

15 Minutes To A Better Interview What I Wish Every Job Candidate Knew

One of Andy Warhol's superstars recalls the birth of an art movement—and the death of an icon In this audacious tell-all memoir, Ultra Violet, born Isabelle Collin Dufresne, relives her years with Andy Warhol at the Factory and all of the madness that accompanied the sometimes-violent delivery of pop art. Starting with her botched seduction of the “shy, near-blind, bald, gay albino” from Pittsburgh, Ultra Violet installs herself in Warhol's world, becoming his muse for years to come. But she does more than just inspire; she also watches, listens, and remembers, revealing herself to be an ideal tour guide to the “assembly line for art, sex, drugs, and film” that is the Factory. Famous for 15 Minutes drips with juicy details about celebrities and cultural figures in vignettes filled with surreptitious cocaine spoons, shameless sex, and insights into perhaps the most recognizable but least intimately known artist in the world. Beyond the legendary artist himself are the throngs of Factory “regulars”—Billy Name, Baby Jane Holzer, Brigid Polk—and the more transient celebrities who make appearances—Bob Dylan, Jane Fonda, Jimi Hendrix, John Lennon. Delightfully bizarre and always entertaining, filled with colorful scenes and larger-than-life personalities, this dishy page-turner is shot through with the author's vivid imagery and piercing observations of a cultural idol and his eclectic, voyeuristic, altogether riveting world.

Expert writing advice from the editor of the Boston Globe best-seller, The Writer's Home Companion Dissertation writers need strong, practical advice, as well as someone to assure them that their struggles aren't unique. Joan Bolker, midwife to more than one hundred dissertations and co-founder of the Harvard Writing Center, offers invaluable suggestions for the graduate-student writer. Using positive reinforcement, she begins by reminding thesis writers that being able to devote themselves to a project that truly interests them can be a pleasurable adventure. She encourages them to pay close attention to their writing method in order to discover their individual work strategies that promote productivity; to stop feeling fearful that they may disappoint their advisors or family

members; and to tailor their theses to their own writing style and personality needs. Using field-tested strategies she assists the student through the entire thesis-writing process, offering advice on choosing a topic and an advisor, on disciplining one's self to work at least fifteen minutes each day; setting short-term deadlines, on revising and defing the thesis, and on life and publication after the dissertation. Bolker makes writing the dissertation an enjoyable challenge.

Take 5 . . . ingredients! That, and 15 minutes of cooking, is all you need to put a delicious dinner on the table. From Chicken on the Double and Speedy Seafood to Pasta Presto and Quick-Fix Desserts, these recipes and time-saving tips make feeding the family easy. Enjoy Pizza Pronto, Gaucho Steak with Grilled Peppers, and Grilled Peach Melba-plus speedy salads and sides to make everyone happy.

As Stella Wright's Nantucket candle store thrives, her knack for solving mysteries burns equally bright—especially when a Halloween haunted house uncovers evidence of a centuries-old murder . . . When Stella's friend inherits a creaky, abandoned home in Nantucket, she knows it's the perfect setting for the town's annual Halloween fundraiser. A deserted, boarded-up building on the property—once used as a candle-making shop—adds to the creepy ambiance. But as Stella explores the shack's dilapidated walls, she discovers a terrible secret: the skeleton of a Quaker woman, wrapped in blood-soaked clothing and hidden deep within a stone hearth . . . While police investigate, Stella wastes no time asking for help from friends with long ties to Nantucket's intricate history. The key to the murder may lie within a scorching 18th century love triangle that pit two best friends against one another over a dubious man. But before the case is solved, another life will be claimed—leaving Stella to wonder who in Nantucket is friend, and who is foe . . . Praise for Murder's No Votive Confidence "A charming mystery with believable, likeable characters. Check it out." —Suspense Magazine

Simple, Fast & Delicious Recipes
What I Wish Every Job Candidate Knew

Get a Flat, Ripped Stomach and Your Strongest Body Ever--in Four Weeks

Smarter Tomorrow

A Leaner, Stronger Body--in 15 Minutes a Day!

