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How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be “hardwired” to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in

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neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

Meet Julian, Dick, Anne, George and Timothy. Together they are THE FAMOUS FIVE - Enid Blyton's most popular adventure series. All 21 titles also available as audiobooks! 'There was something else out on the sea by the rocks - something dark that seemed to lurch out of the waves . . . What could it be?' Julian, Dick and Anne are spending the holidays with their tomboy cousin George and her dog, Timothy. One day, George takes them to explore nearby Kirrin Island, with its rocky little coast and old ruined castle on the top. Over on the island, they make a thrilling discovery, which leads them deep into the dungeons of Kirrin Castle on a dangerous adventure. Who - and what - will they find there? Fantastic new cover art by Laura Ellen Anderson will draw young readers into this accessible timeless classic.

Strong Spirits, Kind Hearts is the first practical teacher resource to provide comprehensive coverage of all aspects of developing strong spirits and caring young people. It is focused on middle years' students but most lessons can be adapted for older and younger students as well. This resource describes ways to incorporate emotional and spiritual supports into daily routines and interactions with students and

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provides ready-to-use activities, lessons and units that can be integrated into subject area teaching.

"Andi Dorfman, the beloved finalist of season eighteen of *The Bachelor* who infamously rejected Juan Pablo and went on to star on season ten of *The Bachelorette*, dishes about what it's like to live out a love story--and its collapse--in front of the cameras, offering hard-won advice for moving on after a break-up, public or not"--

The purpose of this book is to provide readers with an overview of basic group dynamics and techniques that are effective in Higher Education and Student Affairs settings.--Steven McCullar, St. Cloud State University

Social media is supposed to bring us together - but it is tearing us apart. 'A blisteringly good, urgent, essential read' Zadie Smith The evidence suggests that social media is making us sadder, angrier, less empathetic, more fearful, more isolated and more tribal. Jaron Lanier is the world-famous Silicon Valley scientist-pioneer who first alerted us to the dangers of social media. In this witty and urgent manifesto he explains why its toxic effects are at the heart of its design, and, in ten simple arguments, why liberating yourself from its hold will transform your life and the world for the better. WITH A NEW AFTERWORD BY THE AUTHOR 'Informed, heartfelt and often entertaining ... a timely reminder that even if we can't bring ourselves to leave social media altogether, we should always think critically about how it works' Sunday Times 'Indispensable. Everyone who wants to understand the digital world, its pitfalls and possibilities should

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read this book – now' Matthew d'Ancona, author of Post-Truth

A town built on a landfill. A community in need of hope. A girl with a dream. A man with a vision. An ingenious idea.

“Truly the ultimate guide for a coach! This book is a must-read for all coaches – whether they are starting out or are well-entrenched. With all my years in coaching, I still discovered new insights!” Michael Beale, NLP Coach and Trainer. Coaching can be transformational or simply transactional. If you truly want to transform lives, then this book is a must-read. Coaching is far more than a job – it is a mission. Transformational coaches focus on their self-development as much as they do on the development of their clients. All coaches need to be aware of the different coaching frameworks, paradigms, and tools used by master-coaches world over. In five straightforward sections, this book guides you through the steps you need to achieve optimal success as a coach: • Section I: The ABCs of Coaching • Section II: Coaching Frameworks, Models and Tools • Section III: Case Studies • Section IV: The Business of Coaching • Section V: Resources It is an extensively researched overview of the latest developments in neuroscience, emotional intelligence and positive psychology, among many coaching frameworks. If you are new to coaching, you will find out how to start your coaching business. If you are a seasoned professional, you will learn how to strengthen your practice. This book also offers coaching insights in the post-pandemic era.

