

Work Link Intro Workbook

This Book Is Anti-Racist
The Dialectical Behavior Therapy Skills Workbook
Work Rules!
Dare to Lead
Empowerment Series: An Introduction to the Profession of Social Work
Reinforcement Learning
Introduction to Social Work Practice
How to Be an Antiracist
The Python Workbook
Crazy Love
World Link
The World Book Encyclopedia
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The Social Work Skills Workbook
World Link Intro My World Link Online A1 (3rd Ed)
Interchange Intro Workbook
R for Data Science
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Reference List of Materials for English as a Second Language: Texts, readers, dictionaries, tests
New Perspectives on Microsoft Word 2013, Introductory
Introduction to Sociology 2e
Undisclosed (Undisclosed, Book 1)
Writing Your Journal Article in Twelve Weeks
Face2face Upper Intermediate Teacher's Book with DVD
World Link 3: Workbook
Me and White Supremacy
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Face2face Intermediate Teacher's Book with DVD
Interchange Workbook 1
The Rust Programming Language (Covers Rust 2018)
Introduction to Applied Linear Algebra
Deep Learning
Interchange Intro Workbook A
Introduction to Programming Using Java
Think Like a Monk
Psychology 2e
Bitcoin and Cryptocurrency Technologies
Introduction to Business
Couples Therapy Workbook
Python Data Science Handbook

This Book Is Anti-Racist

Introduction to Social Work Practice orients the students to the role of the professional social worker. The first chapter delineates the differences between being a good friend and being a good clinician in terms of social/emotional factors, professionalism, and self-disclosure. The second chapter covers techniques for building a trusting working environment that is conducive to processing sensitive issues along with an overview of key therapeutic communication skills. The remaining five chapters detail an easy-to-remember five-step problem-solving model to guide the clinical process: 1. Assessment, 2. Goal, 3. Objectives, 4. Activation, 5. Termination. Key features include: - role-play exercises - brief essay and response questions to build and test key communication skills - discussion points - glossary of terms - diagrams and charts that graphically represent the flow of the helping process. The workbook presumes no prior clinical experience and uses no technical psychological jargon. It teaches fundamental communication skills while emphasizing key social work values, ethics, and issues of multicultural populations and diversity throughout.

The Dialectical Behavior Therapy Skills Workbook

A groundbreaking introduction to vectors, matrices, and least squares for engineering applications, offering a wealth of practical examples.

Work Rules!

Introduction to Sociology 2e adheres to the scope and sequence of a typical, one-semester introductory sociology course. It offers comprehensive coverage of core concepts, foundational scholars, and emerging theories, which are supported by a wealth of engaging learning materials. The textbook presents detailed section reviews with rich questions, discussions that help students apply their knowledge, and features that draw learners into the discipline in meaningful ways. The second edition retains the book's conceptual organization, aligning to most courses, and has been significantly updated to reflect the latest research and provide examples most relevant to today's students. In order to help instructors transition to the revised version, the 2e changes are described within the preface. The images in this textbook are grayscale. Authors include: Heather Griffiths, Nathan Keirns, Eric Strayer, Susan Cody-Rydzewski, Gail Scaramuzzo, Tommy Sadler, Sally Vyain, Jeff Bry, Faye Jones

Dare to Lead

face2face Second edition is the flexible, easy-to-teach, 6-level course (A1 to C1) for busy teachers who want to get their adult and young adult learners to communicate with confidence. The face2face Second edition Intermediate

Teacher's Book with DVD offers detailed teaching notes for every lesson, keys to exercises, and extra teaching notes. It also guides teachers through the Student's Book DVD-ROM and relates face2face to CEF levels and English Profile. Additionally, busy teachers will find here progress tests, photocopyable communicative activities and extra reading worksheets. The free DVD in the Teacher's Book offers classroom videos integrated with the Real World sections in the Student's Book as well as the entire content of the Teacher's Book.

Empowerment Series: An Introduction to the Profession of Social Work

"This book introduces you to R, RStudio, and the tidyverse, a collection of R packages designed to work together to make data science fast, fluent, and fun. Suitable for readers with no previous programming experience"--

Reinforcement Learning

"The presentation and practice of vocabulary and grammar are of equal importance and there is a strong focus on listening and speaking with an emphasis on 'real world' language for social situations. The listening and reading material provides fresh new angles on universal topics and students are given numerous

opportunities to practise new language through a wide variety of communicative activities, many of which are personalised. face2face is also fully compatible with the Common European Framework of Reference for Languages and gives students regular opportunities to evaluate their progress." - product description.

