

Fastrack Magazine

PC Mag

PCMag.com is a leading authority on technology, delivering Labs-based, independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology.

BIG Ideas to BIG Results

Fast Track Photographer, Revised and Expanded Edition

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

A PROVEN, NO-NONSENSE, STEP-BY-STEP, RESULTS-DRIVEN APPROACH TO DRIVING CORPORATE TRANSFORMATION AND BREAKTHROUGH PERFORMANCE IN A DISRUPTIVE WORLD Why do most corporate transformation leaders fail to achieve breakthrough performance? They make things too complex. They clutter it with jargon and confusion. They pancake new initiatives on top of old ones. They dither on the launch pad. They chase too many fads. And they fail to make it “safe” for leaders to lead the transformation at their own level. In short, they don’t have a reliable corporate transformation game plan. Whatever your corporate transformation challenge, whatever your role, Robert H. Miles and Michael T. Kanazawa introduce a simple, proven, results-driven approach that has underpinned some of the most successful corporate transformations of our time. Drawing on their experience as principal process architects working with dozens of CEOs and executive teams, and hundreds of senior executives and staff professionals, they show you how to develop a compelling and potent corporate transformation game plan that enables you to align your organization behind just a few core initiatives; bias your people toward speed; create leaders at every level; integrate in new “disruptive” tools to accelerate progress; and achieve traction and accountability in all phases of execution. Whether you’re a new CEO taking charge to transform your company, an executive redirecting a major business or function, or one of the hundreds of managers and thousands of employees trying to make sense of a transformation and contribute to it, this book will help you decipher the complexity, find your place on the transformation roadmap, and ensure that the effort rapidly reaches its intended breakthrough results. A PROVEN, STEP-BY-STEP ROADMAP FOR TRANSFORMATION LEADERS — FAST, SIMPLE, AND COMPRESSED Corporate transformation and breakthrough performance without the confusion and complexity GEARED TO RAPIDLY ENGAGE THE FULL ORGANIZATION To equip leaders at all levels to lead your transformation in an aligned and engaging manner FOCUSES EVERYONE ON “DOING MORE ON LESS” Generates focused execution and avoid layering initiative upon initiative to conquer organizational gridlock DESIGNED TO “DISRUPT” HOW TRADITIONAL TRANSFORMATION PROGRAMS ARE DONE Introduces disruptive transformation competencies that drive innovation, growth, and a new way of activating change Corporate transformation is tough work, but extraordinarily rewarding for all involved when led successfully. Somebody’s got to do it, and do it well. What if that someone happens to be you? Where will you start? How will you frame your transformation game plan and lay out its roadmap? What will you do first, and who will you engage when in the enterprise? How will you keep it alive after the early excitement? And how will you make it part of your management process so that it can become a reliable core competency for rising to the increasing rate of disruptive transformation challenges facing your company? Now there’s a breakthrough methodology to enable CEOs and executive leaders to rise to these corporate transformation challenges.

Fast-Track Triathlete

Balancing a Big Life with Big Performance in Long-Course Triathlon

The Engineer’s Career Guide

In Fast-Track Triathlete, elite triathlon coach Matt Dixon offers his plan of attack for high performance in long-course triathlon—without sacrificing work or life. Developed for busy professionals with demanding schedules, the Fast-Track Triathlete program makes your PR possible in Ironman®, Ironman 70.3®, Rev3, and Challenge triathlon in about 10 hours a week. Training for long-course triathlons once demanded 15-20 hours each week—on top of work, family, travel and other time commitments. For many, preparing for long-distance triathlon is more challenging than the race itself. Now Fast-Track Triathlete opens the door to your best performance in full- and half-distance triathlons in half the traditional training time. Dixon’s laser-focused, effective approach to workouts, recovery, strength and mobility, and nutrition means you can prepare for triathlon’s greatest challenges in just 7-10 hours per week for half-distance and 10-12 hours per week for full-distance. Fast-Track Triathlete includes • Dixon’s complete guide to creating a successful sport and life performance recipe • How to plan out your triathlon training • Scaling workouts for time and fatigue • Training and racing during travel • Executing your swim-bike-run and transitions plan on race day • 10-week off-season training program with key workouts • 14-week pre-season training program with key workouts • 14-week comprehensive race-prep full and half training plans with fully integrated strength and conditioning Dixon’s first book, The Well-Built Triathlete, revealed his four-tiered approach to success in all triathlon race distances. Fast-Track Triathlete turbocharges Dixon’s well-built program so even the busiest athletes can achieve their long-distance triathlon dreams without sacrificing so much to achieve them.

