAL BESTSELLER:
1 MILLION COPIES SOLD**

Transform your life with tiny changes in behaviour, starting now. People think that when you want to change your life, you need to think big. But world-

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renowned habits expert James Clear has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions: doing two push-ups a day, waking up five minutes early, or

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***holding a single short phone call.
He calls them atomic habits. In
this ground-breaking book,
Clears reveals exactly how these
minuscule changes can grow
into such life-altering outcomes.
He uncovers a handful of simple***

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life hacks (the forgotten art of Habit Stacking, the unexpected power of the Two Minute Rule, or the trick to entering the Goldilocks Zone), and delves into cutting-edge psychology and neuroscience to explain why

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they matter. Along the way, he tells inspiring stories of Olympic gold medalists, leading CEOs, and distinguished scientists who have used the science of tiny habits to stay productive, motivated, and happy. These

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***small changes will have a
revolutionary effect on your
career, your relationships, and
your life.*** _____

_____ ***A NEW YORK
TIMES AND SUNDAY TIMES
BESTSELLER 'A supremely***

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***practical and useful book.' Mark
Manson, author of The Subtle Art
of Not Giving A F*ck 'James
Clear has spent years honing the
art and studying the science of
habits. This engaging, hands-on
book is the guide you need to***

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break bad routines and make good ones.' Adam Grant, author of *Originals* ***'Atomic Habits is a step-by-step manual for changing routines.'*** Books of the Month, Financial Times ***'A special book that will change***

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how you approach your day and live your life.' Ryan Holiday, author of The Obstacle is the Way

When the going gets tough, the tough start changing. Difficult times call for different solutions.

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In his global bestseller, Legacy, James Kerr goes deep into the heart of the world's most successful team, the New Zealand All Blacks, to help understand what it takes to bounce back from adversity and

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still reach the top. It is a book about leading a team or an organisation - but, more importantly, about leading a life. The kind of life that you want to lead. In today's volatile, uncertain, complex and

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***ambiguous environment,
personal leadership has never
been more relevant and Legacy
goes to the heart of how great
leaders - and we are all leaders -
'reboot' and reframe their future.
It is a truly life-defining read that***

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addresses the big questions - values, vision, mindset and purpose - that, when answered, build the foundation for resilience, excellence and sustained success. This book will change your life. Champions

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***do extra. They sweep the sheds,
follow the spearhead, and keep a
blue head. They are good
ancestors and plant trees they'll
never see.***

***Bestselling author and marketing
strategist Ryan Holiday reveals***

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***to creatives of all stripes-
authors, entrepreneurs,
musicians, filmmakers, fine
artists-how a classic work is
made and marketed. Classic.
Evergreen. Cult. Backlist. We can
all identify with products that***

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seem to last forever and just keep selling. But how can we create things that can and should last, especially in an environment where short-term gain and flash-in-the-pan success are so often the

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benchmark, where Hollywood movies are written off after a weekend or Silicon Valley start-ups are considered to have failed if they don't go viral? Enter Ryan Holiday and his concept of the Perennial Seller, products that

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***exist in every creative industry,
timeless, dependable resources
and unsung money-makers,
increasing in value over time and
outlasting and outstretching the
competition. Holiday shows us
that creating a classic doesn't***

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have to be a fluke or just a matter of luck. In Perennial Seller he takes us back to the first principles of the models and thinking that underpin the creation of something built to last. Featuring interviews with

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some of the world's greatest entrepreneurs and creatives and grounded in a deep study of the classics from every genre, the book shares a mindset and approach we can all adopt to make and market a classic work.

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***Whether you have a book or a
business, a song or the next
great screenplay, Holiday reveals
the recipe for perennial success.
How to Think Like a Roman
Emperor
The Daily Stoic***

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***The Destructive Ego: Recognize
and Tame the Enemy Within
Conspiracy
Control Your Compulsive Ego,
Change Your Life and the People
Around You.
Legacy***

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Ego is the Enemy

"Cato, history's most famous foe of authoritarian power, was the pivotal political man of Rome; an inspiration to our Founding Fathers; and a cautionary figure for our times. He loved Roman

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republicanism, but saw himself as too principled for the mere politics that might have saved it. His life and lessons are urgently relevant in the harshly divided America—and world—of today. With erudition and verve, Rob

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Goodman and Jimmy Soni turn their life of Cato into the most modern of biographies, a blend of The Decline and Fall of the Roman Empire and Game Change."—Howard Fineman, Editorial Director of The

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**Huffington Post Media Group,
NBC and MSNBC News Analyst,
and New York Times bestselling
author of The Thirteen American
Arguments "A truly outstanding
piece of work. What most
impresses me is the book's ability**

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**to reach through the confusing
dynastic politics of the late Roman
Republic to present social realities
in a way intelligible to the modern
reader. Rome's Last Citizen
entertainingly restores to life the
stoic Roman who inspired George**

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**Washington, Patrick Henry and
Nathan Hale. This is more than a
biography: it is a study of how a
reputation lasted through the
centuries from the end of one
republic to the start of
another."**—David Frum,

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**DailyBeast columnist, former
White House speech writer, and
New York Times bestselling
author of The Right Man Marcus
Porcius Cato: aristocrat who
walked barefoot and slept on the
ground with his troops, political**

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heavyweight who cultivated the image of a Stoic philosopher, a hardnosed defender of tradition who presented himself as a man out of the sacred Roman past—and the last man standing when Rome's Republic fell to tyranny.

