

## No B S Guide To Direct Response Social Media Marketing: The Ultimate No Holds Barred Guide To Producing Measurable, Monetizable Results With Social Media Marketing

Internationally recognized "millionaire-maker," Dan Kennedy, invites readers to quickly learn to recognize, understand, and market to today's brand-conscious, affluent consumer--an elite, consumer market that comprises 28% of the U.S. population and is currently in their peak earning and spending years.

It's 2020, and the acting business has changed dramatically. There are over 538 scripted shows on television. Amazon, Hulu and Netflix have changed the game for television, giving actors more opportunities than ever before. There are over 60 shows currently casting or filming out of New York, many more in Los Angeles, as well as in other emerging markets. Casting directors are hiring actors from self-tapes more than ever before, and actors need to be ready to turn around an amazing audition on a dime. It's ultra-competitive, and actors need to stay on their toes and keep up to date on current trends and expectations in an ever-changing world. The No. B.S. Guide to the Acting Biz is an insider's look into the business of acting, with a humorous, refreshingly candid, shoot from the hip approach by one of our top industry experts. Matt Newton, a professional actor and acclaimed acting coach, gives clear-cut, unfailingly honest lessons from what he's learned through his decades in the business. With relevant, provocative and often hilarious stories he guides the reader to a greater awareness of how the modern industry works and what that means for an actor. With an inspiring foreword from the successful actor Michael Urie ("Ugly Betty," "Younger," "Partners"), The No. B.S. Guide to the Acting Biz presents current, first-hand experience and professional insight into the actual business of acting today.

"Millionaire maker Dan S. Kennedy and co-founders of Iron Tribe Fitness, Forest Walden and Jim Cavale, debunk branding lies and myths and reveal the truth behind the power, value, creation, and care and feeding of brand identity for products, services, small businesses, and entrepreneurs"--

Kennedy dares marketers to dramatically simplify their marketing, refocusing on what works. Updated to address the newest media and marketing methods, this marketing master plan – from marketing master Kennedy—delivers a short list of radically different, little-known, profit-proven direct mail strategies for ANY business. Strategies are illustrated by case history examples from an elite team of consultants—all phenomenally successful at borrowing direct marketing strategies from the world of mail-order, TV infomercials, etc., to use in 'ordinary' businesses including retail stores, restaurants, and sales.

The No B.S. Guide to the Abundant Life

Why the World Needs More Everyday Leaders and Why That Leader Is You

No B.S. Guide to Direct Response Social Media Marketing

How to Stop Feeling So Damn Depressed

The No-BS Guide to Getting What You Want

An Interactive Road-Map to Learning Words, Fixing Spellings, and Building Fluent Pronunciation Skills Forever

The Smart Girl's Breakup Buddy

*WINNER OF BUSINESS BOOK OF THE YEAR AWARD 2020: LEADERSHIP FOR THE FUTURE A Financial Times Business Book of the Month 'A brilliant set of leadership tools that will help you succeed whatever your goal' - Sir Clive Woodward 'A punchy, plainly written guide, offering a readable and enlightened view of what leaders do and how they should do it' - Financial Times 'A new rubric on leadership' - Evening Standard Inspiration behind the No Bullsh\*t Leadership Intelligence Squared podcast Leadership is not some special club, open only to elites. It's not a gold star given only to those with expensive degrees. Leadership is for everyone. Based on the author's hard-won experience as a Global CEO, this smart, fun book delivers a step-by-step working manual on how to lead - for anyone. Full of simple and direct approaches, it demystifies an over-analysed subject to get to the heart of modern leadership: the life-changing, career-transforming power to get stuff done. These principles and actionable steps apply to every field, from small businesses to community initiatives, from schools to sports teams to global enterprises. No matter your goal, this book will show you how to: - make effective decisions - build a world-class team - take care of yourself and others - achieve results*

*David Marion has been addicted to everything from Rice Krispie bars to Heroin, hookers to slot machines. He made tens of millions of dollars and gambled it all away. He lost his only wife to divorce, his two daughters for a time, and his extremely successful brokerage firm to bankruptcy. And eventually, he lost his freedom, too, when he was indicted and sentenced to five years in federal prison for mail fraud and money laundering, all because of his addictions. Through these experiences, David has become an expert in addiction and recovery and now spends his time as a Recovery Coach, Professional Interventionist, and Public Speaker. He now brings that expertise to a wider audience with his first book, Addiction Rescue; The NO-BS Guide to Recovery. Addiction or Substance Use Disorder (SUD) is a disease of the body mind and spirit and Addiction Rescue is the one, all-inclusive book with the*