The Men's Health Big Book: Getting Abs

Capture the beauty of the human form

Do you ever feel like a hamster, spinning on a wheel in an endless loop and getting nowhere when it comes to your health and fitness? Are you working out regularly and cutting calories, but seeing no real improvements? Does it feel like you will never lose those last 10 or 20 pounds? Or do you feel as if you simply don't have the time required to lose the fat and get into better shape? Imagine if you could have the blueprint for the most efficient form of exercise to keep you healthy and fit and an eating plan to satisfy hunger, taste, and health. Well, now you can. The best part? It will only require 15 minutes of exercise, twice a week, paired with a controlled carb diet, and on the average, you will lose 10 pounds of fat within five weeks. It's hard to believe, but it works—and 15 Minutes to Fitness: Dr. Ben's SMaRT plan for total fitness not only show you how to do it but also explain why it works. If this sounds like just another "exercise secret," please be assured that it is most certainly not. The foundation of this program is based on years of study, observation, and practice, and it has delivered real, measurable results in the overwhelming majority of those who have tried it. Dr. Vincent "Ben" Boccardo has spent the last 40 years in the fitness and health field, and as he approaches 70, people are still shocked to hear that he only spends 14 minutes twice a week on working out. But he's not. With only 7 percent body fat, he is often asked what the secret is and if there's a "magic bullet." The answer would be that the magic bullet is knowledge. And now with this book you can understand why genetically our bodies require simple and limited exercise exposure and how you can follow this optimal pattern yourself. The fact is that as humans we are hard-wired to exercise our bodies in very specific ways to reap the highest level of health benefits. I provide the simple scientific argument for why my combination of high intensity exercise and controlled carbohydrate eating is the most effective means for burning fat, so that you can understand exactly why this works. Exercise and diet are the two most powerful tools for attaining high levels of health and function, and 15 Minutes to Fitness will show you how little it actually takes to achieve a maximum response.

What if you could upgrade your brain in 15 minutes a day? Let Elizabeth Ricker, an MIT and Harvard-trained brain researcher turned Silicon Valley technologist, show you how. Join her on a wild and edifying romp through the cutting-edge world of neuroscience and biohacking. You'll encounter Olympic athletes, a game show contestant, a memory marvel, a famous inventor, and scientists galore. From Ricker's decade-long quest, you will learn: ? The brain-based reason so many self-improvement projects fail . . . But how a little-known secret of Nobel-winning scientists could finally unlock success ? Which four abilities—both cognitive and emotional—can predict success in work and relationships . . . and a new system for improving your four ? Which seven research-tested tools can supercharge mental performance. They range from low-tech (a surprising new mindset) to downright futuristic (an electrical device for a type of brain stimulation) Best of all, you will learn to upgrade your brain with Ricker's 20 customizable self-experiments and a sample, 12-week schedule. Ricker distills insights from dozens of interviews and hundreds of research studies from around the world. She tests everything on herself, whether it's nicotine, video games, meditation, or a little-known technique from the Pacific islands. Some experiments fail hilariously—but others transform her cognition. She is able to sharpen her memory, increase her attention span, boost her mood, and clear her brain fog. By following Ricker's system, you'll uncover your own boosts to mental performance, too. Join a growing, global movement of neurohackers revolutionizing the

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careers and relationships. Let this book change 15 minutes of your day, and it may just change the rest of your life!