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Beat Burnout with Time-saving Best Practices for Feedback For ELA teachers, the danger of burnout is all too real. Inundated with seemingly insurmountable piles of papers to read, respond to, and grade, many teachers often find themselves struggling to balance differentiated, individualized feedback with the one resource they are already overextended on—time. Flash Feedback seeks to alleviate these struggles by taking teachers to the next level of strategic feedback by sharing: How to craft effective, efficient, and more memorable feedback Strategies for scaffolding students through the meta-cognitive work necessary for real revision A plan for how to create a culture of feedback, including lessons for how to train students in meaningful peer response Downloadable online tools for teacher and student use

A practical and irreverent guide to taking the sting out of feedback and reclaiming it as a motivating, empowering experience for everyone involved. Feedback: the mere mention of the word can make our blood pressure rise and our defenses go up. For many of us, it's a dirty word that we associate with bias, politics, resentment, and self-doubt. However, if we take a step back and think about its true intent, we realize that feedback needn't be a bad thing. After all, understanding how others experience us provides valuable opportunities to learn and grow. Authors M. Tamra Chandler and Laura Grealish explain how feedback got such a bad rap and how to recognize and minimize the negative physical and emotional responses that can erode trust and shut down communication. They offer a new and more ambitious definition of feedback, explore

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the roles we each play as Seeker, Extender, and Receiver, and introduce the three Fs of making feedback focused, fair, and frequent. You'll also find valuable exercises and strategies, along with real-world examples that illustrate how you can put these ideas into action and join in the movement to fix feedback, once and for all. When it's done right, feedback has been proven to be the most effective means of improving communication and performance for you and your organization. It's too important to give up, and with Chandler and Grealish's help, you'll be able to use it deftly, equitably, and effectively.

The Feedback Fix Dump the Past, Embrace the Future, and Lead the Way to Change Rowman & Littlefield

Travis Maddox, Eastern University's playboy, makes a bet with good girl Abby that if he loses, he will remain abstinent for a month, but if he wins, Abby must live in his apartment for the same amount of time.

This book provides an in-depth discussion of the aspects of a whole-child learner paradigm including how educator and school-based influences interrelate with personal and interpersonal demonstrations of learning to create a holistic learning system Love hurts. Breaking up is hard to do. For all the joy that relationships and friendships can bring, showing romantic interest, establishing boundaries, and expressing identities as partners and friends isn't easy for teens. They navigate an often ugly social universe. Even commonplace struggles can derail academic focus and harm emotional

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health. English teachers hope to give students communication skills, a love of literature, a passport to an intellectually vibrant life rich in opportunity. Through discussions of canonical works of literature, assignment ideas, anecdotes from teaching, and student perspectives, this book outlines how an academically rigorous English class can also heal, empower, and provide wisdom for teens weathering storms in their social lives. English class is health class. Widely taught novels brim with rich lessons about courtship, love, heartbreak, sexuality, bonds, and belonging. Learning to write stories, reflections, and arguments, speak confidently, and listen critically gives students powerful tools for self-expression, advocacy, and empathy in their relationships and friendships. The stakes are high and the rewards far-reaching. Students with healthier social lives do better academically, but they also end up becoming more responsible, caring grown-ups capable of improving an adult society that too often feels unsafe and tragically bereft of compassion.

Teachers and teenage students are becoming involved in inappropriate sexual relationships, often leading to devastation and arrest. *Teacher-Student Relationships: Crossing into the Emotional, Physical, and Sexual Realms* addresses the reasons these relationships develop, considers the roles of modern technology in the development, and offers solutions from within the profession.

Coaching delivers high performance in you, your team, and your organization.

"Coaching for Performance is the proven resource for all coaches and pioneers of the

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future of coaching." - Magdalena N. Mook, CEO, International Coach Federation (ICF)
"Shines a light on what it takes to create high performance." - John McFarlane, Chairman, Barclays, Chairman, TheCityUK
Coaching for Performance is the definitive book for coaches, leaders, talent managers and professionals around the world. An international bestseller, featuring the influential GROW model, this book is the founding text of the coaching profession. It explains why enabling people to bring the best out of themselves is the key to driving productivity, growth, and engagement. A meaningful coaching culture has the potential to transform the relationship between organizations and employees and to put both on the path to long-term success. Written by Sir John Whitmore, the pioneer of coaching, and Performance Consultants, the global market leaders in performance coaching, this extensively revised and extended edition will revolutionize the traditional approach to organizational culture. Brand-new practical exercises, corporate examples, coaching dialogues, and a glossary strengthen the learning process, whilst a critical new chapter demonstrates how to measure the benefits of coaching as a return on investment, ensuring this landmark new edition will remain at the forefront of professional coaching and leadership development. Thousands of children in schools across the country suffer from low self-esteem and this book will explain how we can improve a child's opinion of themselves. In the years following her role as the lead author of the international bestseller, Limits to Growth—the first book to show the consequences of unchecked growth on a finite

