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Summary, Analysis & Review of Thomas L. Friedman's Thank You for Being Late by Instaread Preview Thomas Friedman's Thank You for Being Late: An Optimist's Guide to Thriving in the Age of Acceleration is about the accelerating pace of change in modern society. The event that inspired the book's title occurred when some of Friedman's colleagues from the New York Times failed to arrive on time for an appointment. Friedman realized that the time spent waiting, with nothing to do, gave him a needed moment to reflect, and that reflection makes him a better thinker, writer, and person. Friedman argues that technological changes are moving so swiftly that human beings have difficulty keeping up. This causes social dislocation and hardship. People must learn to strengthen and adjust communities quickly to help those in need and ensure a vibrant future. There are three major accelerating changes affecting the world today. These are accelerations in technology, globalization, and climate change. Technological change leaped forward in 2007 with the... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Thomas L. Friedman's Thank You for Being Late by Instaread: Overview of the Book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Summary of Strengths Based Leadership by Tom Rath and Barry Conchie | Includes Analysis Preview: Strengths Based Leadership

by Tom Rath and Barry Conchie introduces readers to the Gallup-designed survey that identifies a person's unique leadership strengths. Many leaders try to improve their skills by emulating other leaders, but in reality the most capable leaders are the ones who use their existing talents to provide what teams need. The best way to discover the ideal traits of good leaders is to ask followers what traits have characterized their most positive leaders. When asked, most mentioned the same factors as necessary for them to want to follow a leader. According to the survey, those factors are trust, compassion, stability, and hope. Different types of leaders have different ways of filling those needs. The 34 themes that the StrengthsFinder online test identifies range alphabetically from Achiever to Woo and can be grouped into four categories. Executing themes include Focus and Responsibility and revolve around a leader's ability... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of Strengths Based Leadership by Tom Rath and Barry Conchie | Includes Analysis · Overview of the Book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Summary, Analysis & Review of Mark Manson's The Subtle Art of Not Giving a F*ck by Instaread Preview: The Subtle Art of Not Giving a F*ck by blogger Mark Manson is a candid self-help guide for anyone who needs a dose of inspired but realistic perspective on their path of self-development. Manson's personal experience in self-improvement is the cornerstone of his philosophy. He argues that people should learn to care less—or in his parlance, give fewer fucks—about things in life that don't really matter, such as material possessions or other people's opinions, and to care more about the priorities that do matter, such as solid relationships and finding genuine happiness. According to most self-help literature, maintaining a positive outlook is paramount. Yet often, when people try to look only at the bright side of situations, they ignore reality. This denial creates more problems because it keeps people from responding effectively to the less than savory aspects of their character and the more challenging parts of their... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Mark Manson's The Subtle Art of Not Giving a F*ck by Instaread · Overview of the Book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. PLEASE NOTE: This is a summary of the book and NOT the original book. Unbroken by Laura Hillenbrand - A 30-minute Instaread Summary Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary: Chapter 1 Louis was the son of Anthony and Louise Zamperini, Italian immigrants. He was one of those kids who got into everything. He stole from everyone, but could always talk his way out of scrapes. The only thing that scared him was flying. He once flew in an airplane and was so frightened by the altitude and speed that he swore he would never have anything to do with them again. Louis was the exact opposite of his big brother Pete, who was polite, hard-working, tall and handsome. Louis, their parents and their two little sisters idolized Pete. Louis, meanwhile, was puny and bullied. One event changed Louis' entire attitude when he was a teen. He saw how eugenics, the practice of improving the quality of human genetics, almost left one neighborhood boy locked up in an institution and sterilized. Louis knew he fit the profile of the kids the eugenicists were trying to eradicate and fought to turn himself around to avoid the fate the other boy nearly faced. For this reason, he began giving away all he stole and doing random acts of kindness for neighbors and his family... PLEASE NOTE: This is a summary of the book and NOT the original book. Zero to One by Peter Thiel - A 20-minute Instaread Summary Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary: Chapter 1 Progress is the goal of the future. Horizontal and vertical are the two kinds of progress. Horizontal progress means more of what is currently working. Another word for horizontal progress is globalization, the act of taking a product and integrating it world wide. Vertical progress comes from doing new things that have not been done before. Technology, the new and better way of doing something, is another word for vertical progress. In terms of the world's future, technology matters more than globalization. New technology generally comes from startups. These small groups of people with a mission have improved the world one new idea at a time. Big organizations are bureaucracies that move too slowly. Individuals alone cannot develop new