Introduction to Social Work Practice

An encyclopedia designed especially to meet the needs of elementary, junior high, and high school students.

How to Be an Antiracist

Interchange Fourth Edition is a four-level series for adult and young-adult learners of English from the beginning to the high-intermediate level. Workbook A, Intro has six-page units that follow the same sequence as Student's Book A, Intro. The workbook helps recycle and review language by providing additional practice in grammar, vocabulary, reading, and writing. It contains units 1-8 and is appropriate for in-class work or assigned as homework.

The Python Workbook

Now in a new edition, World Link helps adult learners communicate fluently and confidently in English. It develops language skills through use of dynamic vocabulary, essential grammar, engaging topics and fascinating images. Learners will experience the topics and language come alive through an expanded video program!

Crazy Love

Introduction to Business covers the scope and sequence of most introductory business courses. The book provides detailed explanations in the context of core themes such as customer satisfaction, ethics, entrepreneurship, global business, and managing change. Introduction to Business includes hundreds of current business examples from a range of industries and geographic locations, which feature a variety of individuals. The outcome is a balanced approach to the theory and application of business concepts, with attention to the knowledge and skills necessary for student success in this course and beyond.

World Link

The significantly expanded and updated new edition of a widely used text on reinforcement learning, one of the most active research areas in artificial

intelligence. Reinforcement learning, one of the most active research areas in artificial intelligence, is a computational approach to learning whereby an agent tries to maximize the total amount of reward it receives while interacting with a complex, uncertain environment. In *Reinforcement Learning*, Richard Sutton and Andrew Barto provide a clear and simple account of the field's key ideas and algorithms. This second edition has been significantly expanded and updated, presenting new topics and updating coverage of other topics. Like the first edition, this second edition focuses on core online learning algorithms, with the more mathematical material set off in shaded boxes. Part I covers as much of reinforcement learning as possible without going beyond the tabular case for which exact solutions can be found. Many algorithms presented in this part are new to the second edition, including UCB, Expected Sarsa, and Double Learning. Part II extends these ideas to function approximation, with new sections on such topics as artificial neural networks and the Fourier basis, and offers expanded treatment of off-policy learning and policy-gradient methods. Part III has new chapters on reinforcement learning's relationships to psychology and neuroscience, as well as an updated case-studies chapter including AlphaGo and AlphaGo Zero, Atari game playing, and IBM Watson's wagering strategy. The final chapter discusses the future societal impacts of reinforcement learning.

The World Book Encyclopedia

Revised & Updated Edition! God is love. Crazy, relentless, all-powerful love. Have you ever wondered if we're missing it? It's crazy, if you think about it. The God of the universe—the Creator of nitrogen and pine needles, galaxies and E-minor—loves us with a radical, unconditional, self-sacrificing love. And what is our typical response? We go to church, sing songs, and try not to cuss. Whether you've verbalized it yet or not, we all know something's wrong. Does something deep inside your heart long to break free from the status quo? Are you hungry for an authentic faith that addresses the problems of our world with tangible, even radical, solutions? God is calling you to a passionate love relationship with Himself. Because the answer to religious complacency isn't working harder at a list of do's and don'ts—it's falling in love with God. And once you encounter His love, as Francis describes it, you will never be the same. Because when you're wildly in love with someone, it changes everything. Learn more about Crazy Love at www.crazylovebook.com.

College Physics

No other description available.

