

Culture As The Core Perspective On Culture In Second Language Learning Research In Second Language Learning

Grow the Core Digital to the Core The Computer as the Core of Health Management in Food Animal Populations The Worm at the Core Values At The Core: How Human Values Contribute To The Rise Of Nations Lead from the Core **Conditioning to the Core** Profit from the Core Profit from the Core **The Politics of the Core Leader in China** From the Core Innovation to the Core **Culture as the Core** Beyond the Core **DNA: at the Core of Life Itself** **Trust as the Core of Instructional Leadership** Earth's Core **A Qualitative Study of the Core Functions of Smart Traffic Centers at the Virginia Department of Transportation** **Introducing the Core** The Core-Periphery Divide in the European Union **A Comprehensive Guide to Core Needle Biopsies of the Breast** Core Analysis **Mastering the Core Teachings of the Buddha** **Mold and Core Sands in Metalcasting: Chemistry and Ecology** The Core 4 **The Core of Care Ethics** **Apple Core Data Analysis: Summarization, Correlation, and Visualization** Memoirs of the School of Engineering, Okayama University **Geological Core Analysis** **The Core Concepts of Physiology** A Computational Model for an Open-cycle Gas Core Nuclear Rocket **The Core** **The Core 3 Healthy Eating Plan** The Earth's Core An Experimental Study of Saturable-core and Magnetic Amplifier Behavior Core Statistics **ASP.NET Core in Action** **Core Radiology** **The Core Six**

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Core Statistics Sep 21 2019
Core Statistics is a compact starter course on the theory, models, and computational tools needed to make informed use of powerful statistical methods.

Culture as the Core Oct 15 2021 This volume presents the very important issue of integrating culture into the second language classroom. Some of its chapters were originally presented at two symposia on culture learning,

Interdisciplinary Perspectives on Culture learning in the Second Language Curriculum, held at the University of Minnesota in 1991 and 1994. Other chapters were developed at a third conference, Culture as the Core: Transforming the

Language Curriculum. The latter brought scholars and practitioners together to reflect on the earlier theoretical discussions, refine those ideas in light of subsequent theoretical developments, and translate theory into classroom practice.

The Core of Care Ethics Sep 02 2020 The ethics of care has flourished in recent decades yet we remain without a succinct statement of its core theoretical commitment. This study argues for a simple care ethical slogan: dependency relationships generate responsibilities. It uses this slogan to unify, specify and justify the wide range of views found within the care ethical literature.

[The Core-Periphery Divide in the European Union](#) Mar 08 2021 This book revisits the forgotten history of the 'European Dependency School' in the 1970s and 1980s, explores core-periphery relations in the European integration process and the crises of the contemporary European Union from a dependency perspective, and draws lessons for alternative development paths. Was disintegration of the European Union foretold? With the benefit of hindsight, the critical analysis of the European integration process by researchers from the 'European Dependency School' is most timely. The current framework of the European Union seems to be haunted by issues that had been very familiar to the researchers of the 'European Dependency School', such as a lack of a common and balanced

industrial policy. How do the situations compare? What lessons can be learnt for alternative development policies in contemporary Europe? Weissenbacher tackles these issues, which are of relevance to all interested in political economy, political science, development studies and regional development.

A Computational Model for an Open-cycle Gas Core Nuclear Rocket Feb 25 2020

An Experimental Study of Saturable-core and Magnetic Amplifier Behavior Oct 23 2019

Profit from the Core Feb 19 2022 Clear-headed advice on strategy from the international consulting firm Bain & Company restores a timely and refreshing "back-to-basics" approach to growth.

Lead from the Core May 22 2022 Wall Street Journal Bestseller Jay Steinfeld, Ernst & Young Entrepreneur of the Year and the founder and CEO of Blinds.com (acquired by Home Depot), never planned to create the biggest online window blinds retailer in the world. Against all odds to succeed, Steinfeld's journey in business included failed acquisitions, partnerships gone wrong, perpetual self-doubt, deaths in his family, budget-limited guerilla marketing, corporate buy-outs, brutal market competition, and a complete disruption of industry leaders, including Amazon and big-box retailers. To build something meaningful like Steinfeld, you need to do more than dream about it. You need to Lead from the Core. Learn Steinfeld's "Four Es"—a set of guiding principles that help