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His blood feud with Caesar began in the chamber of the Senate, played out on the battlefields of a world war, and ended when he took his own life rather than live under a dictator. Centuries of thinkers, writers, and artists have

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drawn inspiration from Cato's Stoic courage. Saint Augustine and the early Christians were moved and challenged by his example. Dante, in his Divine Comedy, chose Cato to preside over the souls who arrive in

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Purgatory. George Washington so revered him that he staged a play on Cato's life to revive the spirit of his troops at Valley Forge. Now, in Rome's Last Citizen, Rob Goodman and Jimmy Soni deliver the first modern biography of this

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stirring figure. Cato's life is a gripping tale that resonates deeply with our own turbulent times. He grappled with terrorists, a debt crisis, endemic political corruption, and a huge gulf between the elites and those they

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governed. In many ways, Cato was the ultimate man of principle—he even chose suicide rather than be used by Caesar as a political pawn. But Cato was also a political failure: his stubbornness sealed his and

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Rome's defeat, and his lonely end casts a shadow on the recurring hope that a singular leader can transcend the dirty business of politics. Rome's Last Citizen is a timeless story of an uncompromising man in a time of

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**crisis and his lifelong battle to
save the Republic.**

**“Don’t read this book,” your Ego
says. “Your life could change. And
that scares me.” Sometimes our
worst failures lead to our greatest
transformation. In 2012, James**

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McCrae left behind a comfortable life in Minnesota and a successful career in advertising to move to New York City and pursue his dreams of being a writer. Soon after he arrived, Hurricane Sandy ripped through the eastern

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**seaboard. New York City was
underwater, and James —jobless
and running out of money —was
suddenly homeless. Fleeing to the
island of Culebra for refuge,
James sat alone on Flamenco
Beach while his greatest doubts**

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and insecurities rose to the surface. What he discovered was his Ego —and it had a lot of sh#t to say. This story of adventure, redemption, and transformation reminds us that we all have two voices inside us: the Ego and the

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Higher Self. The Ego is our reactive, attached mind that tells us we're victims of circumstance. The Higher Self is our source of intuition and imagination that reminds us we're the creators of our reality. Sh#t Your Ego Says

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exposes the battle between these voices. With arresting honesty and candid, compelling prose, James takes you through practical strategies for overthrowing your Ego and reclaiming a life of creativity and freedom. Whether

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**you're looking to achieve
meaningful career success,
improve your relationships, or
unlock your imagination, this
book provides a no-nonsense
roadmap to living with purpose.
"Written for the legal community**

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and the general public, this book explains, in practical terms, the perspective behind some of the most newsworthy and sensational cases of the last 20 years. Few, if any, judges have commented on the cases that have appeared

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before them. Judge Block critiques some of the historical practices of the legislature and the bench; educates readers about the death penalty, racketeering, gun laws, drug laws, discrimination laws, race riots, terrorism, and

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foreign affairs; and intimates the more humble aspects of being on the bench, e.g. the choice to use humor, death threats against members of the bench, brushes with celebrities, witnessing how popular sentiment can override

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**the facts of a case, racist
underpinnings of the drug laws,
and more"--Provided by
publisher.**

**What season of life are you in?
Each of us goes through periods of
life that have a certain**

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character—a few months or a few years, good times or difficult circumstances, times of brilliant joy or periods of dark clouds. Often we say, “It’s just the season of life I’m in.” But did you know that just as God has purposes for

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**the seasons of nature, he also uses
seasons in your life to grow you,
work with you, and talk to you?
Richard Blackaby explains in The
Seasons of God how
understanding the principles of
the seasons can offer us hope,**

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direction, insight, and intimacy with God himself. It's a thoughtful exploration of God's patterns at work in our lives—how His will is being carried out in the best way...at the best time. Your plans, your relationships, your

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career, your ministry—all have their unique God-intended moment. God's Word expresses it this way: "For everything there is a season, and a time for every matter under heaven." So what's your season of life? And what is

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**God telling you through the
season you're in?**

**The Fight to Master Our Greatest
Opponent**

Fortune Favours the Brave

Beyond Good and Evil

The Alter Ego Effect

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**Women, Money, and Getting
What You're Worth (Revised
Edition)**

10-Minute Toughness

**The Mental Training Program for
Winning Before the Game Begins**

Do you ever think you're the only

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one making any sense? Or tried to reason with your partner with disastrous results? Do long, rambling answers drive you crazy? Or does your colleague's abrasive manner get your back up? You are not alone. After a disastrous meeting with a

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highly successful entrepreneur, who was genuinely convinced he was 'surrounded by idiots', communication expert and bestselling author, Thomas Erikson dedicated himself to understanding how people function and why we

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often struggle to connect with certain types of people. Originally published in Swedish in 2014 as *Omgiven Av Idioter*, Erikson's *Surrounded by Idiots* is already an international phenomenon, selling over 1.5 million copies worldwide, of which over

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750,000 copies have been sold in Sweden alone. It offers a simple, yet ground-breaking method for assessing the personalities of people we communicate with - in and out of the office - based on four personality types (Red, Blue, Green and

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Yellow), and provides insights into how we can adjust the way(s) we speak and share information.