how-to's to restore all three areas of life. As the chapters progress, the reader sees how addiction plays out from start, to destruction, to recovery and through David's 5-Action process, walks the reader through attaining and maintaining recovery, covering absolutely everything needed to do so. In *Addiction Rescue; The NO-BS Guide to Recovery*, there is a perfect blend of David's authentic and raw story, enlightening facts and wisdom, along with advice and tools for anyone suffering from an addiction of any kind or anyone affected by someone else's addiction. This book shows what to look for and what to avoid in getting out of addictive behavior and into recovery. There are rules that addiction and recovery require and they are laid out in list form for an easy to understand, comprehensive guide. There are Tear-Out Sheets at the end of the book so the reader can easily refer to these rules on a regular basis. And, there are also tear-out sheets sighting the excuses addicts use to stay stuck, the warning signs to relapse, and how to disrupt obsessive thinking. These are essential tools to stay on track and keep in check. With the opioid epidemic that faces our country, taking 198 lives a day, 210 million people suffering from internet and social media addiction, 6-8% of the population addicted to sex, 2.6% of the population suffering from gambling addiction, and the plethora of other addictive distractions out there, there's never been a more pertinent time in history for this book. Substance use disorder doesn't discriminate, it affects people of all ages and walks of life and *Addiction Rescue; The NO-BS Guide to Recovery* is an absolute must for an addicted nation.

A fun and sassy no-nonsense invitation to the practice of astrology with easy-to-understand tools for self-development and conscious living. Astrology books are typically either overly simplistic sun-sign books or overly complicated chart calculations filled with astro jargon. *Astrology for Real Life* goes beyond simple sun-sign interpretation and at the same time cuts through the complications of horoscope analysis to make understanding your chart in depth, simple and easy. The goal is to make astrology accessible to total newbies and provide a working reference guide for intermediates. The book is presented in workbook format exploring each part of chart interpretation—signs, planets, houses, aspects—with exercises following each chapter and fill-in-the-blank lessons that take the reader through all the just-learned steps. The tone is warm, fun, and personal, and the exercises give the reader experiential hands-on practice. The end result: once you learn the basics in *Astrology for Real Life*, you can easily navigate the cosmos by making them work for you. It's kind of like a roadmap where we begin by understanding the terrain and the tools available. From there, the planets will guide you in making brave, excellent choices in love, work, and life. It's profound, fun, and practical. You'll learn how to interpret your chart with confidence and use astrology in a practical, proactive way, with no astro excuses (blaming the stars for your issues).

**\*\*\*SUNDAY TIMES BESTSELLER\*\*\*** With straightforward, heart-felt advice, *The Business Survival Kit* guides you to a thriving business while nurturing your humanity -- Marie Forleo, #1 NY Times bestselling author of *Everything is Figureoutable* This book will help you make clearer, smarter, braver decisions in all areas of your life -- Emma Gannon, author of *The Multi-Hyphen Method* Starting a business isn't easy. In fact, it can be scary, exhausting and demoralising. When it finally takes off, even though you're fulfilling a lifelong dream, it can be a struggle to keep up with the rest of your life. How can you cope with the inevitable stresses and strains along the way? In *The Business Survival Kit*, serial entrepreneurs Byron Cole and Bianca Miller-Cole prepare you for the ride of your life. With straight-talking advice and insights from leading experts it will help you answer the fundamental question of whether you can handle being an entrepreneur in the first place and then help you navigate the inevitable ups and many downs that go hand in hand with that decision. Learn how to: \*Cope with stress, anxiety and uncertainty \*Build your confidence and tackle impostor syndrome \*Maintain a healthy work/life balance \*Build strong networks and nurture your personal relationships \*And stay motivated (even in the midst of failure)

*A Workbook for Beginners*

*A No-Bullshit Guide to World Mythology*

*The No B.S. Guide To Winning Online No Limit Texas Hold'em*

*Mastering Your Mean Girl*

*Astrology for Real Life*

*The No B. S. Guide to the Acting Biz*

*The Ultimate No Holds Barred Guide to Producing Measurable, Monetizable Results with Social Media Marketing*