overcome any obstacle to your organization's success: Evolve Continuously, Experiment Without Fear of Failure, Express Yourself, and Enjoy the Ride. In these pages, you'll also learn specific, actionable tactics, including: • How to start a business with little money and experience • Ways to avoid the early failure that plagues many businesses • Strategies to scale beyond the startup phase • Exactly how to communicate with boards and investors • Proven lessons to attract potential acquirers of your company Told with humor and heart, *Lead from the Core* is not just a roadmap to make your company a resounding success. It's a masterclass for leaders looking to prevent costly business mistakes, no matter where you are in your journey.

Innovation to the Core Nov 16 2021 Building on the work of strategy guru Gary Hamel, this guide shows organizations how to move innovation from a buzz word to a core competency. Skarzynski, a consultant on international growth and strategy, and Gibson, a global business strategist, draw on a wealth of examples from real companies including GE, Procter & Gamble, Nokia, and IBM. They provide frameworks, step-by-step action lists, and other practical tools for improving an organization's capacity for innovation by mobilizing the imagination of employees, customers, and business partners.

A Comprehensive Guide to Core Needle Biopsies of the Breast Feb 07 2021 This first multi-authored work

exclusively dedicated to breast lesions in core needle biopsy samples, A Comprehensive Guide to Core Needle Biopsies of the Breast is an all-inclusive textbook that provides an overview of the fundamentals of a breast core needle biopsy program, instructive topics on diagnostic approaches to breast core biopsies including a pattern-based strategy, and in-depth coverage of all entities commonly seen in the core biopsy setting. In addition, chapters detailing special scenarios or topics including the role of molecular profiling in small breast samples and personalized medicine; metastasis to the breast and dermatologic mimickers of breast lesions arising in the breast skin, subcutis or axilla complete the impressive scope of this authoritative book. The book features over 900 high-quality images, charts, and diagrams. Written by leaders in the field and edited by expert breast pathologist, Dr. Sandra J. Shin, A Comprehensive Guide to Core Needle Biopsies of the Breast is the definitive reference on breast core needle biopsies for practicing pathologists, pathology trainees, and clinicians of patients with breast disease.

A Qualitative Study of the Core Functions of Smart Traffic Centers at the Virginia Department of Transportation May 10 2021

The Virginia Department of Transportation's (VDOT) Smart Traffic Centers (STC) were established to address the growing problem of increased congestion caused by traffic demand exceeding roadway

capacity. Initially, the core function of the STC was simply to get information to the public. However, VDOT's STCs were established at different times with different approaches to meet regional traffic needs. As a result, practices, processes, organizational structures, and relationships with other VDOT functions vary widely among STCs. With this complexity, the definition of the STCs core functions has evolved. To develop a clear understanding of these core functions, a group composed of STC operations managers was formed and this study was undertaken. The study found that the core function of VDOT's STCs has expanded beyond disseminating information to the public, although that activity remains a critical tool of traffic and incident management. Specifically, STCs have four core functions: (1) traffic management, (2) incident management, (3) emergency operations/emergency management, and (4) regional networking. Incident management activities and events define the vast majority of work and, therefore, drive the development of systems, procedures, policies, and relationships with communities, agencies, and private companies with whom an STC must work on a daily basis. Further, the study determined that a fully developed Safety Service Patrol (SSP) greatly enhances the functionality of the STC. Where the SSP is fully operational, the STC's ability both to gather information and to interact

directly with the public and other state, local, and federal agencies is complete. Without a functional SSP, the STCs ability to manage incidents directly (and therefore traffic) is limited, impaired, or disabled. In addition, the study found that STCs are VDOT's most direct link to the public and that regional networking is critical to successful STC operations. VDOT's STCs are, therefore, critical to coordinating and working directly with local, state, and federal agencies. This is particularly clear in regions such as Northern Virginia and Hampton Roads, where the large number of cities and communities that directly abut increases the number of responder agencies and organizations. The inherent complexity of such regions requires careful coordination and networking to ensure the safe and efficient management of incidents and emergencies and to mitigate their impact on regional traffic flow. The recommendations offered in this report will help coordinate STC development. Although there will always be some variation because of regional needs, STC practices will benefit from increased and continual sharing of information and practices across locations. Fully developed SSPs are arguably the single most practical and powerful resource an STC has to manage incidents, as well as to develop strong relations with the public, local communities, and other agencies. Because of the necessary interface with communities, cities, and

agencies at multiple levels, STCs are perfectly situated to develop regional relationships and structures; therefore, regional strategies for traffic operations should be shared among STC locations.

