

Pretty Good Podcast

Aaron Gouveia

Pretty Intense Danica Patrick, Stephen Perrine, 2017-12-26 America's NASCAR standout offers a 90-day program to sculpt your body, calm your mind, and achieve your greatest goals Everything Danica Patrick does is Pretty Intense. A top athlete in her field, not to mention a fan favorite and the first woman to rule in her male-dominated sport, Danica approaches every aspect of life with the utmost intensity. Now, she shows you how you can apply her daily principles and transform your life for the better--and have fun while doing it. Danica's 90-day high-intensity workout, protein-rich, paleo-inspired eating plan, and mental-conditioning program will get you leaner, stronger, and healthier than you've ever been before. By mixing full-body training and stretching exercises, her accessible workouts hit the holy trinity of fitness: strength, endurance, and flexibility. Bolstered by a customized eating plan for all-day energy, her program will also help you cultivate a mindset for limitless success. You will learn to aim your sights high, confront challenges and setbacks with confidence, and cross the finish line every time. Whether your goal is a stronger core, better skills in the kitchen, or a promotion at work, Danica's Pretty Intense plan will help you reach your highest potential.

Pretty Good House Michael Maines, Daniel Kolbert, Emily Mottram, Christopher Briley, 2022-05-24 Pretty Good House provides a framework and set of guidelines for building or renovating a high-performance home that focus on its inhabitants and the environment--but keeps in mind that few people have pockets deep enough to achieve a perfect solution. The essential idea is for homeowners to work within their financial and practical constraints both to meet their own needs and do as much for the planet

as possible. A Pretty Good House is: * A house that's as small as possible * Simple and durable, but also well designed * Insulated and air-sealed * Above all, it is affordable, healthy, responsible, and resilient.

Pretty Good for a Girl Murphy Hicks Henry, 2013-05-01 The first book devoted entirely to women in bluegrass, *Pretty Good for a Girl* documents the lives of more than seventy women whose vibrant contributions to the development of bluegrass have been, for the most part, overlooked. Accessibly written and organized by decade, the book begins with Sally Ann Forrester, who played accordion and sang with Bill Monroe's Blue Grass Boys from 1943 to 1946, and continues into the present with artists such as Alison Krauss, Rhonda Vincent, and the Dixie Chicks. Drawing from extensive interviews, well-known banjoist Murphy Hicks Henry gives voice to women performers and innovators throughout bluegrass's history, including such pioneers as Bessie Lee Mauldin, Wilma Lee Cooper, and Roni and Donna Stoneman; family bands including the Lewises, Whites, and McLains; and later pathbreaking performers such as the Buffalo Gals and other all-girl bands, Laurie Lewis, Lynn Morris, Missy Raines, and many others.

Good Morning, Monster Catherine Gildiner, 2019-09-03 A therapist creates moving portraits of five of her most memorable patients, men and women she considers psychological heroes. Catherine Gildiner is a bestselling memoirist, a novelist, and a psychologist in private practice for twenty-five years. In *Good Morning, Monster*, she focuses on five patients who overcame enormous trauma--people she considers heroes. With a novelist's storytelling gift, Gildiner recounts the details of their struggles, their paths to recovery, and her own tale of growth as a therapist. The five cases include a successful but lonely musician suffering sexual dysfunction; a young woman whose father abandoned her and her siblings in a rural

cottage; an Indigenous man who'd endured great trauma at a residential school; a young woman whose abuse at the hands of her father led to a severe personality disorder; and a glamorous workaholic whose negligent mother had greeted her each morning with Good morning, Monster. Each patient presents a mystery, one that will only be unpacked over years. They seek Gildiner's help to overcome an immediate challenge in their lives, but discover that the source of their suffering has been long buried. It will take courage to face those realities, and creativity and resourcefulness from their therapist. Each patient embodies self-reflection, stoicism, perseverance, and forgiveness as they work unflinchingly to face the truth. Gildiner's account of her journeys with them is moving, insightful, and sometimes humorous. It offers a behind-the-scenes look into the therapist's office and explains how the process can heal even the most unimaginable wounds.