The meaning of life is only minutes away... · Do you feel like your life is going nowhere? · Do you struggle to get out of bed each morning? · Do you want your life to be meaningful but don't know where to start? Find Your Purpose in 15 Minutes delivers a handy tool to help you discover your ideal life purpose in a matter of minutes. This short book will give you: · a definition for purpose that is easy to understand · A simple template to write out your purpose statement · A 15-minute exercise that creates your best purpose step-by-step · a purpose that feels profoundly significant and unique to you More than ever, people all over the world are feeling disillusioned and disempowered. In Western countries many of us are fortunate to have plenty of material comforts, but statistics show that we are unhappy and have never been. We are told that finding our purpose, our WHY, can help us feel less miserable and lost. However, it seems like it would be a long and arduous task to figure it out. That's why we're STUCK, as we know we can't go on living without a meaningful purpose BUT we aren't sure how to find one. This easy-to-read book will not only guide you to find your purpose but also show you how to LIVE it - incorporate your newfound purpose seamlessly into your life and effortlessly stay the course. Finding my purpose in 15 minutes has helped me to structure my life better, say 'no' to the unimportant and feel renewed energy when a perfect project comes my way. This book will also help YOU: · understand your true self better · rediscover buried talents and drivers · know the direction to follow to get what you want · lead and inspire others to live their life on their own terms · wake up each morning with a sense of excitement and zest for life like you are living the life you were meant to live, one with meaning and true joy Follow this quick and robust method to find your purpose and then spring out of bed every morning with renewed enthusiasm for living, not just existing. You won't need to spend hours searching for information all over the Internet. You will have a clear direction and won't be confused by conflicting advice. In less than a couple of hours, Find Your Purpose in 15 Minutes will give you the exact blueprint to writing your own purpose in a way that feels like you have known it all along. As one of the early volunteers of this tool said: "This is very insightful and I wish I had done it a long time ago. It's comforting and liberating at the same time. It makes all the clutter fall away and provides that clarity we are always looking to find." What's stopping you from being the happy, energized and successful person you always thought you would be? Turn on the light inside of you that has been dimmed for far too long. Let the world see you shine. Bring some much-needed simplicity, freedom and joy back into your life, buy this book today!

How do you cope when you wake up one day and learn that your son is a heroin addict and he is immune to crisis, regardless of the details. Yet, even without challenges, everyday life can push us to the edge. I experienced both-and figured out the only way to deal with it was in 15 minutes at a time. During my crisis, a system evolved, one that worked for everything, and it still does, to this day. Join me-I'll teach you. We'll laugh (yes, laugh!), learn, and make life better in 15 minutes at a time. Mary Fran Bontempo

Easy, Everyday Exercises to Help You Be The Best You Can Be

15 Minutes to Fit

A Plan to Save the World from Lousy Presentations

Find Your Purpose in 15 Minutes

15 Minutes More

Fifteen Minutes Outside

15 Minutes to Happiness

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FROM THE CREATOR OF THE UK'S NO.1 SELF-HELP PODCAST, WITH OVER 5 MILLION DOWNLOADS Would you like to feel happier and more fulfilled... ..but struggle to find time in your life to focus on yourself? What if, with only a few minutes each day, you could find the secret to happiness? For decades, Richard Nicholls has been helping people find happiness. Through his number one hit podcast, Motivate Yourself, and in practice as a registered psychotherapist, he specialises in offering effective solutions to real-life problems. Now, in his first book, Richard shares short, simple exercises, no longer than 15 minutes, to integrate into your day that are proven to help with happiness and wellbeing. He cuts through the myths and misconceptions created by self-help guides and looks at the science behind what works and what doesn't when it comes to making ourselves happy. Richard's innovative approach shows you exactly how the smallest of changes to our thoughts, lifestyle and interactions with others can dramatically improve your life forever. Find your happier self and be the best you can be with Richard Nicholls.

You CAN Interview Better in 15 Minutes - Let a Hiring Manager Teach You How Stop Making Mistakes Candidates Make Over and Over Again - Do You Want the Job? Learn from my 20 years of interviewing and hiring people just like you, across multiple Fortune 500 companies. You're qualified for the job - it should be yours. Let me show you what goes through the head of the interviewer so you can use it to your advantage. An advantage others won't have. I've captured a highly condensed set of recommendations in this book that will put you in the very small set of interviewees that will stand above other candidates. Whether you are seeking an entry level or an experienced management position these recommendations will give you the edge. I see "bad" behaviors across all levels of interviews, without candidates even being aware of what they are doing that prevents them from being hired. You don't need to memorize 101 interview questions and answers. You need actual experiences from the other side of the table to guide you. Listen to Hiring Managers - Is the book you're reading now written by the person who decides to hire you, or by someone else involved in the process such as a recruiter or human resources role? If so their guidance may get you an interview, but won't give you insight into what goes through the manager's head. Scroll up and grab your copy today. Learn how to bring your BEST self to the job interview! Cover Design by Melody Simmons of eBookindiecovers