The Computer as the Core of Health Management in Food Animal Populations Aug 25 2022

Core Data Analysis: Summarization, Correlation, and Visualization Jun 30 2020

This text examines the goals of data analysis with respect to enhancing knowledge, and identifies data summarization and correlation analysis as the core issues. Data summarization, both quantitative and categorical, is treated within the encoder-decoder paradigm bringing forward a number of mathematically supported insights into the methods and relations between them. Two Chapters describe methods for categorical summarization: partitioning, divisive clustering and separate cluster finding and another explain the methods for quantitative summarization, Principal Component Analysis and PageRank. Features: · An in-depth presentation of K-means partitioning including a corresponding Pythagorean decomposition of the data scatter. · Advice regarding such issues as clustering of categorical and mixed scale data, similarity and network data, interpretation aids, anomalous clusters, the number of clusters, etc. · Thorough attention to data-driven modelling including a number of mathematically

stated relations between statistical and geometrical concepts including those between goodness-of-fit criteria for decision trees and data standardization, similarity and consensus clustering, modularity clustering and uniform partitioning. New edition highlights: · Inclusion of ranking issues such as Google PageRank, linear stratification and tied rankings median, consensus clustering, semi-average clustering, one-cluster clustering · Restructured to make the logics more straightforward and sections self-contained Core Data Analysis: Summarization, Correlation and Visualization is aimed at those who are eager to participate in developing the field as well as appealing to novices and practitioners.

Grow the Core Oct 27 2022
Grow the Core stands conventional wisdom about business growth on its head and provides a proven formula for growing your business in recessionary times. These days, it's a common belief among business leaders across industry sectors that the best way to grow their businesses is to expand into new markets. In reality, virtually all top-performing companies achieve superior results through a leading position in their core business. Unfortunately, there's very little in the way of practical advice on how to do this. Grow the Core shows you how to focus on your core business for brand success, with a program of eight workouts road-tested by the author's consultancy, the brandgym.

The book provides inspiration, practical advice and proven tools for building and strengthening your core business. It is packed with case studies from brandgym clients, including Mars, Friesland Campina, SAB Miller and Danone. The book features exclusive brandgym research, in addition to front-line experience on over one hundred brand coaching projects.

Introducing the Core Apr 09 2021
There is no more important area of the body for an athlete than the core, the region of our body from our chest to our knees. The core is our engine, our hub of activity. Strength there makes life easier for shoulders and knees. It produces speed and explosiveness. Endurance and grit. The core is so important. So why has it remained such a medical mystery? This book will explain that. Introducing the Core: Demystifying the Body of an Athlete traces the arc of the journey from injury to restoration of power to the return to normal life. Dr. William Meyers is the nation's foremost authority on core health. Along with over 40 world-renowned expert contributors, Dr. Meyers explains how the core functions through stories from his work in locker rooms, the operating room, and the playing fields of elite athletes, giving readers a thorough understanding of the core's widespread influence on athleticism and the human anatomy. The book: Dissects the events that led Dr. Meyers and his team of experts to their new appreciation of this

anatomy Brings multiple world-renowned arthroscopists into the overall core picture, providing their perspectives on how the core works, with the pubic bone as "the sun" of the body's universe Offers insight into the many causes of pelvic pain, demonstrating why the term "sports hernia," should be banished forever Emphasizes the fact that a wide spectrum of professionals treat the core - from traditional surgeons to alternative therapists Brings it all together and proposes a new future, and perhaps a new medical specialty, that is the core "Strength, power, and endurance all flow from the core. This book, and the work Bill Meyers has done in the field, will bring good core health to the forefront and help everyone--elite athletes and others." --Michael William Krzyzewski "Even in baseball, injury patterns in the shoulder and elbow are related to core imbalance. This book has been needed for a long time... Bill has helped the idea of core strength become more popular, and this book could be what is needed to get it more attention." --James Rheuben Andrews, MD "To understand the core, you must put on new eyes." --Marshawn Lynch

The Core Concepts of

Physiology Mar 28 2020 This book offers physiology teachers a new approach to teaching their subject that will lead to increased student understanding and retention of the most important ideas. By integrating the core concepts of physiology into individual courses and across the entire curriculum, it provides

students with tools that will help them learn more easily and fully understand the physiology content they are asked to learn. The authors present examples of how the core concepts can be used to teach individual topics, design learning resources, assess student understanding, and structure a physiology curriculum.