**Founded is the go-to reference for first-time entrepreneurs, providing lessons and inspiration to empower anyone starting a new project or business. Melissa Kaufman and Mike Raab, the directors of Northwestern's renowned student entrepreneurship program, The Garage, show you how to tap into the superpower of thinking and acting like an entrepreneur based on their experience guiding hundreds of early-stage startups. Founded explains—through the authors' own expertise and interviews with successful young founders—how to • make the best possible decisions when launching your business, • avoid the common mistakes of first-time entrepreneurs, • take immediate, concrete steps to get started on a new idea. In this essential book for first-time and student founders, you will learn why entrepreneurship is for everyone, "failure" is inevitable (and why that's a good thing!), and how to make sure you're building something people want. Founded will shatter your misconceptions about starting a business and help you get started turning your ideas into something real today!**

One of Book Authority's Best Self-Esteem eBooks of All Time Ready to live your dream life? You know that sneaky voice inside your head telling you that you're not good enough, smart enough, pretty enough, whatever enough? That's your Mean Girl. And she's doing her best to keep you stuck in Fear Town, too scared to go after the life you always imagined. But enough's enough! Melissa Ambrosini has made a life beyond her wildest dreams, all by mastering her Mean Girl, busting through limiting beliefs and karate-chopping through the fears that held her hostage for years. And now she wants to help you remember not only what you are capable of, but how amazing you truly are! In this inspiring, upbeat guide, Melissa provides a practical plan for creating your own version of a kick-ass life -- one that's wildly wealthy, fabulously healthy and bursting with love. Designed to propel you out of stuck-ness and into action, this is a must read if you're ready to let go of your Mean Girl and start living the life of your dreams.

Offers businessowners suggestions for building trust in customers and gaining the trust of potential

*clients, discussing risk, exclusivity, the influence of the media, and how to avoid coming off as a salesman.*

*A successful entrepreneur who has influenced one million business owners as an advisor and business coach provides new tactics and strategies to help business owners attract opportunity, increase personal value, and change their lives. Original.*

*No B.S. Wealth Attraction in the New Economy*

*The Business Survival Kit*

*Your No-BS Guide to Winning the Game, Building a Team, and Growing Your Career*

*Overflow*

*Founded*

*A No BS Guide to Finding and Living Your Own Truth*

*The NO-BS Guide to Recovery*

*The In-Your-Face, Results-Focused, No-"Kumbaya" Guide to Social Media for Business! Detailed techniques for increasing sales, profits, market share, and efficiency. Specific solutions for brand-building, customer service, R & D, and reputation management. Facts, statistics, real-world case studies, and rock-solid metrics*

*Updated to fit today's social media landscape with IGTV, Facebook Lives, YouTube Premium, and more, this new edition applies Dan Kennedy's No-B.S. principles to Kim Walsh Phillips' social media expertise in a no-holds-barred guide that prompts readers to invest only in the efforts that drive results and demand a measurable, proven, profitable, direct response.*

*Discover The Information You Need To Know To Pass A Drug Test! Read on your PC, Mac, smart phone, tablet or Kindle device! You're about to discover the key information you need to know on how to pass a urine test for marijuana. Millions of people have no clue how to pass a drug test and believe all types of misinformation regarding diluting the body and exercise. Many places on the internet do not provide scientifically correct information with proven results. I am not here to promise you that you can pass any test at any time just by doing some magical trick. The truth is, you need to understand that you can never guarantee yourself to pass a drug test. However, there are actions that you can take that will greatly enhance your chance of passing the test. This book will cover those for you. This book gives an introduction to drug tests, the different methods of testing, knowing the tested substances in marijuana, masking techniques that do and don't work, as well as a step-by-step strategy that will help you stack the odds in your favor when you know a drug test is coming. Here Is A Preview Of What You'll Learn... Understanding Drug Tests Knowing The Substances Knowing The Methods Masking Techniques That Do And Don't Work Take action right away to stack the chips in your favor by downloading this book, "How To Pass A Drug Test for Marijuana: The Ultimate No B.S. Guide For How To Beat A Drug Test", for a limited time discount!*

*Can One Great Presentation Make You Rich? The answer is YES. Packed with battle-tested strategies and formulas to craft audience-retaining powerful presentations, this No B.S. guide is designed to turn any ordinary business into an extraordinary sell. Millionaire maker Dan S. Kennedy and public speaking expert Dustin Mathews teach you their blueprint for creating life-changing presentations and prove that your success is not just determined by what you're presenting—but also why you're presenting, how you're presenting it, and who you're presenting to. Kennedy and Mathews cover: The 12-Step Speaker's Formula A Blueprint for Creating Irresistible Offers The 4 Secrets of Mass Persuasion The 7-Minute Rule of Audience Engagement How to Automate Your Webinars and Your Profits How to Double Your Sales with a Multimedia Follow-up System Discover the battle-tested, carefully-crafted, revenue-generating tools to creating, delivering, and marketing presentations that can change everything.*