The Social Work Skills Workbook

For many researchers, Python is a first-class tool mainly because of its libraries for storing, manipulating, and gaining insight from data. Several resources exist for individual pieces of this data science stack, but only with the Python Data Science Handbook do you get them all—IPython, NumPy, Pandas, Matplotlib, Scikit-Learn, and other related tools. Working scientists and data crunchers familiar with reading and writing Python code will find this comprehensive desk reference ideal for tackling day-to-day issues: manipulating, transforming, and cleaning data; visualizing different types of data; and using data to build statistical or machine learning models. Quite simply, this is the must-have reference for scientific computing in Python. With this handbook, you'll learn how to use: IPython and Jupyter: provide computational environments for data scientists using Python NumPy: includes the ndarray for efficient storage and manipulation of dense data arrays in Python Pandas: features the DataFrame for efficient storage and manipulation of labeled/columnar data in Python Matplotlib: includes capabilities for a flexible range of data visualizations in Python Scikit-Learn: for efficient and clean Python implementations of the most important and established machine learning algorithms

World Link Intro My World Link Online A1 (3rd Ed)

WORLD LINK is a core series for young adult/adult learners of English from the low-beginning to high-intermediate level. Combining dynamic vocabulary with essential

grammar and universal topics, WORLD LINK enables students to communicate confidently and fluently. A complete package of supplementary materials motivates students and empowers teachers to maximize classroom time.

Interchange Intro Workbook

This text blends traditional introductory physics topics with an emphasis on human applications and an expanded coverage of modern physics topics, such as the existence of atoms and the conversion of mass into energy. Topical coverage is combined with the author's lively, conversational writing style, innovative features, the direct and clear manner of presentation, and the emphasis on problem solving and practical applications.

R for Data Science

Alcoholics Anonymous

While other textbooks devote their pages to explaining introductory programming concepts, The Python Workbook focuses exclusively on exercises, following the philosophy that computer programming is a skill best learned through experience

and practice. Designed to support and encourage hands-on learning about programming, this student-friendly work contains 174 exercises, spanning a variety of academic disciplines and everyday situations. Solutions to selected exercises are also provided, supported by brief annotations that explain the technique used to solve the problem, or highlight specific points of Python syntax. No background knowledge is required to solve the exercises, beyond the material covered in a typical introductory Python programming course. Undergraduate students undergoing their first programming course and wishing to enhance their programming abilities will find the exercises and solutions provided in this book to be ideal for their needs.

Reference List of Materials for English as a Second Language: Texts, readers, dictionaries, tests

Seven billion people on earth; it was only a matter of time before you discovered the truth. Your legends--your myths and religions--have called us by many names. Since the beginning, our kind has walked among you as your protectors. We are the only ones who know who you are and why you are here. He wasn't meant to disappear; you weren't meant to know why. Our objective was clear: hunt them, kill them and leave. Once you know, there will be no going back. They will come for you. Are you ready?

New Perspectives on Microsoft Word 2013, Introductory

Interchange Fourth Edition is a four-level series for adult and young-adult learners of English from the beginning to the high-intermediate level. Workbook, Intro has six-page units that follow the same sequence as Student's Book, Intro. The workbook helps recycle and review language by providing additional practice in grammar, vocabulary, reading, and writing. It is appropriate for in-class work or assigned as homework.

Introduction to Sociology 2e

The fifth edition of Segal, Gerdes, and Steiner's AN INTRODUCTION TO THE PROFESSION OF SOCIAL WORK provides a balanced introduction to the social work profession and helps students to understand the role that the profession plays in the social welfare system. The authors' supportive tone and experiential approach inspires interest in and enthusiasm toward future careers in social work. Case studies, personal stories, and exercises help students apply the concepts and truly understand what it means to be a social worker. The book is designed to encourage both knowledge building and self-exploration-skills that are essential in developing good social work practice. Part of the Brooks/Cole Empowerment Series, the fifth edition is completely up to date and thoroughly integrates the core

competencies and recommended practice behaviors outlined in the most recent Educational Policy and Accreditation Standards (EPAS) set by the Council on Social Work Education (CSWE). Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Undisclosed (Undisclosed, Book 1)

#1 NEW YORK TIMES BESTSELLER Featured by Oprah's Book Club on the Anti-Racist Books for Young Adults list curated by bestselling author Jacqueline Woodson A USA TODAY Bestseller Recommended by The Guardian, Time, Grazia, The Telegraph, Express, and The Sun 'This is one for you, your neighbour, the children in your lives and especially that 'only slightly' racist colleague... A guide to the history of racism and a blueprint for change' —The Guardian Who are you? What is racism? Where does it come from? Why does it exist? What can you do to disrupt it? Learn about social identities, the history of racism and resistance against it, and how you can use your anti-racist lens and voice to move the world toward equity and liberation. 'In a racist society, it's not enough to be non-racist—we must be ANTI-RACIST.' —Angela Davis Gain a deeper understanding of your anti-racist self as you progress through 20 chapters that spark introspection, reveal the origins of racism that we are still experiencing and give you the courage and power to undo it. Each chapter builds on the previous one as you learn more about yourself and racial oppression. 20 activities get you thinking and help you