Erikson will help you understand yourself better, hone communication and social skills, handle conflict with confidence, improve dynamics with

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your boss and team, and get the best out of the people you deal with and manage. He also shares simple tricks on body language, improving written communication and advice on when to back away or when to push on, and when to speak up or indeed shut

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up. Packed with 'aha!' and 'oh no!' moments, Surrounded by Idiots will help you understand and influence those around you, even people you currently think are beyond all comprehension. And with a bit of luck you can also be confident that

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the idiot out there isn't you!

A top performance expert reveals the secret behind many top athletes and executives: creating a heroic alter ego to activate when the chips are down. There's only one person in the way of you untapping your

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potential: You. There's also one person who can move you out of the way so you can perform at your peak. That person is already inside you. You just need to unlock them. This other part of you is your Alter Ego. After twenty-one years of

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working with elite athletes,
performers and leaders, Todd
Herman has discovered how you can
use your alter ego to achieve the
seemingly impossible. It all clicked
for Todd when he met Bo Jackson.
When Herman met Bo Jackson, the

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professional athlete told him, “Bo Jackson never played a down of football in his entire life.” Bo explained that when he was young, he’d get into trouble because chaos caused by his anger issues. Then, he saw Friday the 13th and became

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fascinated by the cold, calculating nature of Jason Vorhees. In that moment, he resolved to stop being Bo Jackson, and start being Jason the moment he stepped on the field. In this transformative guide, Herman teaches you how to create and

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control an Alter Ego like Bo—and the thousands of other athletes, business leaders, entrepreneurs, and entertainers who have used this simple tool to change their lives. Herman also shares his own story: he knew that inside was a confident,

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self-assured, intelligent person who could help others get better results in their lives. When he started using superman's classic trick—putting on a pair of glasses—he learned to trigger the specific traits he needed to achieve his goals. The Alter Ego

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Effect is not about creating a false mask—it's about finding the hero already inside you. It's a proven way of overcoming the self-doubt, negativity, and insecurity that hold you back, and empowering you to ultimately become your best self.

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Now a New York Times bestseller and from the author of The Psychopath Test, a captivating and brilliant exploration of one of our world's most underappreciated forces: shame. 'It's about the terror, isn't it?' 'The terror of what?' I said.

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'The terror of being found out.' For the past three years, Jon Ronson has travelled the world meeting recipients of high-profile public shamings. The shamed are people like us - people who, say, made a joke on social media that came out

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badly, or made a mistake at work. Once their transgression is revealed, collective outrage circles with the force of a hurricane and the next thing they know they're being torn apart by an angry mob, jeered at, demonized, sometimes even fired

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from their job. A great renaissance of public shaming is sweeping our land. Justice has been democratized. The silent majority are getting a voice. But what are we doing with our voice? We are mercilessly finding people's faults. We are

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defining the boundaries of normality by ruining the lives of those outside it. We are using shame as a form of social control. Simultaneously powerful and hilarious in the way only Jon Ronson can be, *So You've Been Publicly Shamed* is a deeply

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honest book about modern life, full of eye-opening truths about the escalating war on human flaws - and the very scary part we all play in it. The book, *Beyond Good & Evil*, is written by a philosopher, Freidrich Nietzsche (15th October 1844 – 25th

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August, 1900). He was a German philosopher. He was a composer, poet, writer, and philologist also. Although he started his career as a philologist then he switched over to philosophy. He became the youngest person ever to hold the chair of

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Classical Philology at the University of Basel. But due to his health problem he couldn't continue. In the book, Nietzsche has criticized the past philosophers due to lacking in their critics quality and also their accepting dogmatic concepts blindly.

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It narrates about leaving traditional morality, which the author subjects to a destructive critique. He suggest fearless confrontation against the perilous condition of modern individual. It is a comprehensive overview of Nietzsche's mature

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philosophy. Nietzsche asks the question, “What compel us to assume there exists any essential antithesis between ‘true’ and ‘false’?” He discusses the complexities of the German soul. He praises France as “the seat of Europe’s most spiritual

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and refined culture and the leading school of taste.” In prophetic statement, Nietzsche proclaims that “the time for petty politics is the things of past; the very next century will bring with it the struggle for mystery over the whole earth.

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7 easy steps to achieving freedom,
happiness and success in your life

A Curious Mind

The Secret to a Bigger Life

the life-changing million-copy #1
bestseller

Ego: The Worst Enemy And The

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The Fight To Master Our
Greatest
Best Friend

The Way, the Enemy, and the Key
The Daily Stoic Journal
A timeless trilogy of the
extraordinary bestsellers The
Obstacle is the Way, Ego is the
Enemy, and Stillness is the Key

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by Ryan Holiday, now available for the first time ever in a beautiful boxed set edition. For more than two thousand years, Stoic philosophy has been the secret operating system of wise leaders, artists, athletes, brilliant

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thinkers, and ordinary citizens. With his acclaimed, bestselling books *The Obstacle is the Way*, *Ego is the Enemy*, and *Stillness is the Key*, Ryan Holiday has helped bring the Stoicism of Marcus Aurelius, Seneca, and

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Epictetus to hundreds of thousands of new readers all over the world. The Obstacle is the Way teaches you how to let go of the things you can't control and turn every new obstacle into an opportunity to get better,

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stronger, and tougher. Ego is the
Enemy teaches you how to
overcome and master the
greatest obstacle in life--our
insatiable ego. Stillness is the
Key teaches you why slowing
down is essential to charging

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ahead. This boxed set offers the Stoic insights and exercises from all three books featuring a vast array of stories and examples, from literature to philosophy to history. If you or anyone you know are seeking inner peace,

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clarity, and effectiveness in our crazy world, this collection will help immensely and makes a great gift. It will help you find the serenity, self-knowledge, and resilience you need to live well. Start your journey in the art of

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living.