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planet— Donella Meadows remained a pioneer of environmental and social analysis until her untimely death in 2001. *Thinking in Systems*, is a concise and crucial book offering insight for problem solving on scales ranging from the personal to the global. Edited by the Sustainability Institute's Diana Wright, this essential primer brings systems thinking out of the realm of computers and equations and into the tangible world, showing readers how to develop the systems-thinking skills that thought leaders across the globe consider critical for 21st-century life. Some of the biggest problems facing the world—war, hunger, poverty, and environmental degradation—are essentially system failures. They cannot be solved by fixing one piece in isolation from the others, because even seemingly minor details have enormous power to undermine the best efforts of too-narrow thinking. While readers will learn the conceptual tools and methods of systems thinking, the heart of the book is grander than methodology. Donella Meadows was known as much for nurturing positive outcomes as she was for delving into the science behind global dilemmas. She reminds readers to pay attention to what is important, not just what is quantifiable, to stay humble, and to stay a learner. In a world growing ever more complicated, crowded, and interdependent, *Thinking in Systems* helps readers avoid confusion and helplessness, the first step toward finding proactive and effective solutions.

Feedback that works—for leadership that makes a difference. Leaders know that feedback is essential to teacher development. Crafting the right feedback, however, can

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be daunting. This how-to book introduces a dynamic yet practical leadership model that helps leaders in all roles and at all experience levels conduct comprehensive observations, analyze lessons for effectiveness, and develop high-leverage action steps that change practices and outcomes. Features include Comprehensive explanations of standards and discrete core skills Explicit think-alouds, ready-to-use strategies, and field-tested lesson examples Evidence-collection notes—with templates—from live observations Feedback samples across grade levels and content areas Relicable case studies for professional learning

This collection of chapters for K-12, college and university and community based organizations present voices from across the broad community of educators who share their successful empowerment practices using student centered processes inside and outside of the classroom.

NEW YORK TIMES BESTSELLER The oldest cultures in the world have mastered the art of raising happy, well-adjusted children. What can we learn from them? “*Hunt, Gather, Parent* is full of smart ideas that I immediately wanted to force on my own kids.” —Pamela Druckerman, *The New York Times Book Review* When Dr. Michaeleen Doucleff becomes a mother, she examines the studies behind modern parenting guidance and finds the evidence frustratingly limited and the conclusions often ineffective. Curious to learn about more effective parenting approaches, she visits a Maya village in the Yucatán Peninsula. There she encounters moms and dads who

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parent in a totally different way than we do—and raise extraordinarily kind, generous, and helpful children without yelling, nagging, or issuing timeouts. What else, Doucleff wonders, are Western parents missing out on? In *Hunt, Gather, Parent*, Doucleff sets out with her three-year-old daughter in tow to learn and practice parenting strategies from families in three of the world's most venerable communities: Maya families in Mexico, Inuit families above the Arctic Circle, and Hadzabe families in Tanzania. She sees that these cultures don't have the same problems with children that Western parents do. Most strikingly, parents build a relationship with young children that is vastly different from the one many Western parents develop—it's built on cooperation instead of control, trust instead of fear, and personalized needs instead of standardized development milestones. Maya parents are masters at raising cooperative children. Without resorting to bribes, threats, or chore charts, Maya parents rear loyal helpers by including kids in household tasks from the time they can walk. Inuit parents have developed a remarkably effective approach for teaching children emotional intelligence. When kids cry, hit, or act out, Inuit parents respond with a calm, gentle demeanor that teaches children how to settle themselves down and think before acting. Hadzabe parents are world experts on raising confident, self-driven kids with a simple tool that protects children from stress and anxiety, so common now among American kids. Not only does Doucleff live with families and observe their techniques firsthand, she also applies them with her own daughter, with striking results. She learns to discipline

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without yelling. She talks to psychologists, neuroscientists, anthropologists, and sociologists and explains how these strategies can impact children's mental health and development. Filled with practical takeaways that parents can implement immediately, Hunt, Gather, Parent helps us rethink the ways we relate to our children, and reveals a universal parenting paradigm adapted for American families.