Core Analysis Jan 06 2021 Core Analysis: A Best Practice Guide is a practical guide to the design of core analysis programs. Written to address the need for an updated set of recommended practices covering special core analysis and geomechanics tests, the book also provides unique insights into data quality control diagnosis and data utilization in reservoir models. The book's best practices and procedures benefit petrophysicists, geoscientists, reservoir engineers, and production engineers, who will find useful information on core data in reservoir static and dynamic models. It provides a solid understanding of the core analysis procedures and methods used by commercial laboratories, the details of lab data reporting required to create quality control tests, and the diagnostic plots and protocols that can be used to identify suspect or erroneous data. Provides a practical overview of core analysis, from coring at the well site to laboratory data acquisition and interpretation Defines current best practice in core analysis preparation and test procedures, and the diagnostic tools used to quality control

core data Provides essential information on design of core analysis programs and to judge the quality and reliability of core analysis data ultimately used in reservoir evaluation Of specific interest to those working in core analysis, porosity, relative permeability, and geomechanics
The Core 4 Oct 03 2020 At Last, a No-Bullsh*t, Shame-Free Strength Transformation Program Since 2011, nutrition and fitness expert Steph Gaudreau has impacted the lives of thousands of women through her fierce-love approach to strength and badassery, what she calls The Core 4. The success of her program can be found in the astounding health results from those women who have tried it—including muscle definition, body confidence, restful sleep, and a strong powerful outlook that permeates every facet of life. In THE CORE 4 Steph finally offers women a strong body and mind achieved through minimal time on the treadmill, simple workouts, targeted nutrition (that is also delicious!), and mindset practices with clear results. When you focus on The Core 4-- Eat Nourishing Foods, Move with Intention, Recharge Your Energy, and Empower Your Mind--you give yourself the gifts of care, strength, and resiliency, and take a powerful step toward the life you want. "By refusing to let your weight measure your worth. By nourishing your body. By listening to your intuition as a guide. By taking your power back. I guarantee you'll start feeling energetic, active,

confident, strong, resilient, and ready to change the world.”—Steph Gaudreau
Memoirs of the School of Engineering, Okayama University May 30 2020

DNA: at the Core of Life

Itself Aug 13 2021 DNA is located in the chromosomes of every living cell, and through a coded sequence of chemical units in its inner structure it directs the reproduction and development of every living organism on earth.

Earth's Core Jun 11 2021

Earth's Core: Geophysics of a Planet's Deepest Interior provides a multidisciplinary approach to Earth's core, including seismology, mineral physics, geomagnetism, and geodynamics. The book examines current observations, experiments, and theories; identifies outstanding research questions; and suggests future directions for study. With topics ranging from the structure of the core-mantle boundary region, to the chemical and physical properties of the core, the workings of the geodynamo, inner core seismology and dynamics, and core formation, this book offers a multidisciplinary perspective on what we know and what we know we have yet to discover. The book begins with the fundamental material and concepts in seismology, mineral physics, geomagnetism, and geodynamics, accessible from a wide range of backgrounds. The book then builds on this foundation to introduce current research, including observations, experiments, and

theories. By identifying unsolved problems and promising routes to their solutions, the book is intended to motivate further research, making it a valuable resource both for students entering Earth and planetary sciences and for researchers in a particular subdiscipline who need to broaden their understanding. Includes multidisciplinary observations constraining the composition and dynamics of the Earth's core Concisely presents competing theories and arguments on the composition, state, and dynamics of the Earth's interior Provides observational tests of various theories to enhance understanding Serves as a valuable resource for researchers in deep earth geophysics, as well as many sub-disciplines, including seismology, geodynamics, geomagnetism, and mineral physics

The Earth's Core Nov 23 2019

The Politics of the Core

Leader in China Jan 18 2022 This is the first full-length scholarly study of the Chinese 'core' leader and his role in the Chinese Communist Party's elite politics.