'An urgent call to arms for each
and all of us.' Matthew
McConaughey An inspiring
anthem to the power, promise,
and challenges of courage, the
first in a series examining the

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timeless Stoic virtues from #1
New York Times bestselling
author Ryan Holiday Fortune
favours the bold. All great
leaders of history have known
this, and were successful
because of the risks they dared

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to take. But today so many of us are paralysed by fear. Drawing on ancient Stoic wisdom and examples across history and around the world, Ryan Holiday shows why courage is so important, and how to cultivate it

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in our own lives. Courage is not simply physical bravery but also doing the right thing and standing up for what you believe; it's creativity, generosity and perseverance. And it is the only way to live an extraordinary,

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fulfilled and effective life.

Everything in life begins with
courage. This book will equip
you with the bravery to begin.

'One of the best business books
I've read in years.' BILL GATES
THE #1 NEW YORK TIMES

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BESTSELLER A SUNDAY
TIMES BOOK OF THE YEAR
2019

The CEO of Disney, one of
Time's most influential people of
2019, shares the ideas and

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values he embraced to reinvent one of the most beloved companies in the world and inspire the people who bring the magic to life. Robert Iger became CEO of The Walt Disney Company in 2005, during a

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difficult time. Morale had deteriorated, competition was intense, and technology was changing faster than at any time in the company's history. His vision came down to three clear ideas: Recommit to the concept

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that quality matters, embrace technology instead of fighting it, and think bigger-think global-and turn Disney into a stronger brand in international markets.

Fourteen years later, Disney is the largest, most respected

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media company in the world, counting Pixar, Marvel, Lucasfilm and 21st Century Fox among its properties. Its value is nearly five times what it was when Iger took over, and he is recognized as one of the most innovative and

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successful CEOs of our era. In
The Ride of a Lifetime, Robert
Iger shares the lessons he's
learned while running Disney
and leading its 200,000
employees, and he explores the
principles that are necessary for

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true leadership, including:

Optimism. Even in the face of difficulty, an optimistic leader will find the path toward the best possible outcome and focus on that, rather than give in to pessimism and blaming.

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Courage. Leaders have to be willing to take risks and place big bets. Fear of failure destroys creativity. Decisiveness. All decisions, no matter how difficult, can be made on a timely basis. Indecisiveness is both wasteful

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and destructive to morale.

Fairness. Treat people decently, with empathy, and be accessible to them. 'Bob Iger has not only lived up to ninety-six years of groundbreaking history but has moved the Disney brand far

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beyond anyone's expectations,
and he has done it with grace
and audacity. This books shows
you how that happened.'

STEVEN SPIELBERG

It's wrecked the careers of
promising young geniuses. It's

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evaporated great fortunes and
run companies into the ground.
It's made adversity unbearable
and turned struggle into shame.
Every great philosopher has
warned against it, in our most
lasting stories and countless

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works of art, in all culture and all ages. Its name? Ego, and it is the enemy - of ambition, of success and of resilience. In Ego is the Enemy, Ryan Holiday shows us how and why ego is such a powerful internal

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opponent to be guarded against at all stages of our careers and lives, and that we can only create our best work when we identify, acknowledge and disarm its dangers. Drawing on an array of inspiring characters

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and narratives from literature, philosophy and history, the book explores the nature and dangers of ego to illustrate how you can be humble in your aspirations, gracious in your success and resilient in your failures. The

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result is an inspiring and timely reminder that humility and confidence are our greatest friends when confronting the challenges of a culture that tends to fan the flames of ego, a book full of themes and life lessons

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that will resonate, uplift and
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Lessons in Creative Leadership
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A Boxed Set of the Obstacle Is
the Way, Ego Is the Enemy &
Stillness Is the Key
Building Exceptional
Relationships with Family,
Friends and Colleagues
So You've Been Publicly

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Shamed

Anything You Want

How to Be an Overnight Success

What stops you performing
at your best? Your ego.

Your ego is your natural
defence system, triggered

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when strong emotions such as anxiety and fear sweep through you. When you're doing something important - preparing for an exam, taking a driving test, speaking in public, making

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a business presentation,
or striving to improve
your performance in sport
- your ego is sure to
interfere. By enabling you
to understand your
underlying motivations and

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anxieties, DETOX YOUR EGO helps you improve the way you go about achieving those goals. DETOX YOUR EGO takes you on a journey of self-discovery, a process that enables you to

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master your own ego in order to increase your health, happiness and purpose. Psychologist Steven Sylvester's inspiring and groundbreaking approach focuses

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on a brand new approach to winning. In DETOX YOUR EGO, Sylvester shares for the very first time the seven easy steps to be freer, happier and more successful in your life.

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DETOX YOUR EGO liberates
you to be the best that
you can be.