So Good They Can't Ignore You Cal Newport, 2012-09-18 In an unorthodox approach, Georgetown University professor Cal Newport debunks the long-held belief that follow your passion is good advice, and sets out on a quest to discover the reality of how people end up loving their careers. Not only are pre-existing passions rare and have little to do with how most people end up loving their work, but a focus on passion over skill can be dangerous, leading to anxiety and chronic job hopping. Spending time with organic farmers, venture capitalists, screenwriters, freelance computer programmers, and others who admitted to deriving great satisfaction from their work, Newport uncovers the strategies they used and the pitfalls they avoided in developing their compelling careers. Cal reveals that matching your job to a pre-existing passion does not matter. Passion comes after you put in the hard work to become excellent at

something valuable, not before. In other words, what you do for a living is much less important than how you do it. With a title taken from the comedian Steve Martin, who once said his advice for aspiring entertainers was to be so good they can't ignore you, Cal Newport's clearly written manifesto is mandatory reading for anyone fretting about what to do with their life, or frustrated by their current job situation and eager to find a fresh new way to take control of their livelihood. He provides an evidence-based blueprint for creating work you love, and will change the way you think about careers, happiness, and the crafting of a remarkable life.

The Last Lecture Randy Pausch, 2008-04-08 After being diagnosed with terminal cancer, a professor shares the lessons he's learned—about living in the present, building a legacy, and taking full advantage of the time you have—in this life-changing classic. We cannot change the cards we are dealt, just how we play the hand. —Randy Pausch A lot of professors give talks titled The Last Lecture. Professors are asked to consider their demise and to ruminate on what matters most to them. And while they speak, audiences can't help but mull over the same question: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave—Really Achieving Your Childhood Dreams—wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because time is all you have . . . and you may find one day that you have less than you think). It was a summation of everything

Randy had come to believe. It was about living. In this book, Randy Pausch has combined the humor, inspiration and intelligence that made his lecture such a phenomenon and given it an indelible form. It is a book that will be shared for generations to come.

Raising Boys to Be Good Men Aaron Gouveia, 2020-06-16 If you are the parent of a boy . . . this is the book you need . . . insightful, enlightened, practical. —Peggy Orenstein, New York Times bestselling author of *Boys & Sex* From the dad who created the viral tweet supporting his son wearing nail polish, this essential parenting guide shares 36 parenting tips for battling gender norms, bringing down man up culture, and helping sons realize their potential. Our boys are in a crisis. Toxic masculinity and tough guyism are on display daily from our leaders, and we see anger, dysfunction, violence, and depression in young men who are suffocated by harmful social codes. Our young sons are told to stop throwing like a girl. They hear phrases like “man up” when they cry. They are told “boys will be boys” when they behave badly. The “Girl Power” movement has encouraged women to be whoever and do whatever they want, but that sentiment is not often extended to boys. Just watch the bullying when boys try ballet, paint their fingernails, or play with a doll. But we can treat this problem—and the power lies in the hands of parents. It's not only possible to raise boys who aren't emotionally stifled and shoved into stereotypical gender boxes; it's vital if we want a generation of men who can express their emotions, respect women, and help nurse society back to a halfway healthy place. We can reframe manhood. From Aaron Gouveia, who gained viral fame after tweeting his support for his son's painted fingernails (and who knows toxic masculinity very well), learn practical and actionable tips such as: Don't accept different standards for moms and dads Teach

boys that “girl” is not an insult and retire phrases like “boys will be boys” Show boys that expressing their emotions and being physical is a good thing Let boys pursue nontraditional interests and hobbies Talk to boys about consent and privilege Model healthy and respectful relationships for boys to emulate Penned with equal parts humor, biting snark, and lived advice, *Raising Boys to Be Good Men* is the essential parenting guide for raising sons to realize their potential outside the box.

Pretty Good Advice Leslie Blodgett, 2020-04-07 “[A] new literary genre, the MBA Memoir . . . Delivers 97 pearls of warmth, wit and wisdom from the most inspirational entrepreneur I have ever met.” —Frances Edmonds, bestselling author of *Repotting Your Life Called the “Queen of Beauty”* and the most influential lone woman to impact the beauty industry since Estée Lauder by the New York Times, Leslie Blodgett’s story is anything but ordinary. As the CEO of BareMinerals, she reinvented how beauty was sold by tapping into the power of community before the idea of social media existed. In 2006, Blodgett took the company public in one of the largest cosmetic IPOs of the decade, and in 2010, the company was acquired for \$1.8 billion. *Pretty Good Advice* is her next chapter. This refreshing book features 97 candid and entertaining insights on business, life, and beauty. Personal and often surprising, Blodgett dishes on leading with humor, why wearing blush and reading obituaries are two of the most optimistic things you can do, and why you owe it to your coworkers not to be boring. *Pretty Good Advice* is full of frank, actionable advice to help light a fire under you. “If you want to laugh, get totally inspired, learn a bunch and enjoy reading something so engrossing you won’t put it down but you could because it’s written in these amazing one-ish-page chunks, GET IT. Could not be better for right now.” —Jean Godfrey June,