grow with the knowledge. All you need is a pen and paper. Author Tiffany Jewell, an anti-bias, anti-racist educator and activist, builds solidarity beginning with the language she chooses – using gender neutral words to honour everyone who reads the book. Illustrator Aurélia Durand brings the stories and characters to life with kaleidoscopic vibrancy. After examining the concepts of social identity, race, ethnicity and racism, learn about some of the ways people of different races have been oppressed, from indigenous Americans and Australians being sent to boarding school to be 'civilized' to a generation of Caribbean immigrants once welcomed to the UK being threatened with deportation by strict immigration laws. Find hope in stories of strength, love, joy and revolution that are part of our history, too, with such figures as the former slave Toussaint Louverture, who led a rebellion against white planters that eventually led to Haiti's independence, and Yuri Kochiyama, who, after spending time in an internment camp for Japanese Americans during WWII, dedicated her life to supporting political prisoners and advocating reparations for those wrongfully interned. Learn language and phrases to interrupt and disrupt racism. So, when you hear a microaggression or racial slur, you'll know how to act next time. This book is written for EVERYONE who lives in this racialised society—including the young person who doesn't know how to speak up to the racist adults in their life, the kid who has lost themselves at times trying to fit into the dominant culture, the children who have been harmed (physically and emotionally) because no one stood up for them or they couldn't stand up for themselves and also for their families, teachers and administrators. With this book,

be empowered to actively defy racism and xenophobia to create a community (large and small) that truly honours everyone.

Writing Your Journal Article in Twelve Weeks

The New York Times and USA Today bestseller! This eye-opening book challenges you to do the essential work of unpacking your biases, and helps white people take action and dismantle the privilege within themselves so that you can stop (often unconsciously) inflicting damage on people of color, and in turn, help other white people do better, too. "Layla Saad is one of the most important and valuable teachers we have right now on the subject of white supremacy and racial injustice."—New York Times bestselling author Elizabeth Gilbert Based on the viral Instagram challenge that captivated participants worldwide, *Me and White Supremacy* takes readers on a 28-day journey, complete with journal prompts, to do the necessary and vital work that can ultimately lead to improving race relations. Updated and expanded from the original workbook (downloaded by nearly 100,000 people), this critical text helps you take the work deeper by adding more historical and cultural contexts, sharing moving stories and anecdotes, and including expanded definitions, examples, and further resources, giving you the language to understand racism, and to dismantle your own biases, whether you are using the book on your own, with a book club, or looking to start family activism in your own home. This book will walk you step-by-step through the work

of examining: Examining your own white privilege What allyship really means Anti-blackness, racial stereotypes, and cultural appropriation Changing the way that you view and respond to race How to continue the work to create social change Awareness leads to action, and action leads to change. For readers of *White Fragility*, *White Rage*, *So You Want To Talk About Race*, *The New Jim Crow*, *How to Be an Anti-Racist* and more who are ready to closely examine their own beliefs and biases and do the work it will take to create social change. "Layla Saad moves her readers from their heads into their hearts, and ultimately, into their practice. We won't end white supremacy through an intellectual understanding alone; we must put that understanding into action."—Robin DiAngelo, author of New York Times bestseller *White Fragility*

Face2face Upper Intermediate Teacher's Book with DVD

An introduction to a broad range of topics in deep learning, covering mathematical and conceptual background, deep learning techniques used in industry, and research perspectives. "Written by three experts in the field, *Deep Learning* is the only comprehensive book on the subject." —Elon Musk, cochair of OpenAI; cofounder and CEO of Tesla and SpaceX Deep learning is a form of machine learning that enables computers to learn from experience and understand the world in terms of a hierarchy of concepts. Because the computer gathers knowledge from experience, there is no need for a human computer operator to