This book is about making changes to your life in small increments-specifically fifteen minute increments. Because small changes compounded over time yield great rewards. Raised to be the "perfect" wife, Victoria has spent her days maintaining her impeccable outward appearance and her nights mingling with the rich and entitled. When her engagement to Scott ended, Victoria thought she'd be rid of him and his circle of friends forever, but a chance encounter with Brock will change not only the way she sees him but the way she sees herself. Brock is a man who's happy and content with his life. A surrogate parent to his now-adult brothers, he spends his days running the company he built himself and his nights playing in his brothers' local band. When he runs into Victoria in the bar after a show, sparks unexpectedly fly, and he's interested in seeing where it goes. But can the man who's happy with his life, convince the woman who always wants more, to give him a shot with only 15 Minutes on the clock?

My Years with Andy Warhol

15 Minutes to a Better Interview

Download Free 15 Minutes To A Better Interview What I Wish Every Job Candidate Knew

15 Minutes to Build a Stronger Marriage

The 15 Minute Master: How to Make Everything Better 15 Minutes at a Time

15 Minutes (Time for Love, Book 4)

Core 52

Life Drawing in 15 Minutes

YouTube workout video star Zuzka Light presents her long-awaited debut fitness book, with a 30-day fitness regime of powerful, effective 15-minute workouts. Filming first from a tiny basement in Prague, and eventually settling in Los Angeles, Zuzka Light has single-handedly ushered in the YouTube fitness revolution. Viewers love Light for her short, ferociously effective workouts and her in-the-trenches, never-give-up positive attitude--and she's racked up more than half a billion views to prove it. Now, finally, comes 15 Minutes to Fit, Light's hotly anticipated debut, with a 30-day fitness plan guaranteed to burn fat and build ripped muscles. Based on innovative high-intensity interval training, the workouts in 15 Minutes to Fit are designed to be done anywhere, anytime (no fancy gym equipment necessary), in just 15 minutes a day. This book takes the guesswork out of the workout, providing: - A 30-day workout plan to whip your body into shape--in 15 minutes a day or less - A companion meal plan, with delicious and healthful recipes for each day - Step-by-step photographs throughout to illustrate proper form for the workouts - Quick facts on health and nutrition to help readers separate fact from fiction - Support and motivation from Light, who overcame many obstacles to become the female face of fitness As Light says, "Give me 15 minutes a day and I'll give you a badass body." Coauthored by New York Times-bestselling author Jeff O'Connell, 15 Minutes to Fit is the book legions of fans have been waiting for.

Sporting a handsome new cover, this popular guide (more than 200,000 copies sold) provides men with daily spiritual refreshment. Like an older brother, Bob Barnes encourages men to have regular, life-changing encounters with God. Each day's offering includes an inspiring Scripture reading, thought-provoking devotion, prayer, and an action point.

A single father and head of a successful Philadelphia psychiatric care unit sees his life begin to crumble when a teen patient is implicated in a murder and the doctor himself is wrongly accused of sexual harassment. By the best-selling author of Keep Quiet.

