

Reader Friendly Reports A No Nonsense Guide To Effective Writing For Mbas Consultants And Other Professionals

Eventually, you will unconditionally discover a further experience and realization by spending more cash. yet when? reach you put up with that you require to get those every needs gone having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to understand even more on the globe, experience, some places, later than history, amusement, and a lot more?

It is your agreed own grow old to discharge duty reviewing habit. accompanied by guides you could enjoy now is **Reader Friendly Reports A No Nonsense Guide To Effective Writing For Mbas Consultants And Other Professionals** below.

No-Nonsense Guide to International Development - Maggie Black 2014

The No-nonsense Guide to Green Politics - Derek Wall 2010

Green issues and politics are no longer separate entities, and as environmental issues will only become more pertinent in the future, it will dominate the political spectrum. From climate chaos to consumerism, the crisis facing human civilisation is clear. Yet the response from politicians at present is still inadequate and environmental activists focus on single campaigns rather than electoral politics. The new addition to the No-Nonsense Guides measures the rising tide of eco-activism and awareness and explains why it heralds a new political era worldwide.

The No-Nonsense Guide to Sexual Diversity - Vanessa Baird 2007-10-01

Demystifies all the colors of the sexual rainbow, tracking the campaigns for rights and equality worldwide.

The No-Nonsense Guide to Equality - Danny Dorling 2012-04-17

A wide-ranging exploration of why inequality persists and what can be done about it.

Fly Fishing Georgia - David Cannon 2009

The first and only guide to cover Georgias top fly-fishing waters. Details cold water streams, warm water rivers and impoundments, and coastal saltwater fishing. Youll gain you a quick,

clear understanding of the essential information youll need to fly fish Georgias best waters.

Outstandingly clear maps provide access points to waters. Find everything you need to know to fish a particular water from hatch charts to flies to essential gear. Full color photos of fishing destinations and flies to use. A great book for the beginner or expert.

The No-nonsense Guide to Class, Caste & Hierarchies - Jeremy Seabrook 2002

With globalization, traditional societies are being replaced by an international working class and a small minority of the global rich. In such a situation, who is to guarantee social justice?

Hacking - Cyberpunk University 2017-02-04

LIMITED TIME OFFER: Hacking eBook: \$4.99 NOW \$2.99! Hacking Paperback: \$23.23 NOW

\$13.23! Learn How To Become An Ethical

Hacker In Only 12 Hours... What if you could learn how to stop attackers from hacking into your website or personal accounts. Imagine finding leaks inside large corporate companies and you can help them protecting their data [and make money]. What if you had access to everything on the internet by leveraging your superior hacking skills? Sounds good? This is just a fraction of what you could do with Ethical Hacking in Kali Linux and we would love to show you how in just 12 Hours! Bullsh*t you say? Here at Cyberpunk University, we believe that we have the ability to learn Ethical Hacking to anybody within 12 hours. We know how quite

tricky it is to learn and be a master of any programming language or skill. Our team is comprised of professionals who have been in the industry of information technology for decades and our experience made us able to create information products such as this step-by-step guide. We took out all the NONSENSE and tell you what to do, and more important, HOW TO DO IT! What will you find in this book: -How to setup your new hacking environment -How to use the Linux Terminal and master it's functions -How to be completely Anonymous online like the Pro's -How to setup NMAP -Which tools the REAL hackers use to crack passwords -How you can use multiple tools to gather information with Wireless Hacking -BONUS: The FREE Hacking: The No-Nonsense Pro Tips Infographic containing "The Newbie Hacking Index" & "Security Tools The Pro's Use In Kali Linux." Buy This Book NOW To Learn How To Be An Ethical Hacker in Only 12 Hours! Pick up your copy today by clicking the BUY NOW button at the top of this page!

Faux Pas - Philip Gooden 2009-05-26

"Have you ever been embarrassed by the bon mots that some people toss casually into conversation, or wished that you had a clever retort?" "Faux Pas offers insight into hundreds of these phrases that readers will (or might not) want to use in writing or conversation once they know their correct meanings and usage. Entries include both familiar terms and phrases that are new, curious, or even just amusing. Each expression is "translated" and denotes the language of origin, pronunciation, and usefulness. A Pretentiousness Index is included for many expressions to assist you in avoiding inappropriate usage." Whether you are a linguaphile or a professional wordsmith, or just want to impress your friends with a few well-chosen apercus, Philip Gooden's guide can rescue you from potential language land mines and help you to maintain your sangfroid. Full of examples drawn from everyday contexts, Faux Pas will make sure that you don't upset any honchos with your chutzpah.