This is the most complete career resource guide book for engineers dealing with the non-technical side of engineering. It provides career advice for engineers at all stages of their careers, whether newly graduated, mid-career, or soon-to-be-retired. This book provides many real world, practical, proven, common sense career tips supported by actual work and experiences/examples. Tips deal with problems the engineer may encounter with supervisors, co-workers and others in the corporation. The book provides step-by-step guidance on how to deal with career problems and come out ahead.

Windows Magazine

From Writing Irresistible Queries to Landing Your First Assignment-all You Need to Build a Successful Career

Leverage Your Unique Strengths for a More Successful Photography Business

Here comes the Best Seller! Since its first edition in 2012, Fast Track Objective Arithmetic has been great architect for building and enhancing Aptitude skills in lakhs of aspirant across the country. The first book of its kind has all the necessary elements required to master the concepts of Arithmetic through Level Graded Exercises, namely Base Level & Higher Skill Level. Comprehensively covering the syllabus of almost all competitive examinations like, RBI, SBI, IBPS PO, SSC, LIC, CDS, UPSC, Management and all other Entrance Recruitment and Aptitude Test, the books has perfect compilation of Basic Concepts & Short Tricks to solve different types of Arithmetical problems. Unlike before, this completely revised 2018 edition promises to be more beneficial than the older ones. With up to date coverage of all exam questions, new types of questions and tricks, the thoroughly checked error free edition will ensure Complete Command over the subject and help you succeed in the examinations.

In the past few decades the number of women entering graduate and professional schools has been going up and up, while the number of women reaching the top rung of the corporate and academic worlds has remained relatively stagnant. Why are so many women falling off the fast track? In this timely book, Mary Ann Mason traces the career paths of the first generation of ambitious women who started careers in academia, law, medicine, business, and the media in large numbers in the 1970s and '80s. Many women who had started families but continued working had ended up veering off the path to upper management at a point she calls "the second glass ceiling." Rather than sticking to their original career goals, they allowed themselves to slide into a second tier of management that offers fewer hours, less pay, lower prestige, and limited upward mobility. Men who did likewise--entered the career world with high aspirations and then started families while working--not only did not show the same trend, they reached even higher levels of professional success than men who had no families at all. Along with her daughter, an aspiring journalist, Mason has written a guide for young women who are facing the tough decision of when--and if--to start a family. It is also a guide for older women seeking a second chance to break through to the next level, as Mason herself did in academia. The book features anecdotes and strategies from the dozens of women they interviewed. Advice ranges from the personal (know when to say "no," the importance of time management) to the institutional, with suggestions for how the workplace itself can be changed to make it easier for ambitious working mothers to reach the top levels. The result is a roadmap of new choices for women facing the sobering question of how to balance a successful career with family.

The Faster, Safer Way to Privately Adopt a Baby

Fitness

Fast Track Adoption

New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region, bringing together Orange County ’s most affluent coastal communities through smart, fun, and timely editorial content, as well as compelling photographs and design. Each issue features an award-winning blend of celebrity and newsmaker profiles, service journalism, and authoritative articles on dining, fashion, home design, and travel. As Orange County ’s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation, Orange Coast is the definitive guidebook into the county ’s luxe lifestyle.

The Complete Accelerated Corporate Transformation (ACT) Method

The Complete Idiot's Guide to Getting Organized Fast-Track

The Core Advice You Need to Get and Keep Your Life in Order

Turn organizing your space into your next great project with this comprehensive guide! In our materialistic, time-crunched society, lifestyles are compromised by disorganization and clutter. In a 2008 National Association of Professional Organizers survey, 65 percent of respondents noted that their household was at least moderately disorganized, 71 percent said that they were better organized, and 96 percent of respondents indicated that they could save time every day by becoming more organized. A survey by IKEA reported that only 11 percent of Americans know where their Social Security cards are. Unfortunately, the problem has gotten so out of hand for so many, they have no idea where to begin. The Complete Idiot’s Guide to Getting Organized Fast-Track, finds readers where they are and helps them take the first steps toward a more organized and efficient life. In this book readers get: The principles behind effective organizing that can be applied to any situation in the home or office. A plan for clearing paper clutter and putting important documents where they can be found. Commonsense thoughts on prioritizing and organizing. A system for categorizing possessions that does not require people to buy more stuff to organize the stuff they already have. Tips for tackling disorganization hot spots, including home offices or dens, kitchens, closets, master bedrooms, garages, attics, and basement areas. Advice for staying ahead of messy family members or coworkers who are an instant.