Discover the 15-Minute Miracle! Puppies bring great joy to our lives, but they also present us with special challenges. Everyone wants a well-behaved dog that is a joy to be around, but who has time for training a puppy? You do - and if you do it right, it will only take 15 minutes of your time each day. Kevin Michalowski's formula for a great puppy is a proven winner for time strapped pet owners. He teaches us that dog training is all about short, effective sessions. His plan is so simple and easy that anyone can follow it. This book is a must-have for anyone who is thinking about getting a puppy. It is packed with great, practical information to help you get ready for your new dog to help you with all the basic training lessons. You'll discover how to: • Prepare yourself - mentally and physically - for getting a dog • Pick the right puppy for your lifestyle - includes a quick-reference breed guide • Housebreak your dog that easy way, thanks to the crate and the schedule • Teach the four basic

commands: Sit, Come, Heel and Down • Cure problems such as chewing, jumping and aggression • Monitor your dog's health and give it a happy life Your puppy will become your best friend - and with just 15 minutes of training per day, he can also become the well-behaved dog of your dreams.

How To Change Your Life in the Next 15 Minutes

5 Ingredients 15 Minutes

The Harvard Classics

Self Help

Fit and Fabulous in 15 Minutes

Fit and Fabulous in Fifteen Minutes

15-Minute Arabic

By spending only 15-minutes a week, a busy couple can gain deeper understanding of each other and learn practical new techniques to strengthen their relationship.

Thought-provoking and accessible in approach, this updated and expanded second edition of the 15 Minutes to a Better Interview provides a user-friendly introduction to the subject, Taking a clear structural framework, it guides the reader through the subject's core elements. A flowing writing style combines with the use of illustrations and diagrams throughout the text to ensure the reader understands even the most complex of concepts. This succinct and enlightening overview is a required reading for advanced graduate-level students. We hope you find this book useful in shaping your future career. Feel free to send us your enquiries related to our publications to info@risepress.pw Rise Press

Every day, business people bore listeners with presentations that ramble on, make no clear points, and fail to address the audiences' key concerns. This book lays out a plan for ridding the world of lousy presentations. Learn how to:

- Create "rifle shot" presentations that hit the mark and satisfy listeners.*
- Answer questions in a way that inspires confidence.*
- Deliver messages in a style that makes you look and sound like a leader.*
- Overcome fear of public speaking.*

"Highly informative and remarkably entertaining." -Elle From forest trails in Korea, to islands in Finland, to eucalyptus groves in California, Florence Williams investigates the science behind nature's positive effects on the brain. Delving into brand-new research, she uncovers the powers of the natural world to improve health, promote reflection and innovation, and strengthen our relationships. As our modern lives shift dramatically indoors, these ideas—and the answers they yield—are more urgent than ever.

Research in an Age of Info-glut

Quick & Easy Food

Download Free 15 Minutes To A Better Interview What I Wish Every Job Candidate Knew

How can I know God? How can Jesus be both God and man? What will heaven be like? And many more

A Leaner, Sexier, Healthier You--In 15 Minutes a Day!

The Art of Stress-Free Productivity

Every Fifteen Minutes

“You might think that dancing doesn’t have a lot to do with social research, and doing social research is probably why you picked this book up in the first place. But trust me. Salsa dancing is a practice as well as a metaphor for a kind of research that will make your life easier and better.” Savvy, witty, and sensible, this unique book is both a handbook for defining and completing a research project, and an astute introduction to the neglected history and changeable philosophy of modern social science. In this volume, Kristin Luker guides novice researchers in: knowing the difference between an area of interest and a research topic; defining the relevant parts of a potentially infinite research literature; mastering sampling, operationalization, and generalization; understanding which research methods best answer your questions; beating writer’s block. Most important, she shows how friendships, non-academic interests, and even salsa dancing can make for a better researcher. “You know about setting the kitchen timer and writing for only an hour, or only 15 minutes if you are feeling particularly anxious. I wrote a fairly large part of this book feeling exactly like that. If I can write an entire book 15 minutes at a time, so can you.” Presents an assortment of short exercise routines which take only fifteen minutes per day and includes workouts for different fitness levels, with some moves targeting specific body parts.