*The Ultimate No Holds Barred Take No Prisoner Guide to Growing Sales and Profits of Local Small Businesses*

*Everything You Need to Know, and the Tools to Take It On*

*The All-business, No-hype Guide to Social Media Marketing*

*No bullshit guide to math and physics*

*No BS Marketing to Seniors and Leading Edge Boomers*

*The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love*

*FACT: NOTHING IS COSTLIER OR MORE DIFFICULT THAN GETTING A NEW CUSTOMER. Business owners agree. The referred customer is far superior to the one brought in by 'cold' advertising. Yet most business owners will invest more money to find new customers than getting referrals from current, happy customers. Millionaire maker Dan S. Kennedy and customer retention expert Shaun Buck dare you to stop chasing new customers and keep an iron cage around the ones you already have. Kennedy and Buck present a systematic approach to help you keep, cultivate, and multiply customers so that your entire business grows more valuable and sustainable, and you replace income uncertainty with reliable income through retention and referrals. Learn how to: • Apply the #1 best retention strategy (hint: it's exclusive) • Catch customers before they leave you • Grow each customer's value (and have more power in the marketplace) • Implement the three-step customer retention formula • Use other people's events to get more referrals • Create your own Customer Multiplier System • Calculate the math and cost behind customer retention Discover the referral-getting, sales-increasing, battle-tested tactics designed to help you build a thriving business for the long-term.*

*Millionaire maker Dan S. Kennedy and local-level marketing specialist Jeff Slutsky empower small business owners to take on big box companies and distant discounters using*

their best asset—their ability to bond directly with their consumers. Small business entrepreneurs are armed to go “grassroots” given winning strategies to take their marketing to the street level resulting in higher customer retention, greater referrals, and a thriving business for the long-term. About the Book Kennedy and Slutsky dare small business owners to break free of the ingrained tendencies to “advertise when you need more customers” and to copycat what they see big, national companies doing. Local business owners are urged to add some politicking to their business presence, focusing their marketing on directly connecting with their customers, integrating them into their community and even, their daily activities. Kennedy and Slutsky deliver creative, high impact alternatives and supplements to disappointing traditional advertising and new media including strategies for gaining free advertising from local news media, creating events that multiply customers, and effectively using direct mail. Small business owners also uncover surefire tactics that capitalize on their neighborhoods, the four walls of their business, and the internet, reaching their local customers and creating a sense of a personal relationship. Throughout their lesson in going grassroots, Kennedy and Slutsky also reveal the nine inconvenient truths of grassroots marketing, keeping small business owners on track and on their way local business stardom. Features • Presents a marketing approach specifically engineered for small (local) businesses • Reveals 9 No B.S. inconvenient truths and how to implement them • Illustrates concepts with examples from practicing business owners • From Dan Kennedy, author of the popular No B.S. books including No B.S. series, which shipped more than 250,000 copies • Identifies what’s wrong with traditional and new media advertising • Offers methodology to break free from ingrained tendencies and copycat marketing

Millionaire maker Dan S. Kennedy and marketing strategist Jason Marrs dare you to re-examine your every belief about pricing and empower you to take a more creative, more effective, bold approach to your price-and prosperity. Kennedy and Marrs don't offer little tricks, like new ways to say 50% off, half off, or 2 for 1. They tell you the secret to setting prices for the greatest gain. Then they teach you how to avoid the ultimate price and fee failures-like attracting customers who buy by price. You'll discover how to compete with FREE, learn how to discount without damage, and uncover the key to price elasticity. Most importantly, you'll grasp how to use price to your extreme advantage and grant yourself the power to be as profitable as possible. Reveals: The 9 ultimate price and fee failures The trick behind discounting without devaluing The 5 price-related propositions to be concerned with The million-dollar secret behind "FREE" How to win price wars with competitors Why price cutting isn't the cure for the recession and what is Book jacket.