The No-nonsense Guide to Sexual Diversity - Vanessa Baird 2001

A survey of the history and geography of sexually unconventional behaviour. Includes a country to country survey of the laws affecting

sexual minorities.

Divorce and Your Money - Shawn Leamon 2019-12-14

Avoid Costly Divorce Mistakes Ending a marriage may be the most challenging life event you will ever face. Whether you're contemplating divorce or in the middle of one right now, you need to be prepared to face the tough questions: What's going to happen to your lifestyle, money, and retirement? What pitfalls should you avoid, and what steps do you need to take to move forward? How do you protect your family, your children, and your future? If you're overwhelmed by the prospect of divorce or you're simply fed up with one-size-fits-all online articles and advice, you need *Divorce and Your Money: How to Avoid Costly Divorce Mistakes*. Written by Shawn Leamon, MBA, Certified Divorce Financial Analyst, and host of the #1 divorce financial podcast, *Divorce and Your Money*, this no-nonsense, user-friendly guide provides a complete plan for facing the tough decisions in your divorce. Shawn's work has been seen in *Time*, *USA Today*, *Yahoo! Finance*, *Nasdaq*, *San Francisco Chronicle*, and many other publications across the United States. His website, *DivorceAndYourMoney.com* has over 1 million viewers and his podcast has over 500,000 downloads. With the practical strategies outlined in *Divorce and Your Money*, you will take control of your divorce, your money, and your future. Learn the essentials of planning for your divorce, like how to choose the right divorce strategies, determine if your attorney is fighting for you, and how to move forward to benefit you and your family.

The No-nonsense Guide to World Poverty - Jeremy Seabrook 2007

The world is wealthier than ever, yet the gap between rich and poor is getting bigger. Jeremy Seabrook summarises his celebrated work on the meaning of poverty, drawing on the experience of poor people in both rich and poor societies. He concludes that the opposite of poverty is not wealth but sufficiency. The relatively poor majority of the world's people do not aim to be rich but to be safe. Economic growth will never overcome the problems that it is largely responsible for creating. This is a call for radical thinking about the way we live.

The No-nonsense Guide to Conflict and Peace -

Peter Greener 2006

This invaluable guide is excellent for students, peace groups and activists. With tables, maps, case studies and quotes it looks at how conflict escalates and ways it can be prevented. It examines the changing types of war, including the War on Terror and ethnic conflict such as in Rwanda; the role of diplomacy and the UN and what steps ordinary people are taking to re-build communities. It also offers ideas and inspiration for creating lasting peace.

Project-Based Learning - Harm-Jan Steenhuis 2018-09-20

This book provides students guidance on how to deal with the project-based instruction form. Project-based learning is different from traditional lectures and requires students to behave different from the traditional classroom. Different types of projects such as projects that contribute to theory and projects that contribute to practice are covered, to explain to students what to expect, how to approach the project, how to interact with students in groups, and how to interact with the instructor. The discussion includes many useful examples.

Work at Home - Caitlin Pyle 2019-01-08

Work At Home is a no-nonsense guide to launching a work-at-home business by this time next month—even if someone is starting from scratch. In *Work At Home*, Caitlin Pyle, an entrepreneur, walks readers through three simple steps to work-at-home or work-from-anywhere freedom. The first step is to break free from the lies about education, money, work, business, and success that keep people from building work-at-home income. The second step is to avoid the scams and identifying the right opportunity. The third step is to launch a work-at-home business. Throughout the book, Caitlin shares the ups and downs of the work-at-home world using the same no-nonsense approach that helped her get featured in publications such as *Forbes*, *Business Insider*, *Fast Company*, and more. *Work At Home* even provides readers with a thirty-day launch plan to help them start earning real work-at-home income by this time next month.

What's the T? - Juno Dawson 2021-02-18

Discover what it means to be a young transgender and/or non-binary person in the twenty-first century in this frank and funny

guide for 14+ teens. Juno Dawson defines a myriad of labels and identities and offers uncensored advice on coming out, sex and relationships with her trademark humour and lightness of touch

No Dumbing Down - Karen Walker 2018-10-03

No Dumbing Down: A No-Nonsense Guide for CEOs on Organization Growth is a book for a company's senior-most leaders looking to make improvements when aligning the organization's internal and external strategies for fast, profitable, and sustainable growth. This book combines the author's impactful and formative experience with leadership and strategy best practices, helping the reader master the counterintuitive art of actually delivering on the promise made to customers. Readers will learn how and why to put these strategies to work—taking direct aim at pitfalls that can trip up even the most stellar companies.