formally specify all the knowledge that the computer needs. The hierarchy of concepts allows the computer to learn complicated concepts by building them out of simpler ones; a graph of these hierarchies would be many layers deep. This book introduces a broad range of topics in deep learning. The text offers mathematical and conceptual background, covering relevant concepts in linear algebra, probability theory and information theory, numerical computation, and machine learning. It describes deep learning techniques used by practitioners in industry, including deep feedforward networks, regularization, optimization algorithms, convolutional networks, sequence modeling, and practical methodology; and it surveys such applications as natural language processing, speech recognition, computer vision, online recommendation systems, bioinformatics, and videogames. Finally, the book offers research perspectives, covering such theoretical topics as linear factor models, autoencoders, representation learning, structured probabilistic models, Monte Carlo methods, the partition function, approximate inference, and deep generative models. Deep Learning can be used by undergraduate or graduate students planning careers in either industry or research, and by software engineers who want to begin using deep learning in their products or platforms. A website offers supplementary material for both readers and instructors.

World Link 3: Workbook

World Link is National Geographic Learning's best-selling core series for young adult/adult learners of English from the false beginner to high intermediate level. The second edition has been completely updated and enhanced to reflect modern teaching methods and user feedback. Combining dynamic vocabulary with essential grammar and universal topics, World Link, Second Edition, helps learners to communicate confidently and fluently.

Me and White Supremacy

THE SOCIAL WORK SKILLS WORKBOOK, Eighth Edition, enables students to develop proficiency in professionalism and the essential social work skills. Each skill supports one or more of the 43 knowledge and value statements and the 31 practice behaviors that elaborate the core competencies in the 2015 EPAS of the CSWE. The skills also align with nationally standardized licensing exams. The text includes expository content grounded in contemporary research, assessment tools and processes, and strong experiential components that help students get a realistic sense of the field. Case examples, summaries, and skill-building exercises cultivate students' professionalism and expertise as confident, ethical, and effective helpers. Current social issues are evident throughout. The book can be used as a main text in social work skills labs, a resource for field or internship courses, or a supplement to social work methods and practice courses. Important Notice: Media content referenced within the product description or the product text

may not be available in the ebook version.

World Link Intro Book

Interchange Third edition is a four-level series for adult and young-adult learners of English from the beginning to the high-intermediate level. The Interchange Third Edition Workbook has six-page units that follow the same sequence as the Student's Book, recycling and reviewing language from previous units. It provides additional practice in grammar, vocabulary, reading, and writing. The Workbook can be appropriate for in-class work or assigned as homework.

Face2face Intermediate Teacher's Book with DVD

An authoritative introduction to the exciting new technologies of digital money Bitcoin and Cryptocurrency Technologies provides a comprehensive introduction to the revolutionary yet often misunderstood new technologies of digital currency. Whether you are a student, software developer, tech entrepreneur, or researcher in computer science, this authoritative and self-contained book tells you everything you need to know about the new global money for the Internet age. How do Bitcoin and its block chain actually work? How secure are your bitcoins? How anonymous are their users? Can cryptocurrencies be regulated? These are some of the many

questions this book answers. It begins by tracing the history and development of Bitcoin and cryptocurrencies, and then gives the conceptual and practical foundations you need to engineer secure software that interacts with the Bitcoin network as well as to integrate ideas from Bitcoin into your own projects. Topics include decentralization, mining, the politics of Bitcoin, altcoins and the cryptocurrency ecosystem, the future of Bitcoin, and more. An essential introduction to the new technologies of digital currency Covers the history and mechanics of Bitcoin and the block chain, security, decentralization, anonymity, politics and regulation, altcoins, and much more Features an accompanying website that includes instructional videos for each chapter, homework problems, programming assignments, and lecture slides Also suitable for use with the authors' Coursera online course Electronic solutions manual (available only to professors)

Interchange Workbook 1

With proven pedagogy that emphasizes critical-thinking, problem-solving, and in-depth coverage, *New Perspectives* helps students develop the Microsoft Office 2013 skills they need to be successful in college and beyond. Updated with all new case-based tutorials, *New Perspectives Microsoft Word 2013* continues to engage students in applying skills to real-world situations, making concepts relevant. A new Troubleshoot case problem enhances critical thinking, and a new tutorial on

Managing Your Files helps students navigate Windows 8. As always, New Perspectives improves learning outcomes and transference of skills by helping students understand why what they're learning is important. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The Rust Programming Language (Covers Rust 2018)