If you are looking to Build an Educated Vocabulary and speak English more pleasant to the ears without getting overwhelmed by the process and wasting your time, Then Keep Reading... Here's the deal. You have tried vocabulary videos and lists online, you have tried memorizing words without a system in place, you have also wasted your time randomly trying to figure out spellings, but, you still see no difference in your practical everyday vocabulary. You still can't figure out spellings and pronounce words the right way. No matter how hard you try, you always seem to find a roadblock. You just can't figure out a laid-out path to all of this. Sounds familiar? If it does, then the protocol inside this book is your answer. Because this is not some theoretical guide filled up with fluff, which leaves you frustrated and takes you nowhere. This is scientifically constructed, yet easy to follow protocol designed for long term vocabulary gains. In this guide, you will discover: The #1 Problem English Speakers have with Building Vocabulary and How to Overcome it. The Golden Blueprint to Effectively Building a Lasting Vocabulary. Why you Shouldn't Try to Memorize Too Many Words in a Day Without Having a System in Place, like the one given inside. The Hidden Benefits behind a Strong Vocabulary You Didn't Know About. Simple Hacks to Getting your Pronunciation on Point and Speaking English More Pleasant to the Ears. 4 Simple Rules to Nail Spellings Almost Always. How to Practically get the Benefits of all of the above skills in your day to day life. The Proper Mindset required to get you through this Journey. Even if you have failed at every other vocabulary building program in your life, this book has a Step-by-Step Plan written in Plain Simple English that even Beginners can follow and implement to see results for themselves. If you want to learn more about Building Vocabulary Effectively and Getting Better at English Overall, without having to spend hours only to forget it all at the end, then simply Click the Buy Now button on this page to get started. ☐☐ BUY THE PAPERBACK NOW TO GET THE KINDLE VERSION ABSOLUTELY FREE ☐☐

Stop Saying You're Fine

The Ultimate No Holds Barred Plan to Creating and Profiting from a Powerful Brand Without

*Buying It*

*The Ultimate No Holds Barred Plan to Sell Anything with Webinars, Online Media, Speeches, and Seminars*

*No B.S. Guide to Brand-Building by Direct Response*

*No Bullshit Guide to Linear Algebra*

*No Holds Barred, Take No Prisoners, Guide to Getting Really Rich*

*How to get ahead without losing out on love, life and happiness*

*Discusses how to address unsatisfactory aspects of life by recognizing opportunities for fulfillment, becoming independent, and overcoming innate psychological obstacles to healthy change.*

*To avoid grabbing every business owner he meets by the shoulders and shaking them, millionaire maker Dan S. Kennedy has joined with marketing strategist Kim Walsh-Phillips to help business owners, private practice professionals, and professional marketers start making dollars and cents of their social media marketing. Daring readers to stop accepting non-monetizable "likes" and "shares" for their investment of time, money, and energy, Kennedy and Walsh-Phillips urge readers to see their social platforms for what they are—another channel to reach customers and gain leads and sales for their efforts. Illustrated by case studies and examples, this No B.S. guide delivers practical strategies for applying the same direct-response marketing rules Kennedy has himself found effective in all other mediums. Covers: •How to stop being a wimp and make the switch from a passive content presence into an active conversion tool •How to become a lead magnet by setting up social media profiles that focus on the needs of ideal prospects (not the product or service) •Creating raving fans that create introductions to their networks •How to move cold social media traffic into customers •The role of paid media and how to leverage social media advertising to drive sales*  
**READY TO KICK THE CRAP OUTTA ANXIETY, STRESS, FEAR, DOUBT, LACK OF CONFIDENCE AND EVERY OTHER LITTLE D-BAG THAT STOPS YOU LIVING YOUR BEST LIFE? THEN THIS NO BS GUIDE IS FOR YOU!** Lee Bridges teaches super simple, ridiculously easy life hacks that can be actioned today with immediate effect. After a horrendous battle with drugs, a brutal car crash, loads of failed businesses, an assault, an arrest, a lost court case, and a whole shed load of other life affirming crazy before finally getting it all right, Lee shows you exactly how to learn from his mistakes to get you to the turbo-charged, 2.0 version of yourself quicksmart. What you will learn: Feel positive & happy at the flick of a switch Create a bullet-proof mindset that will inspire others Get what you want while keeping your ethics intact Grow confidence without being someone you are not Gain simple techniques to learn anything super fast Prepared to be energised!

*One of Book Authority's Best Self-Esteem eBooks of All Time Ready to live your dream life? You know that sneaky voice inside your head telling you that you're not good enough, smart enough, pretty enough, whatever enough? That's your Mean Girl. And she's doing her best to keep you stuck in Fear Town, too scared to go after the life you always imagined. But enough's enough! Melissa Ambrosini has made a life beyond her wildest dreams, all by mastering her Mean Girl, busting through limiting beliefs and karate-chopping through the fears that held her hostage for years. And now she wants to help you remember not only what you are capable of, but how amazing you truly are! In this inspiring, upbeat guide, Melissa provides a practical plan for creating your own version of a kick-ass life — one that's wildly wealthy, fabulously healthy and bursting with love. Designed to propel you out of stuck-ness and into action, this is a must read if you're ready to let go of your Mean Girl and start living the life of your dreams.*

*No B. S. Guide to Direct Response Social Media*

*No B.S. Guide to Powerful Presentations*

*Addiction Rescue*

*The Ultimate Guide to Creating Trust in an Understandably UN-Trusting World*

*The Angry Therapist*

*No B.S. Direct Marketing*

*No Bullshit Guide to Self Confidence*

The founders of the Jack Welch Management Institute, a fully accredited online MBA program, present a guide to overcoming modern business challenges, with recommendations for creating effective strategies, leading others, and building a thriving career.