The No-Nonsense Guide to World Food -

Wayne Roberts 2013-09-23

The world food system is put under the microscope in this updated edition of "The No-Nonsense Guide to World Food."

The No-Nonsense Guide To Diverticulosis and Diverticulitis - Healthful Publications 2020-02-02

Discover Everything You Need To Know About Diverticulitis Have you recently been diagnosed with Diverticulosis or Diverticulitis? Are you looking to learn about the most common colon disorder affecting over 50% of people aged 50 and older? Or are you looking for recent preventative measures backed up by scientific research? If you're interested in learning more about this poorly understood problem, you've come to the right place. The purpose of this book is to crunch hundreds of pages worth of, sometimes conflicting, information into a jargon-free, easy-to-digest (no pun intended) 105-page manual. Every medical statement is linked to a scientific study, journal or article and are all fully referenced in the last chapter, allowing you to read the studies in full. Be warned, this book does not contain any miracle cures, just concrete information from the most up-to-date sources. The truth is, thousands of people worldwide are suffering from Diverticulitis and are unable to overcome it. Most sufferers take a doctor's word to be law and prescribe a simple concoction of painkillers and fibre, but is this enough? This

book teaches you everything you need to know about Diverticulitis so you can arm yourself with the knowledge to defeat it. It also goes into a step-by-step strategy that will ease your suffering and allow you to take control of your life once again. Now With A Diet For Diverticulosis This second edition contains a list of molecules that affect diverticular disease, both positively and negatively. The ingredients with the highest concentration of these molecules are explained in simple terms, so you know exactly what to add to your shopping cart and what to avoid. 50 recipes are included, allowing a bespoke diet for diverticulitis, each containing large quantities of these beneficial molecules. If there's an ingredient not to your fancy, we've got you covered, feel free to look into the "Ingredients Analysis" section and swap it out for an equivalent item. Here Is A Preview Of What You'll Learn... * How The Gut Works To Maximise Your Health*How To Recognize Diverticulitis*How To Avoid The Causes Of Diverticulitis*How To Spot The Symptoms*Self And Professional Diagnosis*How To Ease Your Problem Once And For All*Molecules & Ingredients Defined By How They Affect Diverticular Disease*50 Recipes Individually Categorized By How They Prevent Diverticulitis AttacksTake action right away to overcome your Diverticulitis by downloading this book, "The No-Nonsense Guide To Diverticulosis and Diverticulitis".Become more knowledgeable today!

Neal Whitten's No-Nonsense Advice for Successful Projects - Neal Whitten 2007-03

Learn the Best Practices That Make the Difference Between Troubled Projects and Consistently Successful Projects There's no better way to learn the nuts and bolts of a profession than by having a mentor at your side. But most project managers and leaders don't have that advantage — and that's why Neal Whitten wrote this book. Having Neal Whitten's No-Nonsense Advice for Successful Projects on hand is like having a mentor to guide you at every turn in the road. Neal shows you how to avoid a painful learning curve with a set of best practices for leading consistently successful projects. In this book, Neal distills his 30 years of experience into tips and strategies that are easy to learn and apply to your projects. These

strategies will give you a decisive competitive edge in leading projects and working with stakeholders, clients, and team members. Learn How to: • Run your project like you'd run your own business • Become a “benevolent dictator” for the most effective leadership • Recognize and deal with professional immaturity • Deal with difficult people • Master behaviors that will make your team leaders' jobs easier and benefit your own career • Assess if you're too soft — and learn to make unpopular decisions if they're necessary to project success • Create a culture that fosters the success of your project • Gain the respect of your team members • Avoid making long-term project commitments • Manage to your top three problems

The Skincare Bible - Anjali Mahto 2018-04-05

'I now feel safe in the knowledge that I'm armed with the latest science-backed information about how to care for my skin' Chloe Brotheridge, author of The Anxiety Solution We all know that taking good care of our skin is the key to any effective health and beauty regime. But with so much conflicting information out there, the path to healthy skin can seem far from clear. Dr Anjali Mahto is one of the UK's leading consultant dermatologists. Equipped with years of expertise and the most up-to-date evidence, she sets out to cut through the noise and distinguish the nuggets from the nonsense. Chia seeds won't make your skin glow and lilac water is never going to reduce acne scarring. And, when it comes to the best products, high price doesn't necessarily mean high quality. Tackling common complaints such as acne and dryness, rosacea and aging, The Skincare Bible is your definitive companion to your body's biggest organ. Clear, concise and packed full of tips on the best products and routines, it will help you discover what works for you and find confidence in your own skin. This is your expert guide to great skin - pure and simple. 'A refreshing, fad-free guide to glowing skin. A must read for anyone struggling with their skin health' Dr Megan Rossi