The official book on the Rust programming language, written by the Rust development team at the Mozilla Foundation, fully updated for Rust 2018. The Rust Programming Language is the official book on Rust: an open source systems programming language that helps you write faster, more reliable software. Rust offers control over low-level details (such as memory usage) in combination with high-level ergonomics, eliminating the hassle traditionally associated with low-level languages. The authors of The Rust Programming Language, members of the Rust Core Team, share their knowledge and experience to show you how to take full advantage of Rust's features--from installation to creating robust and scalable programs. You'll begin with basics like creating functions, choosing data types, and binding variables and then move on to more advanced concepts, such as:

- Ownership and borrowing, lifetimes, and traits
- Using Rust's memory safety guarantees to build fast, safe programs
- Testing, error handling, and effective refactoring
- Generics, smart pointers, multithreading, trait objects, and advanced

pattern matching • Using Cargo, Rust's built-in package manager, to build, test, and document your code and manage dependencies • How best to use Rust's advanced compiler with compiler-led programming techniques You'll find plenty of code examples throughout the book, as well as three chapters dedicated to building complete projects to test your learning: a number guessing game, a Rust implementation of a command line tool, and a multithreaded server. New to this edition: An extended section on Rust macros, an expanded chapter on modules, and appendixes on Rust development tools and editions.

Introduction to Applied Linear Algebra

#1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the hourlong Netflix special Brené Brown: The Call to Courage! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult

conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read *Daring Greatly* and *Rising Strong* or you're

new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

Deep Learning

#1 NEW YORK TIMES BESTSELLER • From the National Book Award-winning author of *Stamped from the Beginning* comes a “groundbreaking” (Time) approach to understanding and uprooting racism and inequality in our society—and in ourselves. “The most courageous book to date on the problem of race in the Western mind.”—The New York Times NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Time • NPR • The Washington Post • Shelf Awareness • Library Journal • Publishers Weekly • Kirkus Reviews *Antiracism* is a transformative concept that reorients and reenergizes the conversation about racism—and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes readers through a widening circle of antiracist ideas—from the most basic concepts to visionary possibilities—that will help readers see all forms of racism clearly, understand their

poisonous consequences, and work to oppose them in our systems and in ourselves. Kendi weaves an electrifying combination of ethics, history, law, and science with his own personal story of awakening to antiracism. This is an essential work for anyone who wants to go beyond the awareness of racism to the next step: contributing to the formation of a just and equitable society. Praise for *How to Be an Antiracist* “Ibram X. Kendi’s new book, *How to Be an Antiracist*, couldn’t come at a better time. . . . Kendi has gifted us with a book that is not only an essential instruction manual but also a memoir of the author’s own path from anti-black racism to anti-white racism and, finally, to antiracism. . . . *How to Be an Antiracist* gives us a clear and compelling way to approach, as Kendi puts it in his introduction, ‘the basic struggle we’re all in, the struggle to be fully human and to see that others are fully human.’ ”—NPR “Kendi dissects why in a society where so few people consider themselves to be racist the divisions and inequalities of racism remain so prevalent. *How to Be an Antiracist* punctures the myths of a post-racial America, examining what racism really is—and what we should do about it.”—Time

Interchange Intro Workbook A

Introduction to Programming Using Java

Think Like a Monk

By a distinguished team of authors, this workbook offers readers unprecedented access to the core skills of dialectical behavior therapy (DBT), formerly available only through complicated professional books and a small handful of topical workbooks. These straightforward, step-by-step exercises will bring DBT core skills to thousands who need it.

Psychology 2e

Bitcoin and Cryptocurrency Technologies

`A comprehensive, well-written and beautifully organized book on publishing articles in the humanities and social sciences that will help its readers write forward with a first-rate guide as good company.' - Joan Bolker, author of *Writing Your Dissertation in Fifteen Minutes a Day* `Humorous, direct, authentic a seamless weave of experience, anecdote, and research.' - Kathleen McHugh, professor and director of the UCLA Center for the Study of Women Wendy Laura Belcher's *Writing Your Journal Article in Twelve Weeks: A Guide to Academic Publishing Success* is a revolutionary approach to enabling academic authors to overcome their anxieties

and produce the publications that are essential to succeeding in their fields. Each week, readers learn a particular feature of strong articles and work on revising theirs accordingly. At the end of twelve weeks, they send their article to a journal. This invaluable resource is the only guide that focuses specifically on publishing humanities and social science journal articles.