You CAN Interview Better in 15 Minutes - Let a Hiring Manager Teach You How Stop Making Mistakes Candidates Make Over and Over Again - Do You Want the Job? Learn from my 20 years of interviewing and hiring people just like you, across multiple Fortune 500 companies. You're qualified for the job - it should be yours. Let me show you what goes through the head of the interviewer so you can use it to your advantage. An advantage others won't have. I've captured a highly condensed set of recommendations in this book that will put you in the very small set of interviewees that will stand above other candidates. Whether you are seeking an entry level or an experienced management position these recommendations will give you the edge. I see "bad" behaviors across all levels of interviews, without candidates even being aware of what they are doing that prevents them from being hired. You don't need to memorize 101 interview questions and answers. You need actual experiences from the other side of the table to guide you. Listen to Hiring Managers - Is the book you're reading now written by the person who decides to hire you, or by someone else involved in the process such as a recruiter or human resources role? If so their guidance may get you an interview, but won't give you insight into what goes through the manager's head. Scroll up and grab your copy today. Learn how to bring your BEST self to the job interview! Cover Design by Melody Simmons of eBookindiecovers.

Men love shortcuts. If there's a way to accomplish a job quicker and more efficiently, they're all for it. That goes for work and working out. Now, new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism—his fat-burning furnace—as a workout lasting more than twice as long. All it takes is 15 minutes to achieve lifelong results—and men are more likely to stick to an exercise plan if it's chopped down

to those 15 minutes. **The Men's Health Big Book of 15-Minute Workouts** contains fast-paced circuit training and interval workouts that boost calorie burn, build muscle, and fry belly fat in half the time of regular workouts. Readers can choose from at-home, body-weight-only workouts and total-body barbell programs to exercises that target major muscle groups—the chest, arms, legs, and back—and sport-specific workouts. Other highlights include: - a special section of 15-minute core workouts to build a rock-hard six-pack - an eating plan with delicious meals that take 15 minutes or less to prepare - workouts for the office or when you're traveling and can't make it to the gym - hundreds of tips from America's best trainers, nutritionists, and exercise scientists

Famous for 15 Minutes

Understanding Theology in 15 Minutes a Day

Four Weeks to a Leaner, Sexier, Healthier You!

The Women's Health Big Book of 15-Minute Workouts

The Men's Health Big Book of 15-Minute Workouts

Learn Arabic in Just 15 Minutes a Day

5 Ingredients

What if you got outside every day, and what if you could get your kids to come along? It sounds modest, but the effects, as dynamic outdoor spokesperson Rebecca Cohen herself can testify, are profound. This inspiring collection of activities gives families an idea for every day of the year, requiring little planning, no expertise and relatively little resources (time, cash, or patience!), no matter where they live. Simple and inspiring, this book is bursting with hundreds of easy ways to get your family out into nature a little bit every day.

Jamie Oliver--one of the bestselling cookbook authors of all time--is back with a bang. Focusing on incredible combinations of just five ingredients, he's created 130 brand-new recipes that you can cook up at home, any day of the week. From salads, pasta, chicken, and fish to exciting ways with vegetables, rice and noodles, beef, pork, and lamb, plus a bonus chapter of sweet treats, Jamie's got all the bases covered. This is about maximum flavor with minimum fuss, lots of nutritious options, and loads of epic inspiration. This edition has been adapted for US market.

Based on the wildly successful **Women's Health Big Book of Exercises**, this portable handbook offers readers step-by-step instructions (and color photos) on how to perfectly execute the best fat-torching, muscle-toning exercises ever choreographed. This essential workout guide is for any woman--from beginner to expert--who wants to lose weight fast, build strength, and tone those terrible trouble spots, namely the belly, butt, and thighs. Complete with fast, effective workouts for home use or to take to the gym, this easy-to-tote package gives readers access to their favorite routines wherever they go. The guidebook details "main moves" for targeting each major muscle group and then shows readers variations that make the moves more challenging and effective. Other highlights:

- The best new exercise to firm flabby arms
- The ultimate circuit for a swimsuit ready body
- The fastest cardio workout of all time
- Plus, 10 new workouts and an exercise log to track progress from start to finish

This shape-up manual bulges with hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers. Best of all, it'll help readers shape a body

that will ensure a longer, healthier, happier lifetime.

