Life Hacks Any Procedure Or Action That Solves A Problem Simplifies A Task Reduces Frustration Etc In Ones Everyday Life

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Extreme Couponing - Joni Meyer-Crothers 2013-03-05
In today's economy, being money savvy is a necessity. For most American households cutting back on the things they love has become harder and harder to bear. But there are ways to get what you want at a fraction of the cost—if not free. With this book, extreme couponing expert Joni Meyer-Crothers explains precisely how she has managed to save thousands by clipping coupons, using them wisely and never paying full retail price for any product. She reveals what basic items you should never pay for (toothpaste, toothbrushes, razors, pasta, etc.), and teaches readers techniques to obtain coupons that do not cost a penny and turn them around to save big on groceries, cleaning items, hygienic supplies, and many other household products. Learn the basics of couponing, maximizing your savings, and thinking outside of the box when it comes to how you shop. With Extreme Couponing, there's no reason to pay full price for the things you need in life.

The Little Book of Life Hacks - Yumi Sakugawa 2017-05-02
Clever little ways to improve your daily life!

Smart Home Hacks - Gordon Meyer 2004-10-25
So much of what is commonplace today was once considered impossible, or at least wishful thinking. Laser beams in the operating room, cars with built-in guidance systems, cell phones with email access. There's just no getting around the fact that technology always has, and always will be, very cool.But technology isn't only cool; it's also very smart. That's why one of the hottest technological trends nowadays is the creation of smart homes.At an increasing rate, people are turning their homes into state-of-the-art machines, complete with more switches, sensors, and actuators than you can shake a stick at. Whether you want to equip your home with motion detectors for added security, install computer-controlled lights for optimum convenience, or even mount an in-home web cam or two purely for entertainment, the world is now your oyster. Ah, but like anything highly technical, creating a smart home is typically easier said than done.Thankfully, Smart Home Hacks takes the guesswork out of the process. Through a seemingly unending array of valuable tips, tools, and techniques, Smart Home Hacks explains in clear detail how to use Mac, Windows, or Linux to achieve the automated home of your dreams. In no time, you'll learn how to turn a loose collection of sensors and switches into a well-automated and well-functioning home no matter what your technical level may be.Smart Home Hacks covers a litany of stand-alone and integrated smart home solutions designed to enhance safety, comfort, and convenience in new and existing homes. Kitchens, bedrooms, home offices, living rooms, and even bathrooms are all candidates for smart automation and therefore are all addressed in Smart Home Hacks.Intelligently written by engineering guru and George Jetson wannabe, Gordon Meyer, Smart Home Hacks leaves no stone unturned. From what to purchase to how to use your remote control, it's the ultimate guide to understanding and implementing complete or partial home automation.

CEH Certified Ethical Hacker Study Guide - Kimberly Graves 2010-06-03
Full Coverage of All Exam Objectives for the CEH Exams 312-50 and EC0-350 Thoroughly prepare for the challenging CEH Certified Ethical Hackers exam with this comprehensive study guide. The book provides full coverage of exam topics, real-world examples, and includes a CD with chapter review questions, two full-length practice exams, electronic flashcards, a glossary of key terms, and the entire book in a searchable pdf e-book. What's Inside: Covers ethics and legal issues, footprinting, scanning, enumeration, system hacking, trojans and backdoors, sniffers, denial of service, social engineering, session hijacking, hacking Web servers, Web application vulnerabilities, and more Walks you through exam topics and includes plenty of real-world scenarios to help reinforce concepts Includes a CD with an assessment test, review questions, practice exams, electronic flashcards, and the entire book in a searchable pdf

Gut Health Hacks - Lindsay Boyers 2021-07-27
"Bloating. Heartburn. Weight gain. Frequent visits to the restroom. It's no surprise: bad gut health can have a big impact on your daily life. But what if there were quick and easy ways to improve your digestive system so you could feel your best every day? In Gut Health Hacks, you'll find 200 practical tips and tricks to support good bacteria and achieve a balanced gut microbiome. From ways to hack your meals to simple lifestyle changes, you'll find tips and tricks like: consuming ginger has a calming sensation for your digestive tract and can relieve gas and bloating; sipping some ginger tea before bedtime can lead to a restful night's sleep; mental stress leads to digestive stress; and much more! From improved mental health to weight loss to resolved digestion issues, balanced gut health can make all the difference. Now you can start feeling your best today with a little help from Gut Health Hacks"--

PDF Hacks - Sid Steward 2004-08-16
Shows readers how to create PDF documents that are far more powerful than simple representations of paper pages, helps them get around common PDF issues, and introduces them to tools that will allow them to manage content in PDF, navigating it and reusing it as necessary. Original. (Intermediate).