ideas. New thinking is a new company's strongest characteristic. Chapter 2 When a person can recognize a popular belief that is delusional, that person can find the truth that few believe behind it. Traditional beliefs are seen as wrong only in retrospect. Although the 1990s are remembered as being a prosperous decade, they were actually a time when the old economy could not withstand the challenges of globalization. The internet boom and bust at the end of the decade was intense but lasted only eighteen months. The most successful companies had what seemed to be an anti-business model where they lost money as they got larger. This is why the mania could not be sustained. At this time, globalization replaced technology as the best hope for the future. Entrepreneurs who stayed in business after the dot-com bust identified four lessons that act as general rules for the business world today. The first is that small steps forward are the only safe path. The second is to remain flexible and lean. The third is to improve products already being made by successful competitors. The fourth is to focus primarily on the product. The opposite of these four rules are actually better principles for startup companies to follow. Risk being bold, have a plan, competition destroys profits, and sales are as important as the product... PLEASE NOTE: This is a summary of the book and NOT the original book. The Children Act by Ian McEwan - A 15-minute Instaread Summary Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary: Chapter 1 Fiona Maye is a Family Division High Court judge in London. She makes decisions concerning the welfare of children. Her husband, Jack, tells her that he wants to stay married to her, but that he wants to have an affair with her knowledge and consent. He is not happy with their sex life and wants to have his needs met elsewhere. They have been married for thirty-five years, and he feels they have become more like siblings than spouses. The other woman is his statistician, Melanie. Fiona feels insulted, angry, and hurt by his request. Fiona knows there is some truth in Jack's accusation. She knows they have both been busy, and their life has not been passionate. She rationalizes it to herself by blaming her heavy workload. In particular, she thinks about a case she dealt with in the recent past. The case concerned whether or not a pair of Siamese twins should be separated. The separation would cause one twin to die while the other lived. Not separating them, however, would eventually end in the death of both. The case took an emotional toll on her, even to the point that it affected her feelings about intimacy with Jack. She has been unable to discuss this with Jack. Even so, she is angered by his lack of caring for her, by the choice he is making, and the pressure he is putting on her. Their argument is interrupted by a phone call from Nigel Pauling, Fiona's clerk. He tells her that an emergency case has come up concerning a seventeen year old boy who has leukemia and needs a blood transfusion in order to save his life. He and his parents are Jehovah's Witnesses, and they are refusing the treatment because of their religious beliefs. The hospital is seeking an order from the court to allow them to give him the transfusion without their consent. The case is urgent and must be settled within the next two days if the boy's life is to be saved. While Fiona is on the phone, Jack retreats to the bedroom again. After the phone call, Fiona continues to work. When she finishes, she goes to look out the window at the street below. She sees Jack putting his suitcase into the trunk of his car and driving away... The Wait | Summary & Analysis Preview: Coauthored by husband and wife team DeVon Franklin and Meagan Good, The Wait describes the ways a celibate mindset can impact various facets of life, including a person's relationship with God. The Wait is a self-improvement strategy that has its foundations in delayed gratification, a challenging concept in a culture dominated by instant gratification. While The Wait is centrally focused on remaining celibate until marriage, its lessons in delayed gratification can apply to other aspects of the self, including career, self-discovery, relationships, and spirituality. Maintaining patience and clarity through delayed gratification enables a person to see the plan God has for his or her life, even though God's plan doesn't always align with how the person envisioned his or her own future. Practitioners of The Wait use the waiting period to work on self-improvement, to ensure they are putting forward the best version of themselves when it comes time to meet, date, and marry the person God has in mind for them... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of The Wait · Overview of the book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Summary, Analysis & Review of Sadhguru's Inner Engineering by Instaread Preview: Inner Engineering by yogi and mystic Sadhguru is a nonfiction book that explores the path to spiritual enlightenment, a state in which joy is constant. Human consciousness is like a machine. When people learn