Drawing expert Jake Spicer introduces you to the most important skill in the artist's repertoire: life drawing. From understanding relationships and proportions and considering basic anatomy, to learning about mark-making and tonal values, Jake takes you through the process of drawing the most rewarding of subjects: life class remains a key component of nearly every art degree in the UK. With step-by-steps and techniques derived from his proven life-class methods, Jake gives you the skills to create beautiful life drawings quickly, successfully and, ultimately, in only 15 minutes.

A Guide to Starting, Revising, and Finishing Your Doctoral Thesis

Dr. Ben's SMaRT Plan for Diet and Total Health

The Simple 30-Day Guide to Total Fitness, 15 Minutes at a Time

15 Minutes Alone with God for Men

How 15 Minutes of Neurohacking a Day Can Help You Work Better, Think Faster, and Get More Done

Writing Your Dissertation in Fifteen Minutes a Day

15 Minutes to a Great Dog

The essential diet and fitness guide to lean, ripped abs—including a results-driven 4-week program to lose weight, strengthen your core, and chisel your entire body. Call it a spare tire, muffin top, or paunch. Men and women consistently cite their belly as their biggest problem area—and it is often the toughest final pounds to lose. Not anymore! Whether readers' eating habits have been affected by stress, their bodies have changed with age, or they're constantly doing crunches without results, it's time to blast belly fat the right way. Using the comprehensive, week-by-week eating and exercise plan, readers can lose up to 20 pounds in 6 weeks—and keep it off, forever. Including a step-by-step, 4-week eating and exercise plan, easy-to-prepare recipes, and hundreds of exercises, The Men's Health Big Book of Abs is the ultimate guide to a leaner, fitter, sexier body.

Do you ever find yourself wondering...what do women want? If that's ever crossed your mind, you may have just found your answer. Relationships are an investment. But how do you make the most of that investment? Within these pages are a few methods you may find useful. You can learn how to keep your lady happy, while gaining the mental and emotional satisfaction you both crave. In 15 Minutes More you will discover: How a woman perceives everything around her & why it's different than you think. What the important aspects of a relationship are to a woman. When you should stroke her ego, and when to get more physical. Why a relationship is more than physical. It will help you to understand how different perceptions, reactions, and communication styles can unlock the doors to a richer relationship.

Short, Friendly Beginner's Guide to Theology Theology can be intimidating with its unfamiliar words and seemingly difficult concepts. Many Christians would like to know the basics of theology but are unsure where to begin. These short, easy-to-understand readings answer some of the most perplexing questions about the nature of God, heaven, the Bible, church, and even ourselves. Daryl Aaron blends the knowledge of a college professor with the friendly, welcoming tone of a pastor. Broken into forty small chapters, this book is perfect for those who want quick and clear answers to their questions.

She has sold over three million workout videos. Her nationwide seminars attract crowds of 1,500 plus. Her website receives more than 90,000 hits a day, mostly

from T-Tappers who support one another through thick and thin—literally. Yet, despite this phenomenal success, chances are that you haven't heard of Teresa Tapp, creator of the revolutionary T-Tapp fitness program. That's about to change. T-Tapp is the most efficient and effective workout you'll ever do. It requires no equipment, no weights, and no bands. There is no jumping to stress your joints. Everyone gets results regardless of fitness level and you never need to do more than eight repetitions of any movement. T-Tapp reshapes your body while it fires up your metabolism so that it burns fat faster. All you need is four square feet of space and just 15 to 45 minutes a day in order to see a dramatic loss of inches. Most T-Tappers see results within seven days. How does this happen? T-Tapp's unique sequence of comprehensive, compound muscle movements work the muscles layer by layer, from the inside out, to cinch in, tighten, tone, and burn fat better. Fit and Fabulous in 15 Minutes is the complete introduction to this amazing program. It includes Teresa Tapp's signature 15-minute workout, as well as an extended 45-minute workout for those who want a higher level of fitness—or faster results! No matter which you choose, you can • lose a clothing size—in just two weeks • flatten your belly without doing a single crunch • develop strength and improve bone density without lifting a single weight • build sleek muscles and improve posture • lower blood pressure and cholesterol the natural way Recent medical studies even show that T-Tapp improves blood-sugar levels in type 2 diabetics. Plus, the no-impact workout is safe for those with shoulder, hip, knee, neck, and back concerns—it may even alleviate chronic pain. Additionally, T-Tapp is effective as a wellness workout for such conditions as arthritis, fibromyalgia, lupus, chronic fatigue syndrome, and multiple sclerosis. So with T-Tapp you build a better body—inside and out. Completely illustrated with step-by-step photographs that show how to do the exercises, as well as incredible before-and-after photographs, many in full color, of real-life T-Tappers, Fit and Fabulous in 15 Minutes also includes inspiring testimonials and an easy-to-follow food plan that lets you eat the food you love without guilt or ever going hungry. If you want real results—real fast—tap into the power of T-Tapp!