Atomic Habits - James Clear 2018-10-16
The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Brain Hacks - Adams Media 2018-02-06
Discover more than 300 quick tips and exercises to help you optimize your mental performance and improve brain health. Everyone wants to be at their best mentally, and Brain Hacks provides you with more than

300 actionable tips and exercises you can use right away to help you achieve and maintain peak mental performance. Topics covers include: - Proper nutrition and brain superfoods -Brain-boosting vitamins, minerals, herbs, and supplements -Stress management techniques -Natural mood-enhancing activities -Exercises that stimulate and challenge the brain With straightforward, simple advice, Brain Hacks will teach you how to keep your brain sharp and functioning at optimal levels.

World's Best Life Hacks - Sarah Devos 2016-06-07
Quick tips and fun workarounds to solve problems large and small! Did you know that you can turn a bag of chips into a bowl in an instant? Or that you can peel a mango with a glass? Make a speaker with a toilet roll and two plastic cups? This is a collection of 200 clever and useful life hacks, with pictures included, for your home, garden, kids, and much more. Get started and you may find yourself inventing some shortcuts of your own!

College Hacks - Keith Bradford 2015-08
Hacks every college student needs to know! Want to ace your next exam? Claim victory as a beer pong champ? Remove that gross stain from your shirt before your interview? College Hacks gives you the tricks and tips you need to get ahead in life without breaking a sweat. Filled with hundreds of ways to simplify nearly every college situation, this guide tells you just what to do when your professor assigns you a twenty-page paper or you run out of clean dishes in your dorm room (chip bag bowl, anyone?). So stop making college harder than it should be! With these everyday hacks, you'll breeze through each semester as you finish assignments and tasks quicker than ever before!

Mind Performance Hacks - Ron Hale-Evans 2006-02-06
"Tips & tools for overclocking your brain"--Cover.

101 Life Hacks - Aubre Andrus 2020-11-03
Turn ordinary into awesome with this fun book, jam-packed with science-inspired ideas kids can use to simplify, prettify, and eco-fy their lives at home, school, and on the go. Upcycle, recycle, and/or repurpose your stuff and engineer your way out of all kinds of sticky situations--all while learning about science and sustainability as you do it! Make cool lantern lights for your room, discover a tried-and-true brain freeze cure, learn how to boost your memory power, and more. In this easy-to-follow guide, kids get tips and tricks for upcycling and reusing old stuff, as well as hands-on activities, fun facts, and insights from professional-grade life hackers who use their problem-solving skills to change the world. By the end, you'll be able to hack your way through all kinds of problems, from a messy backpack to stage fright, a drippy ice pop to smelly shoes!

Digital Minimalism - Cal Newport 2019-02-05
A New York Times, Wall Street Journal, Publishers Weekly, and USA Today bestseller "Newport is making a bid to be the Marie Kondo of technology: someone with an actual plan for helping you realize the digital pursuits that do, and don't, bring value to your life."--Ezra Klein, Vox Minimalism is the art of knowing how much is just enough. Digital minimalism applies this idea to our personal technology. It's the key to living a focused life in an increasingly noisy world. In this timely and enlightening book, the bestselling author of Deep Work introduces a philosophy for technology use that has already improved countless lives. Digital minimalists are all around us. They're the calm, happy people who can hold long conversations without furtive glances at their phones. They can get lost in a good book, a woodworking project, or a leisurely morning run. They can have fun with friends and family without the obsessive urge to document the experience. They stay informed about the news of the day, but don't feel overwhelmed by it. They don't experience "fear of missing out" because they already know which activities provide them meaning and satisfaction. Now, Newport gives us a name for this quiet movement, and makes a persuasive case for its urgency in our tech-saturated world. Common sense tips, like turning off notifications, or occasional rituals like observing a digital sabbath, don't go far enough in helping us take back control of our technological lives, and attempts to unplug completely are complicated by the demands of family, friends and work. What we need instead is a thoughtful method to decide what tools to use, for what purposes, and under what conditions. Drawing on a diverse array of real-life examples, from Amish farmers to harried parents to Silicon Valley programmers, Newport identifies the common practices of digital minimalists and the ideas that underpin them. He shows how digital minimalists are rethinking their relationship to social media, rediscovering the pleasures of the offline world, and reconnecting with their inner selves through regular periods of solitude. He then shares strategies for integrating these practices into your life, starting with a thirty-day "digital declutter" process that has already helped thousands feel less overwhelmed and more in control. Technology