how to master their own minds and bodies as they do machines, they will have the ability to experience profound and sustained joy. Therefore, a person's path to lasting joy begins with mastering their inner experience. To harness the intelligence of their own life force, people should tap into the wisdom of yoga and its time-tested principles. Yoga is a reliable method people can use to get in touch with their own transcendent and divine natures. Sadhguru's spiritual wisdom is based on his personal experience. He began practicing yoga when he was 12 years old and living in Mysore, India. From that point on, he began noticing significant changes in the way that he experienced life... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Sadhguru's Inner Engineering by Instaread · Overview of the Book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Summary, Analysis & Review of Donna Tartt's The Goldfinch by Instaread Preview The Goldfinch by Donna Tartt is a coming-of-age novel that follows Theodore Decker, 13, in the wake of his traumatic experience in a deadly terrorist attack on the Metropolitan Museum of Art. That fateful afternoon, Theo lost his beloved mother, who had been the center of his universe, and gained a terrible secret. In a haze of injury, heightened emotion, and mayhem, he left the museum with a priceless masterwork. He carries it through his life like a miserable souvenir; Theo is fearful for its safety and his capture in equal measure. As the narrative begins, Theo and his mother Audrey are sharing an awkward morning. Theo has recently been suspended from school, and she is none too pleased. Their day begins with a series of unlikely events. A taxi ride to a meeting with Theo's principal is cut short when, far from school, Audrey begins to feel carsick... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Donna Tartt's The Goldfinch by Instaread · Summary of the Book · Important People · Character Analysis · Analysis of the Themes and Author's Style About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Summary of Start with Why by Simon Sinek Includes Analysis Preview: Start With Why by Simon Sinek is a self-help book for business leaders seeking ways of gaining authenticity through a focus on their purpose. Most companies rely on manipulations to attract customers and employees; they use short-term motivators that do not inspire or encourage loyalty. Customers who are not inspired will stop buying the product as soon as the company cannot keep up the manipulative strategies, and employees are less motivated and less productive when they are not inspired. Instead of strategies based on keeping up with competitors and metrics meant to determine the company's basic productivity, companies should form strategies that advance its purpose, or its "why," and find metrics that measure "how" the company advances that "why." Only with a firm idea of why the company does its work and how it intends to fulfill that purpose can employees then decide what to do at work... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of Start with Why by Simon Sinek Includes Analysis Overview of the Book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Inside this Instaread of Money Master the Game:* Key Takeaways of the book* Introduction to the important people in the book* Analysis of the Key Takeaways The Secret Chord by Geraldine Brooks | Summary & Analysis Preview: The Secret Chord by Geraldine Brooks is a fictionalized story of the Old Testament hero and king, David. Natan, friend and advisor to King David, receives permission to write David's biography. David has asked Natan to use three sources who knew David before Natan met him. These include Mikhal, the first of David's wives, Shammah, David's older brother, and Nizevet, a member of Shammah's household in Beit Lehem. As he travels to meet Shammah and Nizevet, Natan thinks on how David kept the roads free of bandits, making him remember how David was once a bandit himself. That was when Natan and David met. Natan was a 10 year old herding his father's goats when his flock wandered into David's bandit camp. David sent Natan home with a message instructing his father to provide food and wine for the bandits. Avigail, David's kind and wise third wife, warned Natan that David would retaliate if Natan's father denied him... PLEASE NOTE: This is a summary and analysis of the book and NOT the original book. Inside this Instaread Summary & Analysis of The Secret Chord Summary of bookIntroduction to the Important People in the bookAnalysis of the Themes and Author's Style Summary, Analysis