It's Our Ship - Captain D. Michael Abrashoff 2008-05-12

Captain D. Michael Abrashoff, legendary commander of the USS Benfold, continues in the same vein of his bestselling book IT'S YOUR SHIP with the knowledge he's gained from his speaking to and advising some of the top

business minds in the world. The story of Captain Abrashoff and his command of USS Benfold has become legendary inside and outside the Navy. By governing his ship with his unique management techniques, Abrashoff turned the Benfold into a model of naval efficiency, with amazing cost savings, the highest gunnery score in the Pacific Fleet, and a highly motivated and top performing crew. In *IT'S YOUR SHIP*, he first demonstrated how to bring his successful management techniques from the ship to the boardroom. Now, in his newest book *IT'S OUR SHIP*, in the same rugged, can-do voice, Abrashoff will focus on the leadership, motivational, and management insights and tips that he has learned from his last six years of addressing business and corporate audiences. Abrashoff's timely advice will be eminently prescriptive, and will feature anecdotes and insights from leaders of businesses large and small and from public and non-profit sectors.

The No-nonsense Guide to Globalization - Wayne Ellwood 2010

Globalisation has become one of the most used and encompassing words over the past decade, of undeniable influence in economics, politics and activism. Globalisation is literally all around; every aspect of life is affected by a global structure of communication and economy. This fully revised and updated guide condenses this complex subject into clear, concise commentary. It examines the debt trap, the acceleration of neoliberalism, competition for energy resources, the links between the war on terror, the arms trade and the alternatives to corporate control.

The No-Nonsense Guide to World

Population - Vanessa Baird 2011-08-16

Are we heading for a population 'explosion'? How many people can the planet sustain?

This Shit Works - Julie Brown 2020-06-15

Nothing can change your life more than the people you meet. The mistake people make in networking is that they think it's transactional or functional--when it's far more exciting than that. This refreshingly entertaining how to guide gives the reader not only a replicable and proven process, but a blank check to create unlimited value from their own networking opportunities. Each chapter contains honest stories, perhaps more than occasional swear words, proven

strategies and a To Do List to put you on the path of creating your own power network.

"Fresh and irreverent, funny and relatable, "This Shit Works" is a must read for anyone who's ever died a little inside as they entered a room wearing a name tag."

The No Nonsense French Guide - Caroline Levesque-Bartlett 2019-07

This French guide differs from the traditional formal reference books because it is sensible straight talk from a friendly perspective, clear and to the point and built on common sense not repetitive or boring grammar doctrine. In other words this is the book you wished you had learned French from.

Skincare: The ultimate no-nonsense guide - Caroline Hirons 2020-06-25

Winner of the Non-Fiction Lifestyle Book of the Year 2021 (British Book Awards) As seen on This Morning Straight-talking advice from the Skincare Queen The Sunday Times Overall #1 bestseller for the w/e 27th June 2020

Doctor to Be - Bernadette A Baker, MD 2020-09-24

So, you want to be a doctor but have no idea where to start? Or maybe you have made it to medical school and need assistance with preparing for class? Then this book is for you. Doctor to Be: A No-Nonsense Guide to Premed Studies, Medical School and Beyond will teach you: -The ins and outs of the medical school admission process -Study tips to prepare for in-class and board exams, including the USMLE Step Exams-How to conquer your clinical rotations-Advice on preparing for away rotations, residency applications, and so much more

Artificial Intelligence and Machine Learning for Business - Steven Finlay 2021

The No-nonsense Guide to Democracy - Richard Swift 2010

Explores how democracy has been constricted and deformed by economic power-brokers and a self-serving political class from Birmingham to Bangalore. Swift considers the different tools people in power have used to manipulate democratic principles, such as freedom, to their advantage. Includes chapter-length discussions of topics such as the economic meltdown, Barack Obama, eco-democracy, democratising

the economy and democracy in the global south. It is also a guide to the rich diversity of forms of elected government full of practical advice for voters.