is intrinsically neither good nor bad. The key is using it to support your goals and values, rather than letting it use you. This book shows the way.
Life Hacks - Keith Bradford 2014-11-18
As seen in Redbook Magazine, discover 1,000 simple, easy solutions to everyday problems! Wouldn't it be nice if there were a way to make life easier? With Life Hacks, you'll find hundreds of methods that you can start using right now to simplify your life. From folding a fitted sheet to removing scuffs from furniture, this book offers simple solutions to a variety of everyday problems. Each informative entry helps you discover quicker, more efficient techniques for completing ordinary tasks around the home, at the office, and just about anywhere. You'll also learn how to make the most out of any situation with fun, problem-solving tricks like creating an impromptu iPod speaker from toilet paper rolls or snagging a free doughnut at your local Krispy Kreme shop. Filled with 1,000 valuable life hacks, this book proves that you don't have to search very far for the perfect solution to everyday problems.

Money Hacks - Lisa Rowan 2020-09-22
Achieve all of your financial goals with these 300 easy solutions to all your personal finance questions—from paying off your student loans to managing investments. Are you looking for ways to decrease your spending…and start increasing your savings? Need some simple advice for maximizing your investments? Want to start planning for your retirement but don't know where to start? It's now easier than ever to achieve all your financial goals! Many people are afraid to talk about money, which means that you might be missing some of the best money-saving skills out there! In Money Hacks you will learn the basics of your finances so you can start making every penny count. Whether you're trying to pay down debt, start an emergency fund, or make the smartest choice on a major purchase, this book is chock-full of all the useful hacks to make your money work for you in every situation!

Cleaning Hacks - Sarah Flowers 2019-06-04
Clean everything in your home from your clothes and sheets to your shower curtain, vents—even the inside of your washing machine—with this simple short-cuts using all-natural cleaning products. Did you know you should be cleaning your sponge on a weekly basis by putting it in the microwave for just 90 seconds? Or that you could use a rubber glove to clean up pet hair instead of a lint brush? Or that wax paper can be used to make your faucets and sink fixtures shine instead of a chemical polish? Avoid long lists of mysterious chemicals and skip buying multiple cleaning products and get back to basics and use simple, all-natural solutions that are safe, inexpensive, and effective. Take control of your cleaning to-do list with these easy, natural cleaning methods. With this book, you'll learn to: —Use vinegar to clean out a washing machine that's starting to smell —Mix lemon juice and salt to really clean out the cracks in your cutting board where food can get stuck —Rub chalk onto a greasy stain to help absorb extra oils before washing And much more! Organized by cleaning project, you'll be able to find the perfect easy solution for all your cleaning jobs, however large or small, with this handy guide!

Productivity Hacks - Emily Price 2018-12-18
Improve your productivity, increase focus, and enhance your organizational and time management skills with these 500+ easy tips and tricks for getting more stuff done. We all know about Post-It notes and to-do lists—and now, with this handy guide you can take productivity to the next level! Learn to use technology to your advantage, schedule your time wisely, and organize your materials for maximum efficiency. Some of Productivity Hacks's easy-to-implement tips include utilizing "do not disturb" features on your phone and computer to avoid distractions, scheduling a specific time to check your email instead of shifting focus again and again, and creating templates for your most-used email responses so you don't need to do the same work twice—and many more! From accomplishing more in the workplace to maintaining a healthy work-life balance, these tips will help hone your focus and time management skills in simple, manageable steps. You'll be amazed how much more you can achieve over the course of a day!