Beyond the Core Sep 14 2021

Outlines numerous expansion strategies for businesses and includes interviews from twenty-five CEO's.

Core Radiology Jul 20 2019

Combines clinical images, full-color illustrations and bulleted text to create a comprehensive, up-to-date resource for learning and review.

Mastering the Core

Teachings of the Buddha

Dec 05 2020 The very idea that the teachings can be mastered will arouse controversy within Buddhist circles. Even so, Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are stripped away, and we have learned to use meditation as a method for examining reality rather than an opportunity to wallow in self-absorbed mind-noise. Ingram sets out concisely the difference between concentration-based and insight (vipassana) meditation; he provides example practices; and most importantly he presents detailed maps of the states of mind we are likely to encounter, and the stages we must negotiate as we move through clearly-defined cycles of insight. Its easy to feel overawed, at first, by Ingram's assurance and ease in the higher levels of consciousness, but consistently he writes as a down-to-earth and compassionate guide, and to the practitioner willing to commit themselves this is a glittering gift of a book. In this new edition of the bestselling book, the author rearranges, revises and expands upon the original material, as well as adding new sections that bring further clarity to his ideas.

Mold and Core Sands in Metalcasting: Chemistry and Ecology

Nov 04 2020 The metal casting, uses large amounts of natural resources, energy and metals as well as generates significant amounts of gases and solid wastes, which have an essential influence on the natural environment and work

conditions in casting houses. The condition of the further development is the adjustment to the strategy of the sustainable development. This book examines potential solutions to the economic, ecological, and occupational hazards generated by the foundry industry. It focuses on emissions of chemical compounds during the preparation and formation of molding sands, molds pouring with molten metal, molds cooling and castings knocking out. It also addresses the effects of the spent molding sands reclamation process and the influence of spent sands on the environment during their storage. Establishing the most sustainable techniques for limiting the negative impact of foundry processes on the environment is explored in detail. The book will be valuable to academics and industry professionals alike. Describes the mechanisms of hardening and thermal destruction of individual binders in moulding and core sands; Assesses the influence of moulding and core sands technology on the environment; Discusses state of the art moulding and core sand technology.

The Core Jan 26 2020 About the book: This work on Values is part of a series of mini-books that treat single points in the very vast topic of leadership in each of it's publications. Narrowed down to Excellence, integrity and unconditional love, The Core deals with the very nature of an ideal leader and the key components that can guarantee success in

leadership. With what seems like a drought in the quality of leadership in the world today, The Core attempts help leaders interrogate themselves and inquire from within themselves to know their true nature and help them develop the key ingredients that make great leaders stand out from the bulk of the average.

From the Core Dec 17 2021 "By the time Cordila Jochim emerged victorious after a decade home-and-bed-bound, she was standing in the wreckage of a life. Traumatic brain injury had taken almost everything from her, yet when she finally found physical healing, the road to emotional, mental and spiritual recovery had only just begun. Back in society, a mid-forties woman who had been suspended in time, Cor committed to following the path of healing, wherever it would take her. From a chance encounter with an iconoclast pastor at a pseudo-Burning Man to begging the former CEO of Starbucks for a job over coffee, Cor's journey to find wholeness is as awkward, visceral, heartbreaking and hysterical as it is uplifting, inspiring and overflowing with hope. Over the course of five years, Cor transforms from a woman who considered herself broken and less-than - what she called 'fifty cents on the dollar' - to a 'Full Dollar' woman living whole. Her journey serves as proof that God can take any life, with any past, and any circumstances, and reach down to the very core of a person, and resurrect a soul." -- From back cover.