#1 Wall Street Journal
Bestseller The Obstacle is
the Way has become a cult
classic, beloved by men

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and women around the world who apply its wisdom to become more successful at whatever they do. Its many fans include a former governor and movie star (Arnold Schwarzenegger), a

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hip hop icon (LL Cool J),
an Irish tennis pro (James
McGee), an NBC
sportscaster (Michele
Tafoya), and the coaches
and players of winning
teams like the New England

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Patriots, Seattle
Seahawks, Chicago Cubs,
and University of Texas
men's basketball team. The
book draws its inspiration
from stoicism, the ancient
Greek philosophy of

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enduring pain or adversity with perseverance and resilience. Stoics focus on the things they can control, let go of everything else, and turn every new obstacle into an

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opportunity to get better,
stronger, tougher. As
Marcus Aurelius put it
nearly 2000 years ago:
“The impediment to action
advances action. What
stands in the way becomes

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the way.” Ryan Holiday shows us how some of the most successful people in history—from John D. Rockefeller to Amelia Earhart to Ulysses S. Grant to Steve Jobs—have

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applied stoicism to overcome difficult or even impossible situations. Their embrace of these principles ultimately mattered more than their natural intelligence,

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talents, or luck. If you're feeling frustrated, demoralized, or stuck in a rut, this book can help you turn your problems into your biggest advantages. And along the

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way it will inspire you
with dozens of true
stories of the greats from
every age and era.

The instant Wall Street
Journal, USA Today, and
international bestseller

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“While the history books are filled with tales of obsessive visionary geniuses who remade the world in their image with sheer, almost irrational force, I’ve found that

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history is also made by individuals who fought their egos at every turn, who eschewed the spotlight, and who put their higher goals above their desire for

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recognition.” —from the prologue Many of us insist the main impediment to a full, successful life is the outside world. In fact, the most common enemy lies within: our

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ego. Early in our careers,
it impedes learning and
the cultivation of talent.
With success, it can blind
us to our faults and sow
future problems. In
failure, it magnifies each

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blow and makes recovery more difficult. At every stage, ego holds us back. Ego Is the Enemy draws on a vast array of stories and examples, from literature to philosophy

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to history. We meet fascinating figures such as George Marshall, Jackie Robinson, Katharine Graham, Bill Belichick, and Eleanor Roosevelt, who all reached the highest

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levels of power and success by conquering their own egos. Their strategies and tactics can be ours as well. In an era that glorifies social media, reality TV, and

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other forms of shameless self-promotion, the battle against ego must be fought on many fronts. Armed with the lessons in this book, as Holiday writes, “you will be less invested in

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the story you tell about your own specialness, and as a result, you will be liberated to accomplish the world-changing work you've set out to achieve."

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This book contains proven steps and strategies on how to identify which ways your ego is harming you in life, and take control back. We will go over multiple areas of your

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life that could use
improvement and simple,
easy to understand ways to
fix them. Many people are
going through life
struggling unnecessarily,
all because they don't

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realize what the ego is,
how to recognize it, and
how to get it under
control.

Atomic Habits

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40 Lessons for a New Kind
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The Life and Legacy of
Cato, Mortal Enemy of

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Caesar

Lives of the Stoics

366 Meditations on Wisdom,
Perseverance, and the Art
of Living

***Throughout history, there has
been one quality that great***

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leaders, makers, artists and fighters have shared. The Zen Buddhists described it as inner peace, the Stoics called it ataraxia and Ryan Holiday calls it stillness: the ability to be steady, focused and calm in a constantly busy world. Drawing on a wide

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range of history's greatest thinkers, Holiday shows us how crucial stillness is, and how it can be cultivated in our own lives today. Just as Winston Churchill, Oprah Winfrey and baseball player Sadaharu Oh have done, we can all benefit from stillness

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to feed into our greater ambitions - whether building a business or simply finding happiness, peace and self-direction. Stillness is the key to the self-mastery, discipline and focus necessary to succeed in this competitive, noisy world.

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"This book is a wonderful introduction to one of history's greatest figures: Marcus Aurelius. His life and this book are a clear guide for those facing adversity, seeking tranquility and pursuing excellence." —Ryan Holiday, bestselling author of

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The Obstacle is the Way and The Daily Stoic The life-changing principles of Stoicism taught through the story of its most famous proponent. Roman emperor Marcus Aurelius was the last famous Stoic philosopher of the ancient world. The

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Meditations, his personal journal, survives to this day as one of the most loved self-help and spiritual classics of all time. In How to Think Like a Roman Emperor, cognitive psychotherapist Donald Robertson weaves the life and philosophy of Marcus Aurelius

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together seamlessly to provide a compelling modern-day guide to the Stoic wisdom followed by countless individuals throughout the centuries as a path to achieving greater fulfillment and emotional resilience. How to Think Like a Roman Emperor

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***takes readers on a
transformative journey along
with Marcus, following his
progress from a young noble at
the court of Hadrian—taken
under the wing of some of the
finest philosophers of his
day—through to his reign as***

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emperor of Rome at the height of its power. Robertson shows how Marcus used philosophical doctrines and therapeutic practices to build emotional resilience and endure tremendous adversity, and guides readers through applying

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the same methods to their own lives. Combining remarkable stories from Marcus's life with insights from modern psychology and the enduring wisdom of his philosophy, How to Think Like a Roman Emperor puts a human face on Stoicism and offers a

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***timeless and essential guide to
handling the ethical and
psychological challenges we face
today.***

***365-day devotional based on the
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by Henry Blackaby.***

You can follow the beaten path

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***and call yourself an entrepreneur
or you can blaze your own trail
and really be one. When Derek
Sivers started CD Baby, he
wasn't planning on building a
major business. He was a
successful independent musician
who just wanted to sell his CDs***

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online. When no one would help him do it, he set out on his own and built an online store from scratch. He started in 1998 by helping his friends sell their CDs. In 2000, he hired his first employee. Eight years later, he sold CD Baby for \$22 million.