Statistics Hacks - Bruce Frey 2006-05-09
Want to calculate the probability that an event will happen? Be able to spot fake data? Prove beyond doubt whether one thing causes another? Or learn to be a better gambler? You can do that and much more with 75 practical and fun hacks packed into Statistics Hacks. These cool tips, tricks, and mind-boggling solutions from the world of statistics, measurement, and research methods will not only amaze and entertain you, but will give you an advantage in several real-world situations-including business. This book is ideal for anyone who likes puzzles, brainteasers, games, gambling, magic tricks, and those who want to

apply math and science to everyday circumstances. Several hacks in the first chapter alone-such as the "central limit theorem,", which allows you to know everything by knowing just a little-serve as sound approaches for marketing and other business objectives. Using the tools of inferential statistics, you can understand the way probability works, discover relationships, predict events with uncanny accuracy, and even make a little money with a well-placed wager here and there. Statistics Hacks presents useful techniques from statistics, educational and psychological measurement, and experimental research to help you solve a variety of problems in business, games, and life. You'll learn how to: Play smart when you play Texas Hold 'Em, blackjack, roulette, dice games, or even the lottery Design your own winnable bar bets to make money and amaze your friends Predict the outcomes of baseball games, know when to "go for two" in football, and anticipate the winners of other sporting events with surprising accuracy Demystify amazing coincidences and distinguish the truly random from the only seemingly random--even keep your iPod's "random" shuffle honest Spot fraudulent data, detect plagiarism, and break codes How to isolate the effects of observation on the thing observed Whether you're a statistics enthusiast who does calculations in your sleep or a civilian who is entertained by clever solutions to interesting problems, Statistics Hacks has tools to give you an edge over the world's slim odds.

Hacking- The art Of Exploitation - J. Erickson 2018-03-06
This text introduces the spirit and theory of hacking as well as the science behind it all; it also provides some core techniques and tricks of hacking so you can think like a hacker, write your own hacks or thwart potential system attacks.

Problems of Life - Leon Trotsky 1973

Life Admin - Elizabeth Emens 2019
"It's a relief just to talk about it. It's heaven to fix it: "admin," the administrative chores that have exploded in our busy lives. Here's the book that will give you many hours of your life back"--

Life Admin Hacks - Mia Northrop 2022-01-01
A super-practical guide to cleaning up your admin load and freeing up head space. You have no idea what's for dinner tonight. You need a gift for that party next week. You still haven't consolidated your super. You're out of contract on your phone and paying who knows what. Those cupboards won't declutter themselves. The kids need a plan for the next school holidays. It's time to get the gutters cleaned. You still haven't made a will. Sound familiar? Then this is the life admin guide you've been waiting for. Life admin can't be eliminated but it can be minimised, automated and better shared within families. This no-nonsense book: outlines a clear system to transform your life admin into managed order helps you share the mental load with others gives you game-changing tools and small practical steps to follow breaks down life admin into Two Minutes Too Easy, Ten Minute Time Killer or Hour of Power tasks shows you the fastest ways to shop around for new providers lets you focus on your major pain points or do a complete life admin makeover Working parents Mia and Dinah have marshalled their professional expertise in innovation, finance, design thinking and operations to research best practices, trial the tech and craft the most efficient processes to optimise their own life admin. The result? No more overwhelm, way more spare time and thousands of dollars saved. Now it's your turn. PRAISE 'This book is life-changing. Mia and Dinah's practical, wise and clever advice will help you to start important conversations with your partner or children around the day-to-day tasks that have shackled women for centuries' Tracey Spicer, author and broadcaster 'My stress levels subsided from the opening page" Helen McCabe founder FUTURE WOMEN, and former editor-in-chief The Australian Women's Weekly 'Life Admin Hacks is for any woman who has ever felt completely squashed by the mental load of modern life. It will teach you how to streamline and conquer all the boring bits so you can get on with the actual fun of living. It's basically Mrs Beeton's Guide to Household Management for modern women, and every home needs a copy' Bron 'Maxabella' Mandile, publisher MUMLYFE 'This book flips the switch on life admin as we know it and the perpetual expectation on women to do it all. This book will streamline your life and support you to share the sometimes-crippling mental load' Tarla Lambert, WOMEN'S AGENDA 'I absolutely love this book and I think it's essential for ambitious and working women. It spells out solutions to life admin rather than just lamenting the problem ... Game changing! Mia and Dinah show you how to take small steps with big impact. They lay out the importance of sharing the load when it comes to admin as well as domestic duties. It breaks down the intersection of parenting, household duties and life admin. So many of us

feel frustrated and overwhelmed at the moment. It is a must read for women' Sheree Rubinstein, founder ONE ROOF

Happiness Hacks - Adams Media 2018-01-09
Discover simple ways to be happier in your everyday life with these hacks that encourage positive thinking to improve your mood and outlook in any situation. Everyone wants to be happier, but often many people don't know where to start. In Happiness Hacks, you'll find 300 quick and easy ways to increase happiness in every area of life, including improving relationships, finding joy in your career and workplace, and developing a supportive community. From handling difficult situations, seeking personal growth, and discovering ways to share enjoyment with others, this book can teach you to hack happiness, think positively, and find more satisfaction in your everyday life.