A book about putting learning relationships at the heart of your teaching; then everything else will fall into place including positive behaviour management, stress reduction, student engagement and pupil progress.

From Family Collapse to America's Decline looks at the effect of family fragmentation on education, and in turn the American economy.

Lessons in creativity and business from the president of Pixar and Disney Animation

'Just might be the best business book ever written.' Forbes Magazine This is the story behind the company that changed animation forever. Here, the founder of Pixar reveals the ideas and techniques that have made Pixar one of the most widely admired creative businesses, and one of the most profitable. As a young man, Ed Catmull had a dream: to make the world's first computer-animated movie. When an early partnership with George Lucas led, indirectly, to his founding Pixar with Steve Jobs and John Lasseter in 1986, he couldn't have known what would come. Nine years later and against all odds, Toy Story was released. It was the start of a new generation of animation.

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Through its focus on the joy of storytelling, inventive plots and emotional authenticity, Pixar revolutionised how animated films were created. *Creativity, Inc.* is a book for managers who want to lead their employees to new heights, a manual for anyone who strives for originality, with behind-the-scenes examples from Pixar itself. It is a book about how to build and sustain a creative culture with a unique identity. And through this story, we learn what creativity really is. 'Ed reveals, with common sense specificity and honesty, examples of how not to get in your own way and realize a creative coalescence of art, business and innovation.' George Lucas

Here, the author takes a look at the phenomena of youth mentoring through a cultural lens. This work not only investigates the value of school-based mentoring (SBM) in the lives of adolescent males of color, but also offers alternative, more positive ways in which our society can experience and embrace this social group. Understanding mentoring as a cultural practice, this book informs schools and communities of the roles and responsibilities that they have in fighting against the public assault on America's youth and helping young males of color see themselves as redeemable and as fully human.

The authors of the classic *Difficult Conversations* teach you how to take criticism productively in *Thanks for the Feedback*. We get feedback every day of our lives, from friends and family, colleagues, customers, and bosses, teachers, doctors, and strangers. We're assessed, coached, and criticized about our performance,

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personalities and appearance. We know that feedback is essential for professional development and healthy relationships - but we dread it and even dismiss it. That's because while we want to learn and grow, we also want to be accepted just as we are. *Thanks for the Feedback* is the first book to address this tension head on. In it, the world-renowned team behind the Harvard Negotiation Project offer a simple framework and powerful tools, showing us how to take on life's blizzard of comments and advice with curiosity and grace. 'I'll admit it: *Thanks for the Feedback* made me uncomfortable. And that's one reason I liked it so much. With keen insight and lots of practical takeaways, it reveals why getting feedback is so hard - and then how we can do better' Daniel H. Pink, author of *To Sell Is Human* and *Drive* 'Thanks for the Feedback is a road map to more self-awareness, greater learning, and richer relationships. A tour de force' Adam Grant, Wharton professor and author of *Give and Take* Douglas Stone and Sheila Heen are Lecturers on Law at Harvard Law School and cofounders of Triad Consulting. Their clients include the White House, Citigroup, Honda, Johnson & Johnson, Time Warner, Unilever, and many others. They are co-authors of the international bestseller *Difficult Conversations*. Stone lives in Cambridge, MA. Heen lives with her husband and three children in a farmhouse north of Cambridge, MA. Describes why men are attracted to strong women and offers advice on ways a woman can relate to men and gain a man's love and respect. Trying to start a business in this economy? Struggling with little or no cash? Have no

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experience, no baseline to judge your progress against? Whether you're just starting out or have been at it for years, the Toilet Paper Entrepreneur's "get real", actionable approach to business is a much-needed swift kick in the pants.