The No-Nonsense Meditation Book - Steven Laureys 2021-04-15

INTERNATIONAL BESTSELLER 'Steven Laureys' book opens up exciting perspectives.' - Matthieu Ricard, Buddhist monk & translator of the Dalai Lama 'Clear, lively, rigorous and authentic... [The] book we have been waiting for.' - Dr Ilios Kotsou, mindfulness and wellbeing expert 'Not reading this book is self-defeating' - Paul Witteman Rigorously researched and deeply illuminating, world-leading neurologist Dr Steven Laureys works with celebrated meditators to scientifically prove the positive impact meditation has on our brains. Dr Steven Laureys has conducted ground-breaking research into human consciousness for more than 20 years. For this bestselling book, Steven explores the effect of meditation on the brain. He uses hard science to explain the benefits of a practice that was once thought of as purely spiritual. The result is a highly accessible, scientifically questioning guide to meditation, designed to open the practice to a broader audience. A mix of fascinating science, inspiring anecdote and practical exercises, this accessible book offers scientific evidence that meditation can have a positive impact on all our lives.

Just Ask the Universe - Michael Samuels 2017-04-11

Just Ask the Universe is not a book of New Age gobbledygook filled with empty promises. Angels won't fly from above and touch you while you're reading. You will not be asked to practice unusual or tedious rituals. There will be no preaching or sage advice and there will most certainly be no channeling of your inner chakras or dressing like Friar Tuck. Just Ask the Universe is a realistic guide to personal development. By creating a blueprint for self-growth and commanding your subconscious mind, the Universe will manifest all your dreams. For over two decades, Michael Samuels has studied and methodically tested hundreds of books on self-improvement, spirituality, and the metaphysical. Just Ask the Universe accumulates the wisdom from "thought teachers" like: Wallace Wattles, Anthony Robbins, Rhonda

Byrne, Joseph Murphy, Robert Collier, and Napoleon Hill, and compiles it under one unified lesson: if your thoughts are clear and in harmony with your mind and the truth of your surroundings, your life can be filled with all the richness the Universe has to offer. As a culmination from these teachings, Michael will show you how to use simple and fun techniques to create a more desirable future. This approach, coupled with real-life stories, will teach you how to achieve personal power to overcome any barrier. Regardless of what your present circumstances might be, by following the principles in this book, you will be able to gain power over your destiny. The Universe is listening. All you have to do is just ask.

Reader-Friendly Reports: A No-nonsense Guide to Effective Writing for MBAs, Consultants, and Other Professionals - Carter Daniel 2011-12-12

The book that has taught thousands of students how to write winning business reports For more than 30 years, Carter A. Daniel has been teaching MBA students at Rutgers University the art of effective business communication with the aid of his eminently practical guide Reader-Friendly Reports. Now available to the public for the first time, this beloved resource gives you everything you need to translate your hard-won figures, conclusions, and insights into concise and powerful reports. No definition of communication, no history, no theory, no diagrams Reader-Friendly Reports simply shows you how to: Target your audience Determine your purpose Develop your points Organize your ideas Make smooth transitions Conduct research Illustrate with clear graphs and charts Reader-Friendly Reports (the "Daniel Manual") is the A to Z guide to ensuring you meet your first priority: making sure people can understand and remember your report from beginning to end.

Excellence Wins - Horst Schulze 2019-03-05
Horst Schulze knows what it takes to win. In Excellence Wins, the cofounder and former president of the Ritz-Carlton Hotel Company lays out a blueprint for becoming the very best in a world of compromise. In his characteristic no-nonsense approach, Schulze shares the visionary and disruptive principles that have led to immense global success over the course of his still-prolific fifty-year career in the hospitality industry. For over twenty years, Schulze

fearlessly led the company to unprecedented multibillion dollar growth, setting the business vision and people-focused standards that made the Ritz-Carlton brand world renowned. In Excellence Wins, Schulze shares his approach to everything from providing the best customer service to creating a culture of excellence within your organization. With his tried-and-true methods and inspiring, hard-earned wisdom, Schulze teaches you everything you need to know about: Why leading well is an acquired skill Serving your customers Engaging your employees Creating a culture of customer service Why vision statements make a difference What it really means to practice servant leadership Schulze's principles are designed to be versatile and practical no matter where you are in your career. He'll remind you that you don't need a powerful title or dozens of direct reports to benefit from the advice he shares in Excellence Wins--you have everything you need to apply it to your life and career right now. Let Schulze's incredible story help you unleash the disruptive power of your true potential, beat the competition, own your career trajectory, and experience the game-changing power of what happens when Excellence Wins.