& Review of Steve Harvey's Jump by Instaread Preview Jump by Steve Harvey, a well-known television personality, is an inspirational self-help book designed to motivate people to get out of their habitual ruts and take substantial risks to achieve their dreams. Too many people believe that leaving an unsatisfying job or relationship is too great a chance to take. They think that they can't start over or that they'll go broke and lose their families if they follow their calling. If people don't take chances on their own happiness, they are guaranteed to live an unsatisfying life and will never be able to realize God's plan for them. When people do have hope and believe in God, they can take a leap with faith that God will not let them down. The path to success and happiness might not be easy or straightforward, but even the obstacles that people encounter are meant to guide them to their ultimate destiny.... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Steve Harvey's Jump by Instaread: Overview of the Book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. PLEASE NOTE: This is a summary of the book and NOT the original book. The Vacationers by Emma Straub - A 30-minute Instaread Summary Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary: Chapter 1 Jim, his wife, Franny, and his daughter, Sylvia, are all packing their bags to go on vacation in Mallorca, one of the Balearic Islands in Spain. Jim has recently retired and is unsure what to do with his free time. Sylvia is happy to be leaving Manhattan. She will be attending Brown University next year. Jim likes to run or walk every day, so today he walks around Terminal 7. Jim also has a son, Bobby, who lives in Florida. Bobby has a girlfriend named Carmen. Bobby, Carmen, and Franny's friend, Charles and his husband, Lawrence, will meet them in Mallorca. The Posts rented a house outside of Palma from a woman named Gemma. On the plane ride, Franny and Jim sit in business class on the plane while Sylvia sits in coach because Franny does not believe children or teenagers should sit in business class. During the flight, Jim walks back to Sylvia. Sylvia covers up the notebook she is writing in. In the notebook, Sylvia has written a list of things she wants to do before she goes to college. Last on the list is losing her virginity. Chapter 2 On the plane, there is a biker gang that makes a lot noise by shouting obscenities at each other. Jim shows interest in them and interest in buying a motorcycle, but Franny finds them annoying. They land in Palma. Franny reflects on how she considers it a major accomplishment that her two children like each other, even though there is a ten year age difference between them. The Posts go into the rented house and explore all of the rooms. Jim reflects on the loss of his job and how Franny has been tense and angry lately. Franny is good at being friendly in public, but always finds fault in Jim. Jim and Sylvia fall asleep in their own beds. Franny goes to the local market to buy food for dinner. Franny thinks about Jim's retirement and becomes angry when she admits to herself that he did not stop working for the same reasons most men do. Franny has a compulsive eating problem. She does not see it as a problem, however, as compared to those who take illegal drugs. Sylvia wakes up and takes a shower... Triggers by Marshall Goldsmith and Mark Reiter | Summary & Analysis Preview: Triggers, written by executive coach Marshall Goldsmith, with Mark Reiter, his agent and writing partner, is a nonfiction self-help book designed for people who need motivation, understanding, and concrete, practical tools to effect lasting behavioral changes. Triggers are stimuli that prompt a behavioral reaction; they can be beliefs, behaviors, or environments. Identifying triggers is useful in all interpersonal relationships, whether in the workplace or at home. Being able to work consciously and proactively with triggers in one's ever-changing environment, and knowing how to identify and anticipate them, are key to career success, strengthened relationships, and becoming the best version of oneself. There are two vital aspects of creating effective strategies to react constructively to triggers. A person has to have the desire to change and be ready to take responsibility for his or her actions no matter how challenging the external circumstances may be... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of Triggers - Overview of the book - Important People - Key Takeaways - Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Summary, Analysis & Review of Brian Tracy's The Art of Closing the Sale by Instaread Preview: The Art of Closing the Sale delivers advice and guidelines that author Brian Tracy has accumulated throughout his sales career. Tracy became a more productive salesman when he developed the technique of forcing

prospects to choose on the spot whether to buy the product. Internal motivation and positivity are important characteristics that a salesperson must have. Even a small amount of extra effort can lead to a significant increase in revenue. All salespeople should engage in constant education and self-improvement. They should use their free time to learn more about sales. A good close to a deal is swift. As soon as the customer is interested in the product, understands its features, and is excited to start using it, the salesperson can close the deal. This works best if the salesperson and prospective client understand each other and like each other, which builds trust. If the prospect asks about the... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Brian Tracy's *The Art of Closing the Sale* by Instaread: · Overview of the Book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Summary of *Leaders Eat Last* by Simon Sinek Includes Analysis Preview: *Leaders Eat Last* by Simon Sinek advocates for a leadership style that focuses on serving others rather than pursuing shareholder goals or personal interests. Modern trends in leadership prioritize profits and executive bonuses over creating a healthy environment for employees. Leaders who think of themselves as serving their employees like family can increase job satisfaction and engagement, which reduces stress and increases productivity because employees feel secure. For example, in the US Marine Corps, the lowest-ranking soldiers eat first and the leaders eat last to ensure that everyone gets a chance to eat and feel cared for. The best leaders create a Circle of Safety that encompasses the entire company, which employees can extend to the customers they serve. Poor leaders extend that Circle of Safety only to their immediate supporters, which increases stress for those outside the circle who may believe that their jobs are not secure. Good leaders... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of *Leaders Eat Last* by Simon Sinek Includes Analysis Overview of the Book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. *The 48 Laws of Power* by Robert Greene | Summary & Analysis Preview: *The 48 Laws of Power* by Robert Greene is a self-help book offering advice on how to gain and maintain power, using lessons drawn from parables and the experiences of historical figures. Power depends on the relationships between a person and those he or she seeks to control. Powerful people must cultivate their appearances to earn respect and eliminate doubt. They must practice selective honesty, misdirection, and an excess of secrecy to gain a tactical advantage. Timing is central to maintaining power, as is the ability to adapt. The array of strategies available when seeking power include mirroring the opponent's actions and controlling the opponent's options for action. The powerful must also cultivate a relationship with audiences by creating spectacles and feeding their need to believe in the impossible. PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of *The 48 Laws of Power*: · Overview of the book · Important People · Key Takeaways · Analysis of Key Takeaways Summary, Analysis & Review of Ken Blanchard's & Spencer Johnson's *The New One Minute Manager* by Instaread Preview: *The New One Minute Manager* by Ken Blanchard and Spencer Johnson is a business parable that portrays a young businessman learning about the strategies of one very effective manager who uses techniques described as the *New One Minute Manager* methods. The employee searches far and wide for the perfect management strategy but does not find an ideal manager—someone who isn't focused exclusively on people or results. Eventually he learns that there is an effective manager in a town nearby. When the young man meets that manager, they discuss his strategies and approach to managing, which is hands-off while being both results-oriented and people-oriented. The *New One Minute Manager* style is focused on making people feel good about themselves. Next, the young man meets with three of the manager's employees. The first tells the young man about *One Minute Goals*. These are goals that can be evaluated in just a minute... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Ken Blanchard's & Spencer Johnson's *The New One Minute Manager* by Instaread · Overview of the Book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Summary, Analysis & Review of Steve Harvey's *Jump* by

Instaread Preview: Jump by Steve Harvey, a well-known television personality, is an inspirational self-help book designed to motivate people to get out of their habitual ruts and take substantial risks to achieve their dreams. Too many people believe that leaving an unsatisfying job or relationship is too great a chance to take. They think that they can't start over or that they'll go broke and lose their families if they follow their calling. If people don't take chances on their own happiness, they are guaranteed to live an unsatisfying life and will never be able to realize God's plan for them. When people do have hope and believe in God, they can take a leap with faith that God will not let them down. The path to success and happiness might not be easy or straightforward, but even the obstacles that people encounter are meant to guide them to their ultimate destiny.... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Steve Harvey's Jump by Instaread: • Overview of the Book • Important People • Key Takeaways • Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co.

How to Be Here by Rob Bell | Summary & Analysis Preview: How to Be Here by Rob Bell is an inspirational self-help book on living an authentic life filled with meaning, purpose, and joy. The genesis of How to Be Here was a concussion that Bell, a pastor and motivational speaker, experienced while water-skiing. For a week after the accident, his head injury impaired his ability to access regrets of the past or worry about the future. Instead, he found himself fully, delightfully present in his life as if for the first time. This profound experience helped Bell develop the concept of being present and sparked a desire to share this kind of awareness with others. Each person has a unique path, one that cannot be scripted by external markers of success. It's possible to be creative in every facet of life and to actively shape our existence by pursuing passions and remaining present instead of ascribing to the idea that life happens to us... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of How to Be Here • Overview of the book • Important People • Key Takeaways • Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. PLEASE NOTE: This is a summary of the book and NOT the original book.