Introduction to Business

NEW YORK TIMES BESTSELLER WALL STREET JOURNAL BESTSELLER The Globe and Mail Top Leadership and Management Book Forbes Top Creative Leadership Book From the visionary head of Google's innovative People Operations comes a groundbreaking inquiry into the philosophy of work-and a blueprint for attracting the most spectacular talent to your business and ensuring that they succeed. "We spend more time working than doing anything else in life. It's not right that the experience of work should be so demotivating and dehumanizing." So says Laszlo Bock, former head of People Operations at the company that transformed how the world interacts with knowledge. This insight is the heart of WORK RULES!, a compelling and surprisingly playful manifesto that offers lessons including: Take away managers' power over employees Learn from your best employees-and your worst Hire only people who are smarter than you are, no matter how long it takes to find them Pay unfairly (it's more fair!) Don't trust your gut: Use data to predict and shape the future Default to open-be transparent and welcome feedback If

you're comfortable with the amount of freedom you've given your employees, you haven't gone far enough. Drawing on the latest research in behavioral economics and a profound grasp of human psychology, **WORK RULES!** also provides teaching examples from a range of industries-including lauded companies that happen to be hideous places to work and little-known companies that achieve spectacular results by valuing and listening to their employees. Bock takes us inside one of history's most explosively successful businesses to reveal why Google is consistently rated one of the best places to work in the world, distilling 15 years of intensive worker R&D into principles that are easy to put into action, whether you're a team of one or a team of thousands. **WORK RULES!** shows how to strike a balance between creativity and structure, leading to success you can measure in quality of life as well as market share. Read it to build a better company from within rather than from above; read it to reawaken your joy in what you do.

Couples Therapy Workbook

Jay Shetty, social media superstar and host of the #1 podcast *On Purpose*, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your

thoughts -How to find your purpose -Why kindness is crucial to success -And much more Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk’s path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world’s largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world’s most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world’s #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the

calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

Python Data Science Handbook

Couples Therapy Workbook is a series of guided questions to promote meaningful couple conversations and build ongoing, connected communication. The core of this unique guide is 30 guided conversations of the most critical relationship struggles. For each of the 30 topics, there is an introduction, goal-setting strategies and 10 scripted questions to ask each other - all presented in an easy-to-use mindful style. Set in a weekly format over 30 days but can be tailored to any timeframe. Designed to be used to couples, and also by therapists working with couples (bonus clinician prep included with each conversation). Week 1- Who Are We? Falling in Love, Friendship, Caring, Acceptance, Empathy, Emotional Intimacy, Rituals Week 2 - Who Am I? Childhood, Family Origin, Temperament, Influences, Spirituality, Values, How I Think Week 3- How do we work? Communication, Conflict, Defensiveness, Intimacy, Trust, Fidelity and Boundaries, Parenting, Staying in Sync Week 4 - What do we want? Romance, Joy and Gratitude, respect, Apologies and Forgiveness, Challenges, Relationship Savings Account, Past, Present & Future, Keeping Connected Reviews: "What a unique resource! A

treasure-trove of guided conversations to increase intimacy and friendship. Therapists often ask me for good homework assignments. This book does the thinking for you. Keep it on hand and whether its values, sex, conflict or other challenging issues, you'll have a ready-made way to help your clients make immediate progress." -- Elyn Bader, Ph.D, Founder/Director The Couples Institute

"This is a valuable resource for anyone working with couples. Any couple can profit greatly if they are willing to take Kathleen Youngman's challenge to explore these important topics and discuss these wonderful questions." -- Milan and Kay Yerkovich, Authors of best-selling How We Love series

"Instead of offering analysis, advice or theory, The Couples Therapy Workbook offers just that, a set of questions to stimulate conversations that help couples deepen their engagement with each other and reconnect. All couples will find this an exceptional guide, and all therapists will find it an effective instrument to supplement the therapeutic process. I highly recommend it and complement the author on her creativity and attention to the core details of a connected relationship." --Harville Hendrix, Ph. D. and Helen LaKelly Hunt, Ph. D.; Authors of Making Marriage Simple and Getting the Love You Want.

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