Apple Aug 01 2020 National Book Award Longlist TIME's 10 Best YA and Children's Books of 2020 NPR's Best Book of 2020 Shelf Awareness's Best Books of 2020 Publishers Weekly's Big Indie Books of Fall Amazon's Best Book of the Month AICL Best YA Books of 2020 CSMCL Best Multicultural Children's Books of 2020 PRAISE "Stirring... Raw and moving." —TIME "Beautiful imagery and with words that soar and scald." —The Buffalo News "Easily one of the best books to be published in 2020. The kind of book bound to save lives." —LitHub "A powerful narrative about identity and belonging." —Paste Magazine FOUR STARRED REVIEWS □ "Timely and important." —Booklist, starred review □ "Searing yet dryly funny." —The Bulletin, starred review □ "Exceptional." —Shelf-Awareness, starred review □ "Captivating." —School Library Journal, starred review The term "Apple" is a slur in Native communities across the country. It's for someone supposedly "red on the outside, white on the inside." In APPLE (SKIN TO THE CORE), Eric Gansworth tells his story, the story of his family—of Onondaga among Tuscaroras—of Native folks everywhere. From the horrible legacy of the government boarding schools, to a boy watching his siblings leave and return and leave again, to a young man fighting to be an artist who balances multiple worlds. Eric shatters that slur and reclaims it in verse and prose and imagery that truly

lives up to the word heartbreaking.

ASP.NET Core in Action Aug 21 2019 ASP.NET Core in Action, Second Edition is a comprehensive guide to creating web applications with ASP.NET Core 5.0. Go from basic HTTP concepts to advanced framework customization. Summary Fully updated to ASP.NET 5.0, ASP.NET Core in Action, Second Edition is a hands-on primer to building cross-platform web applications with your C# and .NET skills. Even if you've never worked with ASP.NET you'll start creating productive cross-platform web apps fast. And don't worry about late-breaking changes to ASP.NET Core. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the technology Build full-stack web applications that run anywhere. Developers love ASP.NET Core for its libraries and pre-built components that maximize productivity. Version 5.0 offers new features for server-side apps, as well as background services for cross-platform development. About the book ASP.NET Core in Action, Second Edition is a comprehensive guide to creating web applications with ASP.NET Core 5.0. Go from basic HTTP concepts to advanced framework customization. Illustrations and annotated code make learning visual and easy. Master logins, dependency injection, security, and more. This updated edition covers the latest features, including Razor Pages and the

new hosting paradigm. What's inside Developing apps for Windows and non-Windows servers Configuring applications Building custom components Logging, testing, and security About the reader For intermediate C# developers. About the author Andrew Lock is a Microsoft MVP who has worked with ASP.NET Core since before its first release. Table of Contents PART 1 - GETTING STARTED WITH ASP.NET CORE 1 Getting started with ASP.NET Core 2 Your first application 3 Handling requests with the middleware pipeline 4 Creating a website with Razor Pages 5 Mapping URLs to Razor Pages using routing 6 The binding model: Retrieving and validating user input 7 Rendering HTML using Razor views 8 Building forms with Tag Helpers 9 Creating a Web API for mobile and client applications using MVC PART 2 - BUILDING COMPLETE APPLICATIONS 10 Service configuration with dependency injection 11 Configuring an ASP.NET Core application 12 Saving data with Entity Framework Core 13 The MVC and Razor Pages filter pipeline 14 Authentication: Adding users to your application with Identity 15 Authorization: Securing your application 16 Publishing and deploying your application PART 3 - EXTENDING YOUR APPLICATIONS 17 Monitoring and troubleshooting errors with logging 18 Improving your application's security 19 Building custom components 20 Building custom MVC and Razor Pages components 21

Calling remote APIs with IHttpConnectionFactory 22 Building background tasks and services 23 Testing your application

The Core Six Jun 18 2019 Six research-based, classroom-proven strategies that will help you and your students respond to the demands of the Common Core. Thanks to more than 40 years of research and hands-on classroom testing, the authors know the best strategies to increase student engagement and achievement and prepare students for college and career. Best of all, these strategies can be used across all grade levels and subject areas.