Built, Not Born - Tom Golisano 2020-02-11

Get tested and proven advice on how to navigate risk and succeed in all phases of business ownership from a successful entrepreneur who turned a small startup into a billion-dollar company. Self-made billionaire and Paychex founder Tom Golisano understands the fears, risks, and challenges small-business owners face every day. He has launched and grown his own highly successful business and mentored dozens of entrepreneurs, helping them build their own fruitful companies. Golisano knows how nervous aspiring business owners are about the risks of entrepreneurship. Now, he's sharing the startup-to-exit secrets to success and how he turned \$3,000 into \$28 billion dollars. Built, Not Born shows you: How going against the grain can be a great strategy for finding business opportunities and why it pays to question conventional wisdom. Why the pregnant pause can be an effective weapon in negotiations and when interviewing potential employees. Why a prenuptial or even a postnuptial agreement is critical to any business owner. What potential

buyers and funding sources look for, and the best way to present a business plan. And finally, the key growth and leadership strategies that have helped Paychex sustain its incredible level of growth and profitability. Built, Not Born provides a direct and practical approach on how to overcome everyday challenges. This essential handbook is a key resource for current and aspiring entrepreneurs on how to start, grow, and operate a successful business.

Love ON PURPOSE: A No-Nonsense Guide on Challenging Your Way to an ON PURPOSE Relationship - Derrico Thomas 2018-06-29
Love ON PURPOSE: A No-Nonsense Guide on Challenging Your Way to an ON PURPOSE Relationship is a relationship, marriage and dating book. Written to provide insight and challenges for Singles, Mated Couples, and Married Couples-it's filled with personal stories from the lives of the authors, how they dealt with issues and became over-comers and how they've achieved relationship bliss through it all. Tired of reading relationship book after book with all advice and zero tools for application, they created this book filled with challenges in every chapter to propel each reader toward insight, self-exploration, communication and change. If you CAN'T SAY "I'm exactly where I want to be in my relationship-happy and not needing anything to improve", this book is for you!

The No-nonsense Guide to Climate Change - Dinyar Godrej 2001

"The No Nonsense Guide to Climate Change" charts up-to-the-minute developments on climate change, explores the extent that the human race is responsible for the catastrophes and suggests what can be done to prevent them.

The No-Nonsense Guide to World History - Chris Brazier 2011-08-16

Most people's knowledge of world history is hazy and incomplete at best. This updated No-Nonsense Guide gives a full picture, revealing the hidden histories and communities left out of conventional history books—from the civilizations of Africa, Asia, and Latin America to the history of women. The new final chapter includes material on the financial crisis and the world response to climate change. Chris Brazier is co-editor at New Internationalist. His previous books include Vietnam: The Price of Peace. He is

principal writer for UNICEF's The State of the World's Children report.

The No-nonsense Guide to Degrowth and Sustainability - Wayne Ellwood 2014

The prevailing model of endless economic growth is unsustainable. This book unpicks the idea of degrowth and explores alternative visions.

Simple Money - Tim Maurer 2016-02-23

When it comes to money management, most of us take a hands-off approach because we're just not confident that we have the know-how needed. But personal finance is actually more personal than it is finance. Tim Maurer has made a career out of distilling complex financial concepts into understandable, doable actions. In this eminently practical book, he shows readers how to - better understand their values and goals in order to simplify their money decisions - budget major expenses intelligently - reduce and eliminate debt - make vital decisions on home, auto, and life insurance - establish a world-class investment portfolio - craft a workable retirement plan - and more Readers will be

relieved to see that managing their money is actually not as complicated as they thought--and that they can take control of their financial future starting today.

We're All Mad Here - Claire Eastham
2016-11-21

Anxiety is a crafty shapeshifter that can take on many forms: the tiger that sinks its claws in with physical symptoms and distressing thoughts, the cruel and belittling bully creating insecurity and self-doubt and, worst of all, the frenemy rewarding avoidance of social situations with no physical symptoms, no cruel thoughts... and no life beyond your sofa! This no-nonsense guide to beating social anxiety covers everything from surviving university and the workplace, through to social media and making it through parties and dates (whilst actually enjoying them!) With honest insights about her own social anxiety and a healthy dose of humour, award-winning blogger Claire Eastham describes what social anxiety is, why it happens, and how you can lessen its effects with lifestyle choices, talking therapies or even a hug from your favourite canine friend!