Don't Count Time, Make Time Count! Tick ... tick ... tick ... can't find enough time? Find out how to use it far more wisely by the man who successfully run multiple business ventures simultaneously. Dan Kennedy has been called the "Professor of Harsh Reality" because he doesn't deal in glib, pabulum solutions and eye-rolling cliches you've heard incessantly on time management. He takes on the world of cell phones, PDAs, faxes, e-mails, and every other communication device that pervade our lives, suggesting when to tap it, and when to give it the heave-ho. This entrepreneur/consultant/author/speaker has a whirlwind business life, yet manages to fit everything in using a handful of home-brewed time management tools he swears by. He shows how to maximize your time with a fresh take on the mantra that "time is money." It's all about using disciplined productivity strategies Kennedy has devised over 30 years of managing highly-profitable businesses with only minimal help. Who is Dan Kennedy? His business adventures have included ownership of six businesses. He appeared for nine consecutive years on THE #1 seminar tour in America sharing the platform with former U.S. President Reagan, Ford, and Bush, General Colin Powell, and business leaders such as Debbi Fields and Jim McCann. He was been in trenches and survived.

Presents a guide for small business owners on successfully managing social media activity to convert traffic into sales, including tips on creating fans, turning passive content into an active conversion tool, and creating niche markets.

A humorous but helpful handbook offers survival strategies for women who are getting over Mr. Wrong and struggling to rebuild their lives, covering everything from ending a relationship permanently to finding a brighter romantic future.

*How to Pass a Drug Test for Marijuana*

*No B.S. Guide to Maximum Referrals and Customer Retention*

*No Bullshit Social Media*

*The No-BS Guide to English Vocabulary and Effective Communication*

*The Ultimate No Holds Barred Plan to Securing New Customers and Maximum Profits*

*No B.S. Price Strategy: The Ultimate No Holds Barred, Kick Butt, Take No Prisoners Guide to Profits, Power, and Prosperity*

## It's Called a Breakup Because It's Broken

An International Multi Award Winning Author. Are you constantly comparing yourself to other women? Do you find yourself asking, "when I lose weight, will I be happy"? Or "if I lose weight, will I find someone?". Do you often feel lousy, ugly and just not good enough? If you have said YES to any of these, then the No Bullshit Guide to Self Confidence is for you! What if I was to tell you that the secret to being more beautiful is not losing weight, getting a boob job, or even changing the colour of your hair. And what if I was to tell you that the beauty industry has defined who you are! Yes, a billion dollar industry has told you that you are not good enough! That you need to change! Well, I'm here to tell you that what the beauty industry and the media has taught you is bullshit. And I am also here to remind you of how f@cking awesome you really are. Stop feeling awful about yourself. Stop constantly putting yourself down. Stop beating yourself up for not being 'perfect'. In my simple, yet practical No Bullshit Guide I will help you to: Understand how the beauty industry has taken hostage of your self esteem and self confidence. How to create a healthy lifestyle which is based on 'realism'. How to learn to like yourself again. How to take back the REAL YOU! No gimmicks. No fad diets. No crazy exercise regimes. It's about YOU discovering how awesome you are. It's about YOU accepting who you are RIGHT NOW. It's about YOU reclaiming the REAL YOU! This guide is perfect for those of you who are exhausted from constantly trying to change and from constantly comparing yourself to others. Discover a realistic way of changing your life... permanently! ----- WHAT OTHERS HAVE SAID ----- "After reading the first 3 pages it became apparent that this book just ripped apart everything I had spent so much time focusing on since I was 16. "Throw out your scales," Katrina says...hm... OK? Reading that line was quite the shock as daily I'm exposed to a mass of advertising campaigns telling me to do the exact opposite with "weigh in's" and "weight loss 30 day challenges". The more I read, the more I began to actually relax and exhale deeply (I'm not kidding I actually caught myself doing this). I began to feel like I was reinstating my own power in my health journey (both mental and physical). This book is beyond a "self help manual", it broke down society engrained behaviours and identified how I could stop acting in this way. It also included simple but effective solutions to break my bad habits, ones that I can actually see myself using. Very very refreshing. Quick, easy to read but also very informative. And cut through the BS. Absolutely loved it! Stephanie