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Sivers didn't need a business plan, and neither do you. You don't need to think big; in fact, it's better if you don't. Start with what you have, care about your customers more than yourself, and run your business like you don't need the money.

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The Obstacle Is the Way

The Stoic Philosophy of Marcus Aurelius

Experiencing God Day by Day

The Ego is Your Enemy

The Terror Dream

How the Shifting Patterns of Your Life Reveal His Purposes for You

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abilities to the outcome you're seeking. As a retired NFL player looking forward, I can see as many applications for the toughness Jason Selk's program brought out of me in the business world as there

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were on the football field.”

**--Jeff Wilkins, Former NFL Pro
Bowl Kicker “The mental side
of the game is extremely
important. 10-Minute
Toughness helps the players
develop the mental toughness**

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needed for success; it really makes a difference.” --Walt Jocketty, General Manager of the 2006 World Champion St. Louis Cardinals “Jason Selk has spent a tremendous amount of time and energy

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**developing effective mental-
training programs and
coaches workshops. He is
truly committed to helping
individuals and teams to
perform at their very best,
when it really counts.” --Peter**

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Vidmar, Olympic Gold Medalist
Mental training is a must for
high performance both on the
field and off. But simply
hoping for mental toughness
isn't going to build any mind
muscles. You need a proven

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**routine of daily exercises to
get you where you want to go.
10-Minute Toughness is your
personal coach for boosting
brainpower and achieving a
competitive edge in whatever
game you play. With**

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**quickness and ease, you'll
learn how to master your own
mind and psych out your
opponents using personalized
techniques from one of
America's most successful
sport psychology consultants.**

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Like no other program available, the 10-Minute Toughness (10-MT) routine gets you ready for the competition in just ten minutes a day.

Academy Award–winning

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**producer Brian Grazer and an
acclaimed business journalist
examine the weekly “curiosity
conversations” that have
inspired Grazer to create some
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iconic movies and television**

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**shows—from 24 to A Beautiful
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lead your journey in the art of
living--and an instant WSJ
bestseller! For more than two
thousand years, Stoic**

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**philosophy has been the
secret operating system of
wise leaders, artists, athletes,
brilliant thinkers, and ordinary
citizens. With the acclaimed,
bestselling books The
Obstacle Is the Way, Ego Is**

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**the Enemy and The Daily
Stoic, Ryan Holiday and
Stephen Hanselman have
helped to bring the Stoicism of
Marcus Aurelius, Seneca, and
Epictetus to hundreds of
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various Stoic tools of self-
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this is a lasting companion
volume for people who already
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our crazy world, this book will help them immensely for the next year—and for the rest of their lives.

"You are not born an entrepreneur. It's a skill that you learn along the way."

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When the skincare company Rodial launched its cult 'snake' serum, the press quickly called the business an 'overnight success'. However, Rodial's founder Maria Hatzistefanis had been toiling

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**for 18 years, building the
company from scratch in her
bedroom. Now, the beauty
boss sets out to demonstrate
in this very accessible book
that its success stemmed from
sheer hard work, tireless**

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**efforts and a lot of patience.
Fashion-loving Maria set out
with a dream to build a beauty
business and - despite not
excelling at school, and being
fired from her first job - she
has achieved it. She did it by**

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**dreaming big, working hard,
surrounding herself with the
best, taking risks, creating
buzz and building her own
personal brand, which is now
a favourite with high-profile
models and media**

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personalities including Poppy Delevingne, Daisy Lowe and Kylie Jenner. Crucially, she believes anyone can do this and her book, brimming with good sense, great advice, tips and secrets - all presented in

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**an easy, friendly style - shows
how.**

Surrounded by Idiots

**The Timeless Art of Turning
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motivational guide that TheAtlantic.com calls "a rallying cry for women to get the money they deserve." Why are women so often overlooked and underpaid? What are the

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real reasons men get raises more often than women? How can women ask for -- and actually get--the money, the job, the recognition they deserve? Prompted by her

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own experience as cohost
of Morning Joe, Mika
Brzezinski asked a wide
range of successful
women to share the
critical lessons they
learned while moving up

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in their fields. Power
players such as
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Essman, and many more shared their surprising personal stories. They spoke candidly about why women are paid less and the pitfalls women face -- and play into. Now

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expanded to address gender dynamics in the #MeToo era, Know Your Value blends compelling personal stories with the latest research on why many women don't

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negotiate their
compensation, why
negotiating aggressively
usually backfires, and
what can be done about
it. For any woman who
has ever wondered if her

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desire to be liked can
be a liability (yes), if
there is a way to
reclaim her contribution
after it's been co-opted
in a meeting (yes), and
if there are strategies

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men use to get ahead
that women should too
(yes!), Know Your Value
provides vital advice to
help women be their own
best advocates.

Are you still the person

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who lived fifteen, ten
or five years ago?
Fifteen, ten or five
minutes ago? Can you
plan for your retirement
if the you of thirty
years hence is in some

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sense a different person? What and who is the real you? Does it remain constant over time and place, or is it something much more fragmented and fluid? Is

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it known to you, or are you as much a mystery to yourself as others are to you? With his usual wit, infectious curiosity and bracing scepticism, Julian

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Baggini sets out to answer these fundamental and unsettling questions. His fascinating quest draws on the history of philosophy, but also

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anthropology, sociology,
psychology and
neurology; he talks to
theologians, priests,
allegedly reincarnated
Lamas, and delves into
real-life cases of lost

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memory, personality disorders and personal transformation; and, candidly and engagingly, he describes his own experiences. After reading *The Ego Trick*,

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you will never see
yourself in the same way
again.