The Power of Now by Eckhart Tolle - A 15-minute Instaread Summary Inside this Instaread Summary: • Overview of the entire book • Introduction to the important people in the book • Summary and analysis of all the chapters in the book • Key Takeaways of the book • A Reader's Perspective Preview of this summary: Chapter 1 Enlightenment, a feeling of awareness, peace, and joy, comes from within a person, not from outside sources. Enlightenment is an end to suffering and a feeling of connection to a person's own true self and to the world. Enlightenment is being aware of a person's own deepest self or Being. People have difficulty experiencing Being because of their identification with their own minds. Their own thoughts keep them from finding the stillness needed to experience Being. When people identify with their thoughts, it blocks their relationships with others, nature, and God. Those who can observe themselves thinking realize that they are not their mind and that all things of importance, such as beauty, joy, love, and inner peace, come from beyond the mind. This state of consciousness is achieved when people feel their own presence beyond their thoughts, emotions, and physical bodies. Another way to experience enlightenment is to focus all attention on the now, the present moment. The ego, or false self, barely notices the present moment. To the ego, only the past and the future are important. Emotions are thoughts that are felt in the body. To reach full consciousness, people need to be able to see their emotions as separate from themselves... Summary of Awaken the Giant Within by Tony Robbins Includes Analysis Preview: Awaken the Giant Within by motivational speaker Tony Robbins is a comprehensive self-help book designed for people who want to feel in control of all aspects of their lives and fulfill their greatest potential in their relationships, career, finances, and personal lives. Everyone is born with the capacity to be happy and achieve their greatest destiny, but not everyone is happy and fulfilled. To illustrate the powerful lessons he's learned about success, personal growth, and transformation, Robbins taps into his years of experience as a personal and professional coach, his own experience in surmounting obstacles and thriving, and anecdotes about high-achieving people. He indicates that these lessons are available for anyone to apply regardless of background or past failures. At one time or another, everyone has had a glimpse of their best life, or who they think they could become in an ideal world. Sustaining the motivation to make those... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of Awaken the Giant Within by Tony Robbins Includes Analysis Overview of the Book Important

People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Summary, Analysis & Review of Alice Hoffman's Faithful by Instaread Preview: Faithful by Alice Hoffman is a novel that follows a young woman, Shelby Richmond, through her slow, incremental recovery from a traumatic experience. Shelby and her best friend Helene Boyd were involved in a life-changing car accident the February before they were to graduate from a Long Island high school. Shelby came out of the wreckage physically intact, but with deep psychological and emotional scars. It takes more than a decade and more than one misstep for her to find her way back to happiness. It was snowing when Shelby hit a patch of ice. The car spun out, and her memory is hazy after that. She knows that someone pulled her out of the car and urged her to live. Shelby thinks of him as an angel, but she doesn't trust her memory enough to know if he was real. Helene also survived the accident, but her injuries were... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Alice Hoffman's Faithful by Instaread · Summary of the Book · Important People · Character Analysis · Analysis of the Themes and Author's Style About the Author With Instaread, you can get the key takeaways, and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Summary of The Inevitable by Kevin Kelly Includes Analysis Preview: The Inevitable: Understanding the 12 Technological Forces That Will Shape Our Future is Kevin Kelly's in-depth exploration of the imminent changes on the technological horizon that will ultimately impact all of humanity. Inevitability, in this context, is defined as a pattern that is unquestionably trending forward due to the ways in which technological developments favor certain functions and behaviors. However, inevitability does not mean that the future is already predetermined. Even with inevitable forces at work, there is much that people can still do to impact the purpose, meaning, and form of developing trends. For example, it was inevitable that mobile phones would become ubiquitous. But the specific development of the iPhone was not inevitable; it was shaped by corporations and consumers. All of the forces shaping the future are becoming, cognifying, flowing, screening, accessing, sharing, filtering, remixing, interacting, tracking, questioning, and beginning. Each of these forces describes a way... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of The Inevitable by Kevin Kelly Includes Analysis - Overview of the Book - Important People - Key Takeaways - Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Summary, Analysis & Review of Emma Donoghue's The Wonder by Instaread Preview: The Wonder by Emma Donoghue is a novel about Elizabeth "Lib" Wright, a British nurse whose wits, beliefs, and compassion are tested during an unusual assignment in rural Ireland circa 1859. Lib's charge is Anna O'Donnell, an 11-year-old who allegedly hasn't had a bite to eat in four months. Dubious of this so-called miracle, Lib has just two weeks to uncover her young patient's secrets and come to terms with her own difficult past. Lib, who trained under Florence Nightingale, is usually based in London. She arrives in Ireland with little information about her short assignment other than the knowledge that she will be well paid. The details of the contract were arranged through Matron, her boss at the hospital. The first surprise is Lib's lodgings, which aren't with a local family as she expected. After a long journey that involves two trains, a ship, and a horse-drawn cart, she's... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Emma Donoghue's The Wonder by Instaread · Summary of the Book · Main Characters · Character Analysis · Analysis of the Themes and Author's Style About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Summary of Sweetbitter by Stephanie Danler | Includes Analysis Preview: Sweetbitter by Stephanie Danler is a coming-of-age story set in New York City. Over the course of a year, 22-year-old Tess, a girl straight out of small-town middle America, arrives in New York City, creates a niche for herself in the glitzy, fast-paced Manhattan restaurant scene, falls in love, and has her heart broken. Smart, pretty Tess arrives in her car in New York in June 2006, leaving behind her lonely childhood and conservative small town. She rents a room in Williamsburg and sets out to find a job in Manhattan. Tess gets an interview at one of the most renowned restaurants in the city, located in Union Square. In the interview, her honesty, frankness, and good looks charm Howard, the general manager. So Tess gets a

job as a backwaiter, or a food and drink runner and table busser. From the time of her first chaotic preshift, where staff... PLEASE NOTE: This is summary and analysis of the book and NOT the original book. Inside this Instaread Summary of Sweetbitter by Stephanie Danler | Includes Analysis · Summary of the Book · Important People · Character Analysis · Analysis of the Themes and Author's Style About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Summary, Analysis & Review of Lynda Cohen Loigman's The Two-Family House by Instaread Preview: The Two-Family House by Lynda Cohen Loigman is a novel that follows two families whose lives are closely intertwined. Mort and Abe are brothers who share a two-family house with their respective families in Brooklyn, New York. Unbeknownst to the two men, their wives switch children after giving birth within moments of one another. The story traces the repercussions of that fateful night during the time between 1947 and 1970. The narrative begins in the spring of 1947 on the occasion of the bar mitzvah of Abe's son Harry. Abe and his wife, Helen, will attend with Harry's three brothers, Joe, George, and Sam. Mort has long been dreading the ceremony. He's not one for celebrations or for spending time with his family, for that matter. On top of that, he's jealous. Mort has always wanted a son. Instead, he has three daughters: Judith, Mimi, and Dinah. His wife is Rose... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Lynda Cohen Loigman's The Two-Family House by Instaread · Summary of the Book · Important People · Character Analysis · Analysis of the Themes and Author's Style About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Summary, Analysis & Review of Jonah Berger's Contagious by Instaread Preview: Contagious: Why Things Catch On is a playbook for marketing in the internet age, when products and ideas live or die based on whether or not they can go viral. Author Jonah Berger describes six principles that, when applied together, can often predict whether an idea or product will spread. Any product or idea can go viral. It doesn't take a big advertising budget or a celebrity endorsement to raise awareness. Instead, the six principles of contagiousness can be turned into the helpful mnemonic acronym STEPPS. These are Social Currency, Triggers, Emotion, Public, Practical Value, and Stories. For a product or idea to spread, it must use each of these steps. While STEPPS can help guarantee that an idea or product will go viral, some concepts are more likely to spread successfully than others. For example, a well-priced television is more likely to lure buyers than a poor-quality television with ... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Jonah Berger's Contagious by Instaread: · Overview of the Book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. PLEASE NOTE: This is a summary of the book and NOT the original book. All Fall Down by Jennifer Weiner - A 15-minute Instaread Summary Inside this Instaread Summary: * Overview of the entire book * Introduction to the important people in the book * Summary and analysis of all the chapters in the book * Key Takeaways of the book * A Reader's Perspective Preview of this summary: Chapter 1 Allison's five-year-old daughter, Ellie, is difficult to manage. Allison's husband, Dave, is a writer whose career has stalled. Allison writes a popular blog and is the primary wage-earner in the family. There is friction and stress in their marriage. To deal with all of these problems, Allison turns to prescription painkiller pills. Chapter 2 Dave sleeps in the guest room. When Ellie gets in bed with Allison during the night, Dave sneaks back into the bedroom to join them in the morning before Ellie wakes up. He does not want Ellie to know they are struggling. Ellie accidentally wets the bed. Allison is late starting her day because she has to clean up the mess. She takes pills to deal with the stress. Several different doctors prescribe pills for her... Summary, Analysis & Review of Tim Harford's Messy by Instaread Preview Messy: The Power of Disorder to Transform Our Lives by Tim Harford is a researched consideration of the virtues of unorganized, diversified, and otherwise untidy systems in different aspects of life. One of the benefits of messy situations and distracting environments is that they fuel creative work. Unexpected obstacles arising from messy situations can force creative people out of their comfort zones. People who are frequently distracted are often more creative, and switching topics frequently leads to more innovative solutions through improvisation. Improvisation can be a messy process, but improvisers can handle unexpected situations in creative ways. Some of the best-known entrepreneurs and military leaders were improvisers who took

advantage of messy situations by observing, orienting, deciding, and acting faster than their opponents, which caused confusion. Teams likewise benefit from a certain amount of disorder. Tidy teams whose members already know and trust each other will perform worse when... PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book. Inside this Summary, Analysis & Review of Tim Harford's Messy by Instaread: Overview of the Book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. The Power of the Other by Henry Cloud | Summary & Analysis Preview: The Power of the Other by Henry Cloud is a self-help book that demonstrates the ways that people influence each other. It describes how to cultivate healthy relationships in order to get the most benefit from interpersonal relationships. Individuals can improve themselves beyond certain limits only if they have emotional connections with and receive feedback from others. Healthy relationships improve physical and mental development, as well as shape the mind's methods for managing how the body handles information and energy. A relationship can take one of four forms. It could be a complete lack of connection, a connection based on negative emotions, a connection based on falsely positive emotions, or a true connection based on healthy emotions and trust. Leaders are especially prone to disconnected relationships because they learn to rely only on themselves or have few opportunities to be vulnerable in order to improve relationships. A negative emotional relationship... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of The Power of the Other: Overview of the Book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Summary of The 4 Disciplines of Execution by Chris McChesney, Sean Covey, and Jim Huling Includes Analysis Preview: The 4 Disciplines of Execution is a guide for businesses to reliably commit to the goals and plans they set, authored by associates from FranklinCovey, a management consultancy. Rather than focusing on what a business must accomplish to be successful, the four disciplines establish how to accomplish those things. One reason commitments tend to be abandoned in business is that new projects and goals are less urgent than the day-to-day tasks of each individual employee, which the authors call the "whirlwind." The key to commitment fulfillment is for new tasks to take up only a small portion of each employee's time, but for that employee to be held accountable for completing them. The first discipline is to settle on one or two wildly important goals (WIGs). These are the things that would have the most significant impact on progress toward the business's long-term goals. In the second discipline, the WIG... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of The 4 Disciplines of Execution by Chris McChesney, Sean Covey, and Jim Huling Includes Analysis Overview of the Book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience. Visit our website at instaread.co. Inside this Instaread Summary & Analysis of The Japanese Lover:* Summary of book* Introduction to the Important People in the book* Analysis of the Themes and Author's Style Inside this Instaread Summary & Analysis of A Little Life:* Summary of book* Introduction to the Important People in the book* Analysis of the Themes and Author's Style

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