Organization Hacks - Carrie Higgins 2017-12-05
Fix your cluttered cabinets, overflowing drawers, and messy living areas with these tips, tricks, and project ideas from Carrie Higgins, the organization expert of the Making Lemonade blog. Carrie Higgins has made it her mission to share fresh ideas for the home on her blog Making Lemonade. In this guide she has collected her best quick fixes, innovative hacks, and DIY solutions to keep your home looking beautiful, such as: -Using a ladder and a collection of S-hooks for additional pots and pans storage -Attaching a binder clip to your nightstand for your phone charger so the end never falls under the bed again -Using daylight saving time as a reminder to check the expiration date on the medications in your cabinet. And some of her more in-depth projects include: -DIY magnetic spice jars to keep spices on your fridge and near at hand -Easy-attach baskets for storing bath toys for the little ones -A foolproof travel packing grid for quick and easy getaways With Organization Hacks, you can get your house in order and turn your home from a hoarding nightmare into a clutter-free paradise!

Android Hacker's Handbook - Joshua J. Drake 2014-03-26
The first comprehensive guide to discovering and preventingattacks on the Android OS As the Android operating system continues to increase its shareof the smartphone market, smartphone hacking remains a growingthreat. Written by experts who rank among the world's foremostAndroid security researchers, this book presents vulnerabilitydiscovery, analysis, and exploitation tools for the good guys.Following a detailed explanation of how the Android OS works andits overall security architecture, the authors examine howvulnerabilities can be discovered and exploits developed forvarious system components, preparing you to defend againstthem. If you are a mobile device administrator, security researcher,Android app developer, or consultant responsible for evaluatingAndroid security, you will find this guide is essential to yourtoolbox. A crack team of leading Android security researchers explainAndroid security risks, security design and architecture, rooting,fuzz testing, and vulnerability analysis Covers Android application building blocks and security as wellas debugging and auditing Android apps Prepares mobile device administrators, security researchers,Android app developers, and security consultants to defend Androidsystems against attack Android Hacker's Handbook is the first comprehensiveresource for IT professionals charged with smartphonesecurity.

Cooking for Geeks - Jeff Potter 2010-07-20
Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy.

Your Playlist Can Change Your Life - Galina Mindlin 2012-01-01
Unlock the power of the songs in your pocket Maybe you blast the speakers when you need to get pumped up. If that's all you do, though, you're not taking full advantage of the way music can help you. Listen to a slower track first and the one-two punch of the playlist can push you even higher. Overflowing with easy-to-use tips like these, Your Playlist Can Change Your Life is the first book to offer scientifically proven methods for using your favorite music to enhance your life. You'll discover how you can use the tunes you love to: •Relieve anxiety •Increase your alertness •Feel happier •Organize your brain •Sharpen your memory •Improve your mood •Live creatively •Enhance your ability to fight off stress, insomnia, depression, and even addiction Teaching readers how to customize playlists for a feel-good prescription that has no side effects, Your Playlist Can Change Your Life offers a natural way to a better you simply by listening. GALINA MINDLIN, MD, PHD, is an assistant professor of psychiatry at Columbia University, found of Brain Music Therepy (BMT) in the United States, and clinical and executive director of the BMT Center, NYC. DON DUROUSSEAU, MBA, is a cognitive neuroscientist. He is the founder and chief executive officer of

Human Bionics, LLC, and executive director of Peak Neurotraining Solutions, Inc. JOSEPH CARDILLO, PHD, is the author of Be Like Water, among other books, and has taught at various universities.

Life Hacks - Dan Marshall 2015-05-19
Ever accidentally used your thumb as a hammer cushion while partaking in a spot of DIY? Do you become enraged at the uncontrollable bobbing of the straw in your aluminum can? Are you yearning to find a way to make your toilet paper roll tube enhance your music listening experience? These and dozens of other everyday dilemmas are solved with Life Hacks, your handy guide to tackling little annoyances before they turn into big problems. This fully illustrated manual covers everything from nifty cable management to ingenious cooking methods, and much, much more. Remember: If life throws you a curveball—hack it!