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book' - Arianna
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challenges, learn how to

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change your
relationships from
exasperating to
exceptional with this
expert guide. The
ability to create strong
relationships with

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others is crucial to living a full life and becoming more effective at work. Yet many of us find ourselves struggling to build solid personal and

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professional
connections, or unable
to handle challenges
that inevitably arise
when we grow closer to
others. When we find
ourselves in an

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exceptional relationship
-- the kind of
relationship where we
feel fully understood
and supported for who we
are -- it can seem like
magic. But the truth is

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that the process of building and sustaining these relationships can be described, learned, and applied. David Bradford and Carole Robin taught

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interpersonal skills to
MBA candidates for a
combined seventy-five
years in their legendary
Stanford Graduate School
of Business course
Interpersonal Dynamics.

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Now, they share their insights with you, including: - Why relationship-building is not the process of being with 'the right person' but rather creating the

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kind of relationship you
want - Why deepening a
relationship takes risk
- The importance of
vulnerability, curiosity
and empathy in building
relationships - How the

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modern world can help -
and hinder - our ability
to connect Filled with
time-tested strategies
for giving feedback,
negotiating boundaries,
and working through

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disagreements, Connect
will be an important
resource for anyone
hoping to improve
existing relationships
and build new ones at
any stage of life.

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inspiring guide to the

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lives of Stoicism's
greatest practitioners A
New York Times
Noteworthy Pick 'In
story after page-turning
story, Lives of the
Stoics brings ancient

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philosophers to life.' -

David Epstein,

bestselling author of

Range 'Wonderful' -

Chris Bosh, two-time NBA

Champion For millennia,

Stoicism has been the

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ancient philosophy that attracts those who seek greatness, from athletes to politicians and everyone in between. And no wonder: its embrace of self-mastery, virtue

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and indifference to that which we cannot control has much to offer those grappling with today's chaotic world. But who were the Stoics? In this book, Ryan Holiday and

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Stephen Hanselman offer
a fresh approach to
understanding Stoicism
through the lives of the
people who practiced it
- from Cicero to Zeno,
Cato to Seneca, Diogenes

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to Marcus Aurelius.

Through short
biographies of all the
famous, and lesser-
known, Stoics, this book
will show what it means
to live stoically, and

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reveal the lessons to be learned from their struggles and successes. The result is a treasure trove of insights for anyone in search of living a good life.

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The Art of Making and
Marketing Work that
Lasts

Confessions of a Media
Manipulator
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An Ancient Strategy for
Modern Life

Know Your Value

Rome's Last Citizen

*From the team that brought
you The Obstacle Is the Way
and Ego Is the Enemy, a*

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*beautiful daily devotional
of Stoic meditations—an
instant Wall Street Journal
and USA Today Bestseller.
Why have history's greatest
minds—from George Washington
to Frederick the Great to
Ralph Waldo Emerson, along*

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with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that

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philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the

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*playwright Seneca, or slave-
turned-philosopher
Epictetus, as well as lesser-
known luminaries like Zeno,
Cleanthes, and Musonius
Rufus. Every day of the year
you'll find one of their
pithy, powerful quotations,*

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as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the

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*serenity, self-knowledge,
and resilience you need to
live well.*

From the Pulitzer

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*observational powers on the
media, popular culture, and
political life, Faludi
unearths a barely
acknowledged but bedrock
societal drama shot through
with baffling
contradictions. Why, she*

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*asks, did our culture
respond to an assault
against American global
dominance with a frenzied
summons to restore
"traditional" manhood,
marriage, and maternity? Why
did we react as if the*

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hijackers had targeted not a commercial and military edifice but the family home and nursery? Why did an attack fueled by hatred of Western emancipation lead us to a regressive fixation on Doris Day womanhood and John

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*Wayne masculinity, with
trembling "security moms,"
swaggering presidential
gunslingers, and the
"rescue" of a female soldier
cast as a "helpless little
girl"? The answer, Faludi
finds, lies in a historical*

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*anomaly unique to the
American experience: the
nation that in recent memory
has been least vulnerable to
domestic attack was forged
in traumatizing assaults by
nonwhite "barbarians" on
town and village. That*

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*humiliation lies concealed
under a myth of cowboy
bluster and feminine
frailty, which is reanimated
whenever threat and shame
looms. Brilliant and
important, The Terror Dream
shows what 9/11 revealed*

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about us—and offers the opportunity to look at ourselves anew.