Conditioning to the Core Apr 21 2022 Condition the core; unleash the potential. Serious athletes train for results—results that make them winners on the field, pitch, course, or court. And the key to getting those results, to improving performance in any sport and at any level, is no secret. A strong, well-conditioned core is the lynchpin to athletic success. In *Conditioning to the Core*, strength and conditioning coaches Greg Brittenham and Daniel Taylor deliver the definitive guide to training the torso. Inside, you'll learn these concepts: - The core's central role in originating and transferring strength and power, two requirements for superior performance - The energy systems, the strength and power foundations, and the movement mechanics for any sport - Over 300 of the most effective exercises for strength, stability, and power - The way to design a comprehensive program based on athlete

assessment and analysis, followed by several sport-specific sample programs for reference. Detailed photo sequences and expert instruction ensure you're performing each exercise safely and efficiently. Color-coded stability, strength, and power training exercises, programs, and assessments provide all the tools for achieving high-performance goals. You will quickly identify and organize each component that addresses your needs, your sport, and your high-performance goals. If you are serious about performance, Conditioning to the Core will help you get serious results. Whether you're an athlete, trainer, or coach, this guide should be the centerpiece of your sport training program.

The Worm at the Core Jul 24 2022 Proof of a groundbreaking psychological theory: that the fear of death is the hidden motive behind almost everything we do. 'A joy ... The Worm at the Core asks how humans can learn to live happily while being intelligently aware of our impending doom, how knowledge of death affects the decisions we make every day, and how we can stop fear and anxiety overwhelming us' Charlotte Runcie, Daily Telegraph 'Provocative, lucid and fascinating' Financial Times 'An important, superbly readable and potentially life-changing book . . . suggests one should confront mortality in order to live an authentic life' Tim Lott, Guardian 'Deep, important, and beautifully written ... utterly original'

Daniel Gilbert
Values At The Core: How Human Values Contribute To The Rise Of Nations Jun 23 2022 'A thought-provoking book, bringing readers outside their comfort zones. It challenges us to think beyond the typical macro and microeconomic ...' [Read Full Review]A TanFT readers' best 2021 summer books Throughout the history of mankind, the rise of societies, whether civilizations, nations, or communities, has been a story of human achievement. From the rise of the Akkadian empire in ancient Mesopotamia to the re-emergence of modern China, people constitute the basic denominator upon which societies build their success. The way people around the world think and behave is guided by a complex system of values. These values constitute key factors in the way economies are structured and their potential for further growth. To a large extent, they explain why Japan has gone through multiple lost decades; why Nordic countries accept the highest tax rates in the world, making their societies much more equal; why China has such a large trade surplus with the United States; or why some nations become stuck in a middle-income trap. It is these values, coupled with the right policies, that ultimately determine the destiny of nations. In this book, we explore how the combination of human values and policies affects national economic outcomes. We focus on certain key values conducive to growth: are people of a given

nation, on average, hardworking, thrifty? Do they trust each other? Are they risk-takers? The harder people work, the higher the growth potential. Different savings patterns determine, to a large extent, whether a country will grow through investments and exports or consumption, and have generated large global imbalances over time. Trust goes a long way in explaining wealth and income inequalities and the role that governments can play in minimizing those inequalities. Economies with highly risk-averse citizens will stall. We also identify policies which have the greatest impact on economies. Political stability, much more so than any form of governance, is a precondition for growth. Free markets imply a process of creative destruction, free and fair competition, and a level playing field among companies. An educated workforce is a vital enabler of higher productivity and innovation. Corruption can seriously derail growth once it becomes endemic. Sound fiscal and monetary policies stabilize an economy as it goes through cycles and can greatly contribute to a more equal society and a more robust financial sector.

Digital to the Core Sep 26 2022 There is no simple strategic method for dealing with the multidimensional nature of digital change. Even the sharpest leaders can become disoriented as change builds on change, leaving almost nothing certain. Yet to stand still is to fail. Enterprises and leaders must re-master

themselves to succeed. Leaders must identify the key macro forces, then lead their organizations at three distinct levels: industry, enterprise, and self. By doing this they cannot only survive but clean up. Digital to the Core makes the case that all business leaders must understand the impact the digital revolution will continue to play in their industries, companies, and leadership style and practices. Drawing on interviews with over 30 top C-level executives in some of the world's most powerful companies and government organizations, including GE, Ford, Tory Burch, Babolat, McDonalds, Publicis and UK Government Digital Service, this book delivers practical insights from those on the front lines of major digital upheaval. The authors incorporate Gartner's annual CIO and CEO global survey research and also apply the deep knowledge and qualitative insights they have acquired as practitioners, management researchers, and advisors over decades in the business. Above all else, Raskino and Waller want companies and their top leaders to understand the full impact of digital change and integrate it at the core of their businesses.