Become the professional photographer you were meant to be. Competition in the photography industry has never been fiercer. But in this empowering guide, acclaimed photographer and speaker Dane Sanders reveals that the key to success is to stop worrying about what everyone else is doing and start focusing on your most powerful resource: you. Discover how to use your talents to carve out a niche all your own. · Avoid the mistakes most photographers make. · Choose a business style that fits the way you want to spend your time—and live your life. Fast Track Photographer is not just another how-to book—it’s an entirely fresh way of thinking about your business, whether you’re just starting out, or an industry veteran wondering

If you want to build a competition-proof creative business in the twenty-first century, it’s time to throw out the old rulebook and get on the fast track! Includes free access to Dane’s popular self-assessment test (a \$20 value) to jumpstart your journey! "I can't think of a better way for anyone to start their professional photo career than to read Fast Track Photography" —Amit Gupta, founder of Photojojo.com "This book is worth its weight in gold." —Gary Fong, photographer, author, and creator of the Lightsphere "The best resource for today's photographer—BAR NONE!" —Scott Sheppard

Photography”

PC World

New York Magazine

PC Mag

With a You Can Do It attitude, Fitness magazine shares workouts, health and beauty advice, diet plans, and success stories to motivate readers to achieve balance in all aspects of their lives. Fitness empowers women to embrace fitness as a lifestyle, not an age or dress size, and to change the conversation from "skinny" to "healthy." Contents Part I. Express Total Body Workout Chapter 1 Building Your Own Program Chapter 2 Boost Energy, Blast Fat Chapter 3 Targeted Stretching to Beat Stress Chapter 4 Recipes, Diet, and Nutrition for Optimal Calorie Burn Part II. 15-Minutes to Tone Your Trouble Zones Chapter 5 Jiggle-Free Arms Chapter 6 Flat Abs Fast Chapter 7 A Strong Chest and Back Chapter 8 A Great Butt Chapter 9 Leaner Legs Chapter 10 Mix and Match Your Workouts

Sure to become the definitive guide for leaders facing the challenges of rapid enterprise-wide transformation, this book is the first detailed release of Robert H. Miles’s proven Accelerated Corporate Transformation process - the ACT Method. Many books on corporate transformation exist, often focusing on leadership styles and stories. This business manual goes further and deeper, providing frameworks, tools, and templates, to show what, when, and how a leader of enterprise-wide transformation should pace an organization through the essential transformation phases of Launch, Cascade, and Execute. The ACT approach is leader-led at all levels. It rapidly engages all employees and has reliably generated rapid breakthrough results across a wide variety of executive leaders, organizational types, and transformation challenges. Complemented by an optional online course, this Guide will be an indispensable resource for anyone leading or supporting a rapid transformation in their organization. Line managers, strategy consultants, learning and development professionals, human resources managers, and anyone interested in the inner workings of top leadership circles will appreciate the insights this book provides. The Guide is also available as an online course, Transformation Leader’s Guide: The Online Course.

Mothers on the Fast Track

Leading Corporate Transformation in a Disruptive World

Transformation Leader’s Guide

Most couples in the U.S. have to wait up to seven years to adopt an infant domestically--and all the expense and waiting doesn't always result in a successful adoption. Now, rather than relying on slow-paced and expensive adoption agencies, many couples are choosing to privately adopt a child. By eliminating the adoption agency, couples can customize and control their own adoption plan. Inside this book, couples will learn how becoming proactive in the adoption process may significantly speed up the adoption. Following the Fast Track method, readers will learn how to: - Establish a budget - Assemble a professional team - Obtain an approved home study - Prepare an effective family profile - Advertise for and talk to potential birth mothers - Detect warning signs for frauds and scams - Be prepared at the hospital With this book as their guide, potential parents can actively pick their own birth mother. By doing so, couples will save time and money, reduce stress, and, most importantly, find a baby to adopt.

Fast Track to a Better Body

How a New Generation Can Balance Family and Careers

Orange Coast Magazine