Tackling relationships, career, and family issues, John Kim, LMFT, thinks of himself as a lifestyle designer, not a therapist. His radical new approach, that he sometimes calls "self-help in a shot glass" is easy, real, and to the point. He helps people make changes to their lives so that personal growth happens organically, just by living. Let's face it, therapy is a luxury. Few of us have the time or money to devote to going to an office every week. With anecdotes illustrating principles in action (in relatable and sometimes irreverent fashion) and stand-alone practices and exercises, Kim gives readers the tools and directions to focus on what's right with them instead of what's wrong. When John Kim was going through the end of a relationship, he began blogging as The Angry Therapist, documenting his personal journey post-divorce. Traditional therapists avoid transparency, but Kim preferred the language of "me too" as opposed to "you should." He blogged about his own shortcomings, revelations, views on relationships, and the world. He spoke a different therapeutic language - open, raw, and at times subversive - and people responded. The Angry Therapist blog, that inspired this book, has been featured in The Atlantic Monthly and on NPR.

Get this: Cronus liked to eat babies. Narcissus probably should have just learned to masturbate. Odin got construction discounts with bestiality. Isis had bad taste in jewelry. Ganesh was the very definition of an unplanned pregnancy. And Abraham was totally cool about stabbing his kid in the face. All our lives, we've been fed watered-down, PC versions of the classic myths. In reality, mythology is more screwed up than a schizophrenic shaman doing hits of unidentified...wait, it all makes sense now. In Zeus Grants Stupid Wishes, Cory O'Brien, creator of Myths RETOLD!, sets the stories straight. These are rude, crude, totally sacred texts told the way they were meant to be told: loudly, and with lots of four-letter words. Skeptical? Here are a few more gems to consider: • Zeus once stuffed an unborn fetus inside his thigh to save its life after he exploded its mother by being too good in bed. • The entire Egyptian universe was saved because Sekhmet just got too hammered to keep murdering everyone. • The Hindu universe is run by a married couple who only stop murdering in order to throw sweet dance parties...on the corpses of their enemies. • The Norse goddess Freyja once consented to a four-dwarf gangbang in exchange for one shiny necklace. And there's more dysfunctional goodness where that came from. Funny, insightful, and relentlessly honest, this book is the manual for living with depression that everyone should have been given. It's packed with bite-sized chapters covering big-picture concepts, 60+ research-backed tools, and a friendly, no-nonsense style. This guide will get you through visits from depression and into a value-filled life.

Zeus Grants Stupid Wishes

Bitcoin Pizza

The No-Bullshit Guide to Blockchain

The Ultimate No B. S. Guide for How to Beat a Drug Test

No B.S.Trust-Based Marketing

The No-Bullshit Guide to Depression

No Bullsh\*t Leadership

Often calculus and mechanics are taught as separate subjects. It shouldn't be like that. Learning calculus without mechanics is incredibly boring. Learning mechanics without calculus is missing the point. This textbook integrates both subjects and highlights the profound connections between them. This is the deal. Give me 350 pages of your attention, and I'll teach you everything you need to know about functions, limits, derivatives, integrals, vectors, forces, and accelerations. This book is the only math book you'll need for the first semester of undergraduate studies in science. With concise, jargon-free lessons on topics in math and physics, each section covers one concept at the level required for a first-year university course. Anyone can pick up this book and become proficient in calculus and mechanics, regardless of their mathematical background.

No B.S. Guide to Powerful Presentations  
The Ultimate No Holds Barred Plan to Sell Anything with Webinars, Online Media, Speeches, and Seminars  
Entrepreneur Press

This textbook covers the material for an undergraduate linear algebra course: vectors, matrices, linear transformations, computational techniques, geometric constructions, and theoretical foundations. The explanations are given in an informal conversational tone. The book also contains 100+ problems and exercises with answers and solutions. A special feature of this textbook is the prerequisites chapter that covers topics from high school math, which are necessary for learning linear algebra. The presence of this chapter makes the book suitable for beginners and the general audience—readers need not be math experts to read this book. Another unique aspect of the book are the applications chapters (Ch 7, 8, and 9) that discuss applications of linear algebra to engineering, computer science, economics, chemistry, machine learning, and even quantum mechanics.