*Ego Is the Enemy by Ryan Holiday | Book Summary This book is written in 3 different parts, namely **Aspire, Success and Failure.***

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This is to remind the reader to be:- Humble in aspirations- Gracious in success- Resilient in failure
This is attributed to the belief that everyone's life has cycles of 3 stages and at any one point we are

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either aspiring to something, succeeding at something, or failing at something. This book will not only teach you some invaluable skills, but it will make you consider your moral fiber. It will

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*motivate you improve
yourself in every way,
starting by conquering your
ego. A light and easy read
that will make you think and
ask questions and surely
grow from the experience.
Here Is A Preview Of What*

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*You'll Learn... ASPIRE Talk,
Talk, Talk To Be or to Do?
Become A Student Don't Be
Passionate Follow The Canvas
Strategy Restrain Yourself
Get Out of Your Own Head The
Danger of Early Pride Work,
Work, Work For Everything*

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*That Comes Next Ego Is the
Enemy SUCCESS Always Stay a
Student Don't Tell Yourself
a Story What's Important to
You? Entitlement, Control,
And Paranoia Managing
Yourself Beware The Disease
of Me Meditate On the*

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*Immensity Maintain Your
Sobriety For What Often
Comes Next Ego Is the Enemy
FAILURE Alive Time or Dead
Time? The Effort Is Enough
Fight Club Moments Draw The
Line Maintain Your Own
Scorecard Always Love For*

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*Everything That Comes Next,
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*books, psychology, ryan
holiday, self management,
self improvement books*

*Did you know that a
compulsive entity might be
running your life and your
decisions? Discover how to
take your life back. How*

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many times have you tried to take control of your behavior and the way you interact with others and with yourself, it doesn't matter how good you can be doing, you always go back to your old ways. You always

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*thought that as you get
older, you'll be able to
take control of your
behavior and the way others
think about you affect you.
The ego is a complex part of
your life, is the main
reason humanity had to come*

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up with multiple religions and medical solutions. How can you control something that you can't see or understand? Is the ego bad or good? Does it want to hurt me or help me? Before you can start changing your

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behavior you need to start understanding the complexity of the ego. It sounds more complex than it is but once you know what the ego really wants and how you can work around it you can see the results in as little as 12

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days. Controlling your emotions and having control of all your decisions shouldn't be a mystery but your birth right. This is only a select sample of the amazing inside you'll discover in The Ego Is Your

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*Enemy: How the is being
tricking you for most of
your life without you even
realizing it. The essential
techniques on how to spot
the ego in all aspects of
your life. The main thing
the ego hates the most (this*

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can change your life) The 8 habits that will guarantee total control of your life (and how to apply it) How helping others is one of the best kept secrets ever. The 4 pillars to keep the ego in balance. The horrible habits

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*of people who mistakes the
ego with something is not. A
powerful inside that will
help you discover your true
self giving you back the
freedom you have been
looking for all your life.
You don't have to keep*

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*living your life in fear,
pain and anger while not
knowing how to control those
emotions, is time to live a
life of authentic peace and
freedom. Do you want to stay
the same way and live your
life full of negative*

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*emotions, if the answer is
yes then this book is not
for you. If you want to
control your compulsive self
and change your life as well
of the people around you,
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The Ride of a Lifetime

Ego Is the Enemy

*The Art of Living from Zeno
to Marcus Aurelius*

Detox Your Ego

Disrobed

Courage Is Calling

An Inside Look at the Life

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and Work of a Federal Trial

Judge

In 2016, one of the giants of modern journalism fell: Gawker Media, infamous for saying what other outlets wouldn't say, was sued for publishing Hulk Hogan's sex tape,

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lost the case and went bust. After countless other lawsuits it seemed that Gawker had finally run out of luck. But luck had nothing to do with it. Peter Thiel, PayPal founder and billionaire investor, had masterminded the whole thing. Still

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furious at an article that had outed him ten years previously, and increasingly disgusted at Gawker's unscrupulous reporting methods, Thiel had spent nearly a decade meticulously plotting a conspiracy that would lead to the demise of

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Gawker and its founder, Nick Denton. After a multi-year proxy war through the Florida legal system, the settlement of \$140million in favour of Hogan ended it. The verdict would stun the world and so would Peter's ultimate unmasking

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as the man who had set it all in motion. Why had he done this? How had no one discovered it? What would this mean--for free speech? For privacy? For culture? In Holiday's masterful telling of this nearly unbelievable conspiracy,

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informed by exclusive interviews with all the key players, this case transcends the narrative of how one billionaire took down a media empire or the current state of the free press. It's a study in power, strategy, and one of the most wildly

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ambitious - and successful - secret plots in recent memory.

In Never Enough, Mike Hayes—former Commander of SEAL Team TWO—helps readers apply high-stakes lessons about excellence, agility, and meaning

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across their personal and professional lives. Mike Hayes has lived a lifetime of once-in-a-lifetime experiences. He has been held at gunpoint and threatened with execution. He's jumped out of a building rigged to explode, helped

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amputate a teammate's leg, and made countless split-second life-and-death decisions. He's written countless emails to his family, telling them how much he loves them, just in case those were the last words of his they'd ever read.

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Outside of the SEALs, he's run meetings in the White House Situation Room, negotiated international arms treaties, and developed high-impact corporate strategies. Over his many years of leadership, he has always strived to

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be better, to contribute more, and to put others first. That's what makes him an effective leader, and it's the quality that he's identified in all of the great leaders he's encountered. That continual striving to lift those around him has filled Mike's life with

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meaning and purpose, has made him secure in the knowledge that he brings his best to everything he does, and has made him someone others can rely on. In Never Enough, Mike Hayes recounts dramatic stories and offers battle-

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and boardroom-tested advice that will motivate readers to do work of value, live lives of purpose, and stretch themselves to reach their highest potential.

*Summary of Ego Is the Enemy
The Four Types of Human*

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*Behaviour (or, How to Understand
Those Who Cannot Be Understood)*

Perennial Seller

Sh#t Your Ego Says

*366 Days of Writing and Reflection
on the Art of Living*