15 Minutes of Flame

Getting Things Done

Your Shortcut to a Meaningful Life

It Takes 15 Minutes to Change Your Life

Salsa Dancing into the Social Sciences

The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative

365 Ways to Get Out of the House and Connect with Your Kids

The book Lifehack calls "The Bible of business and personal productivity." "A completely revised and updated edition of the blockbuster bestseller from 'the personal productivity guru'"—Fast Company Since it was first published almost fifteen years ago, David Allen's *Getting Things Done* has become one of the most influential business books of its era, and the ultimate book on personal organization. "GTD" is now shorthand for an entire way of approaching professional and personal tasks, and has spawned an entire culture of websites, organizational tools, seminars, and offshoots. Allen has rewritten the book from start to finish, tweaking his classic text with important perspectives on the new workplace, and adding material that will make the book fresh and relevant for years to come. This new edition of *Getting Things Done* will be welcomed not only by its

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hundreds of thousands of existing fans but also by a whole new generation eager to adopt its proven principles.

You Now Have Time to Train a Dog! All it takes is 15 minutes! This expanded second edition shows dog owners proven, effective tips for training any dog in just minutes a day. You don't need special skills or expensive equipment and you don't need hour upon hour of free time. Short simple training sessions work best. Teaching any dog basic obedience skills can be done just about anywhere and will work on dogs of all ages and breeds. Repetition and consistency are the keys to making dogs behave. This expanded edition not only provides proven tips anyone can use, it also includes an expanded chapter on canine nutrition and information on traveling with your pet. Take the drudgery out of training, keep the training fun for both you and the dog and watch the amazing results in as little as 15 minutes each day. An innovative, visual approach to learning the basics of Arabic (Egyptian dialect), aimed at the business and informed tourist market, and consisting of an integrated illustrated book of 160 pages and 2 accompanying CDs. The book is divided into sixty 15-minute learning units.

In just fifteen minutes a day, you can master the 52 most important verses in the Bible in a year. While there are lots of one-year Bible reading plans, few help you understand the words that you're reading. What if we could introduce you to a Bible reading plan that would dramatically increase your mastery of the Bible in one year? Mark Moore coaches you through 52 of the Bible's most important verses. These are the "core" of the Bible. Each verse clears the path to master and manage dozens of other verses that run along the same principle path. At the end of this journey, you will move from curiosity about the Bible to competence in the Bible. It is the quickest onramp to understanding the whole of God's Word for your life.

15 Minutes to a Great Puppy

Understanding Your Bible in 15 Minutes a Day

The Women's Health Little Book of Exercises

A Fifteen-Minute Daily Guide to Build Your Bible IQ in a Year

15 Minutes to Fitness

15 Minutes Including Q and A

Presents a convenient and effective workout designed to tone the body in a short period of time, offering a program that utilizes sequential movements that provide a simultaneous aerobic, strength-training, and core workout.

"A Bible professor and former pastor teaches basic Bible knowledge in 40 short chapters"--Provided by publisher.

The 15 Minute Master: How to Make Everything Better 15 Minutes at a Time