Life Hacks for Kids - Sunny Keller 2017
Presents unique craft projects that have been seen on the Life hacks for kids YouTube show, including feather earrings, melted crayon art, a headband holder, and indoor s'mores, and includes questions answered by Sunny.

Hacks for Life and Career - Sandeep Das 2020-10-05
Being a millennial is not easy. While the average millennial struggles with low remuneration and motivation, there are others who become Instagram influencers and earn oodles of money and fame. This book aims to provide life hacks that can help millennials face the world professionally and personally. It discusses various topics along the lines of entrepreneurship, self-help, technological disruption and financial literacy. In this holistic guide for today's millennials, the author breaks down various day-to-day business concepts such as pricing, inflation, GDP and so on. The book also provides a glimpse of industries—FMCG, consulting, e-commerce, banking—to help readers understand the culture and demands of these industries. The book tries to speak to all kinds of millennials, be it the ones starting their slash careers or those beginning a new entrepreneurial venture. Hacks for Life and Career includes tips on managing difficult bosses or bully colleagues along with life hacks to upsell oneself in a corporate career. It also provides career-related assistance like creating an impactful resume and acing various rounds of job selection. The book answers the often-asked question of whether to pursue an Indian degree or an international degree. And finally, the secret sauce that will help them land that job with a nine-digit salary. The book will appeal to millennials who are trying to make a career in corporate India.

Work the System - Sam Carpenter 2011-01-10
A Simple Mindset Tweak Will Change Your Life. After a fifteen-year nightmare operating a stagnant service business, Sam Carpenter developed a down-to-earth methodology that knocked his routine eighty-hour workweek down to a single hour—while multiplying his bottom-line income more than twenty-fold. In Work the System, Carpenter reveals a profound insight and the exact uncomplicated, mechanical steps he took to turn his business and life around without turning it upside down. Once you "get" this new vision, success and serenity will come quickly. You will learn to: • Make a simple perception adjustment that will change your life forever. • See your world as a logical collection of linear systems that you can control. • Manage the systems that produce results in your business and your life. • Stop fire-killing. Become a fire-control specialist! • Maximize profit, create client loyalty, and develop enthusiastic employees who respect you. • Identify insidious "errors of omission." • Maximize your biological and mechanical "prime time" so that you are working at optimum efficiency. • Design the life you want—and then, in the real world, quickly create it! You can keep doing what you have always done, and continue getting mediocre, unsatisfactory results. Or you can find the peace and freedom you've always wanted by transforming your business or corporate department into a finely tuned machine that runs on autopilot!

Excel Hacks - David Hawley 2007-06-20
Millions of users create and share Excel spreadsheets every day, but few go deeply enough to learn the techniques that will make their work much easier. There are many ways to take advantage of Excel's advanced capabilities without spending hours on advanced study. Excel Hacks provides more than 130 hacks -- clever tools, tips and techniques -- that will leapfrog your work beyond the ordinary. Now expanded to include Excel 2007, this resourceful, roll-up-your-sleeves guide gives you little known "backdoor" tricks for several Excel versions using different platforms and external applications. Think of this book as a toolbox. When a need arises or a problem occurs, you can simply use the right tool for the job. Hacks are grouped into chapters so you can find what

you need quickly, including ways to: Reduce workbook and worksheet frustration -- manage how users interact with worksheets, find and highlight information, and deal with debris and corruption. Analyze and manage data -- extend and automate these features, moving beyond the limited tasks they were designed to perform. Hack names -- learn not only how to name cells and ranges, but also how to create names that adapt to the data in your spreadsheet. Get the most out of PivotTables -- avoid the problems that make them frustrating and learn how to extend them. Create customized charts -- tweak and combine Excel's built-in charting capabilities. Hack formulas and functions -- subjects range from moving formulas around to dealing with datatype issues to improving recalculation time. Make the most of macros -- including ways to manage them and use them to extend other features. Use the enhanced capabilities of Microsoft Office 2007 to combine Excel with Word, Access, and Outlook. You can either browse through the book or read it from cover to cover, studying the procedures and scripts to learn more about Excel. However you use it, Excel Hacks will help you increase productivity and give you hours of "hacking" enjoyment along the way.

