

Best Fit, who, despite being paralyzed in a horrific boating accident, went on to build a successful fitness company. These inspiring stories, combined with Taffer's own experiences, will give you the confidence to identify and face your own excuses head-on. It's Taffer Time! Time to stop bullsh*tting yourself and start crushing it!

The past decade has witnessed a renaissance in scientific approaches to the study of morality. Once understood to be the domain of moral psychology, the newer approach to morality is largely interdisciplinary, driven in no small part by developments in behavioural economics and evolutionary biology, as well as advances in neuroscientific imaging capabilities, among other fields. To date, scientists studying moral cognition and behaviour have paid little attention to virtue theory, while virtue theorists have yet to acknowledge the new research results emerging from the new science of morality. *Theology and the Science of Moral Action* explores a new approach to ethical thinking that promotes dialogue and integration between recent research in the scientific study of moral cognition and behaviour—including neuroscience, moral psychology, and behavioural economics—and virtue theoretic approaches to ethics in both philosophy and theology. More particularly, the book evaluates the concept of moral exemplarity and its significance in philosophical and theological ethics as well as for ongoing research programs in the cognitive sciences.

" Sports psychology is a rapidly growing field, with numerous societies, conferences, journals and practitioners. The breadth and quality of scientific research in this field has grown considerably in the past decade, with sophisticated fMRI, EEG, and psychophysiological measures now complementing traditional interventions. How to integrate the voluminous amount of research into day-to-day practice still remains a challenge for most practitioners. Roland A. Carlstedt now sets forth the only book that collects this vast amount of research for the practitioner, educator, and student. Carlstedt presents cutting-edge assessment methods, intervention procedures, and research that are critical for use in evidence-based practice. Practitioners will learn how to work within Carlstedt's integrative model to improve athlete performance and contribute to the advancement of evidence-based applied sport psychology. "

At a time of increasing concern about ethics at the top, *The Serving Leader* calls for leadership that is both more moral and more effective than the ruthless, bottom-line approach that has brought disgrace to once-mighty organizations. The book takes a practical "action approach" to servant leadership—a concept espoused by Ken Blanchard, Stephen Covey and many others. In this second book in The Ken Blanchard series, the authors use a compelling story based on real people to make its five principles of servant leadership accessible to a wide audience. "An amazing new kind of book that will challenge and inspire." -Harvey Mackay, author of *Swim with the Sharks without Being Eaten Alive*

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