Trust as the Core of Instructional Leadership Jul 12 2021 Be visible and approachable. Unpack necessary conversations with care. Build capacity based on strengths. Author Delia E. Racines offers these powerful protocols and more to support instructional leaders in

building a community of trust in which positive change can occur. All current and aspiring instructional leaders ready to work collaboratively to improve teaching and learning will value this book. Instructional leaders will use this essential guide to: Understand the importance of fostering trust and competence across all relationships within their school Utilize a wide variety of reproducibles for both team building and personal reflection Dive into Educator Spotlights that provide unique perspectives on chapter tools Strategize for effective goal setting and achievement Become more intentionally present as leaders Contents: Introduction Chapter 1: Be Visible and Approachable Chapter 2: Listen Closely to the Complaint for a Request Chapter 3: Invite All Voices Chapter 4: Use a Strengths-Based Approach Toward Building Instructional Leadership Capacity Chapter 5: Unpack Necessary Conversations With Care Conclusion References and Resources Index [Profit from the Core](#) Mar 20 2022 When Profit from the Core was published in 2001, it became an international bestseller, helping hundreds of companies find their way back to profitable growth after the bursting of the Internet bubble. The 2007 global financial meltdown reaffirmed the perils of pursuing heady growth through untested strategies, as firms in industries from finance to retailing to automobiles strayed too far from their core businesses and suffered the

consequences. In this updated edition of Profit from the Core, authors Chris Zook and James Allen show that a renewed focus on the core is more critical than ever as firms seek to rebuild their competitive advantage coming out of the downturn—and that a strong core will be the foundation for successful expansion as the economy recovers. Based on more than ten years of Bain & Company research and analysis and fresh examples from firms responding to the current downturn, the book outlines what today's executives and managers need to do now to revitalize their core, identify the next wave of profitable growth, and build on it successfully. Zook and Allen explain how companies can: • Develop a strong, well-defined core and use it to establish a leadership position • Follow the golden rule of strategy: discourage competitors from investing in your core • Assess whether your core is operating at its full potential • Uncover hidden assets in your core that provide the seeds for new growth • Find a repeatable formula to apply core business strengths in adjacent markets Building on powerful and proven ideas to meet today's formidable business challenges, Profit from the Core is the back-to-basics strategy field guide no manager should be without. **The Core 3 Healthy Eating Plan** Dec 25 2019 Stop the unhealthy cycle of fad dieting and obsessing over what to eat once and for all with this dietitian-created, science-supported program that will

help you achieve healthy, sustainable weight loss results without feeling deprived or eliminating the foods you love. Weight loss and weight management doesn't need to be restrictive, complicated, or damaging to your relationship with food or your body. Now, you can stop the cycle of fad, yoyo dieting, weight loss followed by weight gain, and obsessing over your calorie intake and embrace a new way of eating that lets you lose weight—and keep it off—long term. Created by Lisa Moskovitz, a registered dietitian, and backed by science, *The Core 3 Weight Loss Plan* is a comprehensive approach that helps you achieve sustainable results without constantly feeling deprived or eliminating foods your body actually needs. With this book, you will not only lose

weight but also gain confidence and have an overall healthier lifestyle. You'll find a complete explanation of the plan, plus all the tools you'll need for sustained success including simple, flexible guidelines and detailed meal plans with 50 delicious recipes you're sure to love. Stop trying diet after diet and transform the way you eat, look, and feel for years to come.

Geological Core Analysis Apr 28 2020 This book offers a compact guide to geological core analysis, covering both theoretical and practical aspects of geological studies of reservoir cores. It equips the reader with the knowledge needed to precisely and accurately analyse cores. The book begins by providing a description of a coring plan, coring, and core sampling and

continues with a sample preparation for geological analysis. It then goes on to explain how the samples are named, classified and integrated in order to understand the geological properties that dictate reservoir characteristics. Subsequently, porosity and permeability data derived from routine experiments are combined to define geological rock types and reduce reservoir heterogeneity. Sequence stratigraphy is introduced for reservoir zonation. Core log preparation is also covered, allowing reservoirs to be analysed even more accurately. As the study of core samples is the only way to accurately gauge reservoir properties, this book provides a useful guide for all geologists and engineers working with subsurface samples.