Ours to Hack and to Own - Trebor Scholz 2017-08-08
With the rollback of net neutrality, platform cooperativism becomes even more pressing: In one volume, some of the most cogent thinkers and doers on the subject of the cooptation of the Internet, and how we can resist and reverse the process.

Travel Hacks - Keith Bradford 2021-09-07
"Includes top tips for safe and healthy travel!"--Cover.

Who Knew? 10,001 Household Solutions - Bruce Lubin 2018-08-14
"Money-saving tips, DIY cleaners, kitchen secrets, and other easy answers to everyday problems"--Cover.

Rewire Your Brain - John B. Arden 2010-03-22
How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

Holiday Hacks - Keith Bradford 2018-10-02
Streamline and simplify your holiday season with this comprehensive guide filled with quick tips, easy hacks, and fun DIY project ideas—all designed for the most wonderful time of the year! While the holidays are a joyous time to spend with family and friends, we all know they can quickly become a hassle if you're not prepared. Holiday Hacks gives you expert tips and pointers to celebrate in style—while getting the presents wrapped and sorted, the food beautifully prepared, and the decorations on point—all with a minimum of stress! Holiday Hacks includes over 600 handy tips for everything holiday-related—from how to fill your house with a festive cinnamon scent, to soothing those holiday headaches, to an easy and delicious hot chocolate hack using Nutella and milk. There's even advice about ornament storage—egg cartons are a great way to keep your small and delicate ornaments safe in their yearly hibernation—so you'll be ready to go when the holidays roll around again next year!

Exercise of Power - Robert M. Gates 2021-05-04
From the former secretary of defense and author of the acclaimed #1 bestselling memoir, Duty, a candid, sweeping examination of power, and how it has been exercised, for good and bad, by American presidents in

the post-Cold War world. Since the end of the Cold War, the global perception of the United States has progressively morphed from dominant international leader to disorganized entity. Robert Gates argues that this transformation is the result of the failure of political leaders to understand the complexity of American power, its expansiveness and its limitations. He makes clear that the successful exercise of power is not limited to the ability to coerce or demand submission, but must also encompass diplomacy, strategic communications, development assistance, intelligence, technology, and ideology. With forthright judgments of the performance of past presidents and their senior-most advisers, insightful firsthand knowledge, and compelling insider stories, Gates's candid, sweeping examination of power in all its manifestations argues that U.S. national security in the future will require abiding by the lessons of the past, reimagining our approach, and revitalizing nonmilitary instruments of power essential to success and security.

Coding Freedom - E. Gabriella Coleman 2013
Who are computer hackers? What is free software? And what does the emergence of a community dedicated to the production of free and open source software--and to hacking as a technical, aesthetic, and moral project--reveal about the values of contemporary liberalism? Exploring the rise and political significance of the free and open source software (F/OSS) movement in the United States and Europe, Coding Freedom details the ethics behind hackers' devotion to F/OSS, the social codes that guide its production, and the political struggles through which hackers question the scope and direction of copyright and patent law. In telling the story of the F/OSS movement, the book unfolds a broader narrative involving computing, the politics of access, and intellectual property. E. Gabriella Coleman tracks the ways in which hackers collaborate and examines passionate manifestos, hacker humor, free software project governance, and festive hacker conferences. Looking at the ways that hackers sustain their productive freedom, Coleman shows that these activists, driven by a commitment to their work, reformulate key ideals including free speech, transparency, and meritocracy, and refuse restrictive intellectual protections. Coleman demonstrates how hacking, so often marginalized or misunderstood, sheds light on the continuing relevance of liberalism in online collaboration.

Life Hacks - Grant Thompson 2014-09-02
For the past few years, Grant Thompson has spent his weekends starting fires, building cannons, and experimenting with dry ice and liquid nitrogen. He's made pumpkins explode, defied gravity, and discovered countless ways to make everyday life easier using ordinary items such as butter, suntan lotion, cupcake wrappers, and aluminum foil. His discoveries and experiments, many posted online to sites such as YouTube, have earned him the title of the King of Random.With the help of the staff at Instructables.com, Thompson has compiled the best of his weekend projects in Life Hacks. With life hacks from the King himself, you'll see how easy it is to have better summers, less stressful holidays, and cooler?literally?birthday parties.Following Thompson's instructions in this book, you'll be able to:Make dry ice with a fire extinguisherCreate carbonated ice creamStart fires with plastic water bottlesCharge your cell phone?using your own energyBuild working speakers for less than $1And much more