Now a major Sky original production - Season 2 streaming now THE NUMBER ONE INTERNATIONAL AND SUNDAY TIMES BESTSELLER. A Discovery of Witches is the first in the must-read ALL SOULS trilogy. It begins with absence and desire. It begins with blood and fear. It begins with a discovery of witches. Fall under the spell of Diana and Matthew in the stunning first volume of the No.1 internationally bestselling ALL SOULS trilogy. A world of witches, daemons and vampires. A manuscript which holds the secrets of their past and the key to their future. Diana and Matthew - the forbidden love at the heart of it. When historian Diana Bishop opens an alchemical manuscript in the Bodleian Library, it's an unwelcome intrusion of magic into her carefully ordered life. Though Diana is a witch of impeccable lineage, the violent death of her parents while she was still a child convinced her that human fear is more potent than any witchcraft. Now Diana has unwittingly exposed herself to a world she's kept at bay for years; one of powerful witches, creative, destructive daemons and long-lived vampires. Sensing the significance of Diana's discovery, the creatures gather in Oxford, among them the enigmatic Matthew Clairmont, a vampire geneticist. Diana is inexplicably drawn to Matthew and, in a shadowy world of half-truths and old enmities, ties herself to him without fully understanding the ancient line they are crossing. As they begin to unlock

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the secrets of the manuscript and their feelings for each other deepen, so the fragile balance of peace unravels... Five reasons to read A Discovery of Witches and the All Souls Trilogy 'Rich, thrilling ... A captivating and romantic ripping yarn' E L James 'Intelligent and off-the-wall ... irresistible to Twilight fans' Sunday Times 'I could lose myself in here and never want to come out ... Utterly enchanting on every level' Manda Scott 'Exciting amounts of spells, kisses and battles, and is recounted with enchanting, page-turning panache' Marie Claire 'A bubbling cauldron of illicit desire ... an assured saga that blends romance with fantasy' Daily Mail

This is the official guide and reference manual for Subversion 1.6 - the popular open source revision control technology.

Culture, Poverty, and Education: What's Happening in Today's Schools? is intended to not only discuss 5 myths about the culture of poverty and its effects on education, but provide some resources on alternatives for educator's to better address this growing barrier to student achievement in today's schools./span

'The series that has shadowed Brunetti for three decades is an epic achievement' The Times Chosen as Star Pick in the Sunday Times Crime Club Chosen as a 'Best New Crime Novel' in the Sunday Times

When two young American women are badly injured in a boating accident, joy riding in Venice's Laguna with two young Italians, Commissario Guido Brunetti's curiosity is aroused by the behaviour of

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the young men, who abandoned the victims after taking them to the hospital. As Brunetti and his colleague, Claudia Griffoni, investigate, they discover that one of the young men works for a man rumoured to be involved in more sinister night-time activities in the Laguna. To get to the bottom of the mystery, Brunetti needs to enlist the help of both the Carabinieri and the Guardia Costiera. Determining how much trust he and Griffoni can put in these unfamiliar colleagues only adds to the difficulty of solving this peculiarly horrible crime. Donna Leon's landmark thirtieth Brunetti novel is as powerful as any she has written, testing Brunetti to his limits, forcing him to listen very carefully for the truth. _____ 'Leon's books are a joy' Guardian 'She is a truly fine novelist, period, and should be acclaimed as such.' TLS

From debut author Nina Varela comes the first book in an Own Voices, richly imagined epic fantasy duology about an impossible love between two girls—one human, one Made—whose romance could be the beginning of a revolution. Perfect for fans of Marie Rutkoski's *The Winner's Curse* as well as *Game of Thrones* and *Westworld*. After the War of Kinds ravaged the kingdom of Rabu, the Automae, designed to be the playthings of royals, usurped their owners' estates and bent the human race to their will. Now Ayla, a human servant rising in the ranks at the House of the Sovereign, dreams of avenging her family's

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death...by killing the sovereign's daughter, Lady Crier. Crier was Made to be beautiful, flawless, and to carry on her father's legacy. But that was before her betrothal to the enigmatic Scyre Kinok, before she discovered her father isn't the benevolent king she once admired, and most importantly, before she met Ayla. Now, with growing human unrest across the land, pressures from a foreign queen, and an evil new leader on the rise, Crier and Ayla find there may be only one path to love: war.