When you hear the word blockchain, what's your reaction? Do you think it's a fad that's been overhyped but will soon be forgotten? Or maybe you have a vague understanding of how the technology works, but you're unsure of how it will impact your life. Neither reaction is wrong. Blockchain and cryptocurrencies like Bitcoin are still in their infancy—but they will soon fuel a worldwide cultural and technological paradigm shift that will disrupt every major industry: finance, supply chain, film and arts distribution, digital rights, automotive, social media, data security, real estate, and more. In *Bitcoin Pizza*, Sam Radocchia offers an eye-opening exploration of what blockchain is and how it will radically change our world. Whether you're an executive looking to prepare your business for a decentralized future or a newcomer curious about the blockchain hype, this fun and relatable guide will give you the confidence to explore this technology in more detail by first showing you the big picture. Instead of looking at blockchain with trepidation, you'll come away thrilled by the possibilities.

The Transition

The No B.S. Guide for Student Entrepreneurs

No B.S. Time Management for Entrepreneurs

The No BS Guide for Men

No B. S. Marketing to the Affluent

No B.S. Grassroots Marketing

The No-Nonsense Guide to Winning the Game, Building a Team and Growing Your Career

***In this no-nonsense guide for men, psychologist Jonas Horwitz presents straightforward, jargon-free strategies to help you identify and overcome depression, once and for all. The damned thing about severe depression is that it takes over your brain, body, and spirit. It wants you to say to yourself, "There is nothing I can do to make myself feel better. I am helpless in the face of my problems." Even at this very moment your severe depression is whispering in your ear, "This is all bulls@#t." Your depression has lived with you for a long time, and has seldom left your side. It's relentlessly pessimistic, and wants you to believe that your misery will never end. These are the lies your depression is wanting you believe. With this unique guide, you'll learn why it's so important to take your severe depression seriously—just as you would if you had cancer, heart disease, diabetes, or any other life-threatening illness. In addition, by viewing your depression as a separate entity—The Beast—you'll discover how it tries to trick you when you are most stressed to do things that leave you feeling much more depressed. You'll also learn how changing your behavior can actually change your brain chemistry. And, most importantly, you'll find actionable solutions to put The Beast in its place so you can start feeling better now! In order to overcome your depression, you must understand its nature. This book will help you understand The Beast, stop feeding it, and take back your life.***

***For the next 20 years, roughly 10,000 citizens will hit medicare eligibility each and every day. Understanding their attitudes, interests, spending patterns, buying preferences and the emerging opportunities for profiting by targeted development and marketing of products and services to them is vital to the forward thinking entrepreneur and marketing executive. There is no product, service, industry or profession category unaffected by this demographic sea-change. The leading-edge boomer and senior population quietly controls the majority of the discretionary spending and investing capability, so this is the roadmap to the money. The business titans and #1 New York Times and Wall Street Journal bestselling authors of *Winning* return with a modern, essential guide for everyone in business today—and tomorrow—that explores the most pressing challenges related to creating winning strategies, leading and managing others, and building a thriving career. In the decade since their blockbuster international bestseller *Winning* was published, Jack and Suzy Welch have dug deeper into business, traveling the world consulting to organizations of every size and in every industry, speaking before hundreds of audiences, working closely with entrepreneurs from Mumbai to Silicon Valley, and, in 2010, starting their own fully accredited online MBA program, which now has approximately***

**1,000 students enrolled. Over the same time frame, Jack has advised more than seventy-five companies through private equity, and dozens more in a senior advisory role at IAC. Now, Jack and Suzy Welch draw on their experiences to address the biggest problems facing modern management—and offer pragmatic solutions to overcome them. Going beyond theories, concepts, and ideologies, they tackle the real stuff of work today. When you get down to it, they argue, winning in business is all about mastering the gritty, inescapable, make-or-break, real-life dilemmas that define the new economy, the old economy, and everything in between. Work is a grind. We just got whacked. My boss is driving me nuts. I'm stuck in career purgatory. My team has lost its mojo. IT is holding us hostage. Our strategy is outdated the day we launch it. We don't know what our Chinese partners are talking about. We're just not growing. These are some of the day-to-day issues the Welches take on. Coupled with Jack's years of iconic leadership and Suzy's insights as former editor of the Harvard Business Review, their new database of knowledge infuses The Real Life MBA with fresh, relevant stories and equally powerful solutions that every manager at any level can use right now.**

**DO SHIT, GET SHIT DONE: Your No BS Guide to Making Life Your Bitch and Winning Every Day**

**The Ultimate No Holds Barred Kick Butt Take No Prisoners Direct Marketing for Non-Direct Marketing Businesses**

**The Real-Life MBA**