NEW YORK TIMES BESTSELLER - From the author of Uprooted and Spinning Silver comes the first book of the Scholomance trilogy, the story of an unwilling dark sorceress who is destined to rewrite the rules of magic. "The dark school of magic I've been waiting for." Katherine Arden, author of Winternight Trilogy I decided that Orion Lake needed to die after the second time he saved my life. Everyone loves Orion Lake. Everyone else, that is. Far as I'm concerned, he can keep his flashy combat magic to himself. I'm not joining his pack of adoring fans. I don't need help surviving the Scholomance, even if they do. Forget the hordes of monsters and cursed artifacts, I'm probably the most dangerous thing in the place. Just give me a chance and I'll level mountains and kill untold millions, make myself the dark queen of the world. At least, that's what the world expects. Most of the other students in here would be delighted if Orion killed me like one

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more evil thing that's crawled out of the drains. Sometimes I think they want me to turn into the evil witch they assume I am. The school certainly does. But the Scholomance isn't getting what it wants from me. And neither is Orion Lake. I may not be anyone's idea of the shining hero, but I'm going to make it out of this place alive, and I'm not going to slaughter thousands to do it, either. Although I'm giving serious consideration to just one. With flawless mastery, Naomi Novik creates a school bursting with magic like you've never seen before, and a heroine for the ages--a character so sharply realized and so richly nuanced that she will live on in hearts and minds for generations to come. Praise for *Deadly Education* "The can't-miss fantasy of fall 2020, a brutal coming-of-power story steeped in the aesthetics of dark academia. . . . A *Deadly Education* will cement Naomi Novik's place as one of the greatest and most versatile fantasy writers of our time."--BookPage (starred review) "A must-read . . . Novik puts a refreshingly dark, adult spin on the magical boarding school. . . . Readers will delight in the push-and-pull of El and Orion's relationship, the fantastically detailed world, the clever magic system, and the matter-of-fact diversity of the student body."--Publishers Weekly (starred review)

This book shares authentic examples through story telling of the situations students have experienced during their transition to high school.

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This book represents the most thorough exposition on our present understanding of the impetuses, debates, legalities, and effectiveness of school uniform policies that have rapidly entered the discourse of school reform in the United States. In it, David Brunsma provides an antidote to the ungrounded, anecdotal components that define the contemporary conversation regarding policies of standardized dress in American K-12 districts and schools.

The secret to giving better feedback isn't what we say – it's what others hear. Too often, people hear about a past they can't control, not a future they can. That changes with "feedforward" – a radical approach to sharing feedback that unleashes the performance and potential of everyone around us. From managers and coaches trying to energize their teams, to teachers hoping to motivate their students, to parents looking to empower their children, people from all walks of life want others to hear what they have to say. Through a lively blend of stories and studies, *The Feedback Fix* shows them how by presenting a six-part REPAIR plan that spreads feedforward across boardrooms, classrooms, and even dining rooms. Even with drastic changes in how we work and live, the experiences we create for others – joy or fear, growth or decline, success or failure – still hang on the feedback we share. *The Feedback Fix* makes a compelling argument for getting what we want by giving others what they need –

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all while rebuilding the way we lead, learn, and live.

Textbooks are symbols of centuries-old education. They're often outdated as soon as they hit students' desks. Acting "by the textbook" implies compliance and a lack of creativity. It's time to ditch those textbooks--and those textbook assumptions about learning In *Ditch That Textbook*, teacher and blogger Matt Miller encourages educators to throw out meaningless, pedestrian teaching and learning practices. He empowers them to evolve and improve on old, standard, teaching methods. *Ditch That Textbook* is a support system, toolbox, and manifesto to help educators free their teaching and revolutionize their classrooms.

Ten Strategies of a World-Class Cyber Security Operations Center conveys MITRE's accumulated expertise on enterprise-grade computer network defense. It covers ten key qualities of leading Cyber Security Operations Centers (CSOCs), ranging from their structure and organization, to processes that best enable smooth operations, to approaches that extract maximum value from key CSOC technology investments. This book offers perspective and context for key decision points in structuring a CSOC, such as what capabilities to offer, how to architect large-scale data collection and analysis, and how to prepare the CSOC team for agile, threat-based response. If you manage, work in, or are standing up

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a CSOC, this book is for you. It is also available on MITRE's website, www.mitre.org.

This guide cultivates a school culture where the principal is positioned as the literacy leader. It will support principals to define, and create a literacy culture, as well as provide insight to support principals in their quest to becoming primary individual responsible for bringing joy to teaching and learning as part of building school culture.

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