Beauty Editor, GOOP “A moving and clear-eyed memoir of an extraordinary life. Charmingly made-up as a how-to guide, Leslie chronicles that life in vivid and memorable lessons that jump off the page.” —John W. Evans, author of *Should I Still Wish*

Elevating Child Care Janet Lansbury, 2024-04-30 A modern parenting classic—a guide to a new and gentle way of understanding the care and nurture of infants, by the internationally renowned childcare expert, podcaster, and author of *No Bad Kids* “An absolute go-to for all parents, therapists, anyone who works with, is, or knows parents of young children.”—Wendy Denham, PhD A Resources for Infant Educators (RIE) teacher and student of pioneering child specialist Magda Gerber, Janet Lansbury helps parents look at the world through the eyes of their infants and relate to them as whole people who have natural abilities to learn without being taught. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and connect with our child. A collection of the most-read articles from Janet’s popular and long-running blog, *Elevating Child Care* focuses on common infant issues, including: • Nourishing our babies’ healthy eating habits • Calming your clingy, fearful child • How to build your child’s focus and attention span • Developing routines that promote restful sleep Eschewing the quick-fix tips and tricks of popular parenting culture, Lansbury’s gentle, insightful guidance lays the foundation for a closer, more fulfilling parent-child relationship, and children who grow up to be authentic, confident, successful adults.

I Should Be Writing Mur Lafferty, 2017-08-22 Writing talent isn’t some superpower handed down from on high. It’s a skill that requires hard work, practice, and focus in order to grow. Join author and

podcaster Mur Lafferty as she outlines the steps necessary to become a better writer, including staying healthy, choosing writing materials that best suit you, and following your inner muse while ignoring your inner bully. She then provides you with engaging writing exercises that will help you practice your writing skills.--Publisher.

The Beauty Detox Solution Kimberly Snyder, 2011-03-29 Celebrity nutritionist and beauty expert Kimberly Snyder helps dozens of Hollywood's A-list stars get red-carpet ready—and now you're getting the star treatment. Kim used to struggle with coarse hair, breakouts and stubborn belly fat, until she traveled the world, learning age-old beauty secrets. She discovered that what you eat is the ultimate beauty product, and she's developed a powerful program that rids the body of toxins so you can look and feel your very best. With just a few simple diet changes, you will:

Dare to Lead Brené Brown, 2018-10-09 #1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid

difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read *Daring Greatly* and *Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

Live in Love Lauren Akins, Mark Dagostino, 2020-08-18 NEW YORK TIMES BESTSELLER • In this refreshing and inspiring memoir, Lauren Akins, the wife of country music star Thomas Rhett, shows what it's really like to be "the perfect couple" fans imagine, and reveals what it actually takes to live in love, stay in love, and grow together. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY PARADE When country music star Thomas Rhett won the ACM Award for Single of the Year with "Die a Happy Man," his wife, Lauren Akins, was overjoyed. Her childhood best friend and now husband was being anointed the hottest new star in country music—for a song he had written about her. He was living his dream. Lauren was elated, but she was also wrestling with some big questions, not the least of which was, How can I live my own life of purpose? Lauren Akins never wanted to be in the spotlight, but as Thomas Rhett made his relationship with Lauren the subject of many of his hit songs, she was tossed into the role of one of America's sweethearts. Revered by fans for her down-to-earth ease and charm, her commitment to humanitarian work, and the pure love she exudes for her family, Lauren has never shared her side of their story—full as it's been with deep love, painful loss, tremendous joy, and a struggle to stay grounded in faith along the way—until now. In *Live in Love*, Lauren shares details about her childhood friendship with Thomas Rhett, explaining how they reconnected as young adults. She offers a rare behind-the-scenes look at the challenges of being married to her best friend, who just happens to be a music star, and the struggle to find her own footing in the frenzy of her husband's fame. And in heart-wrenching detail, she opens up about her life-changing experiences doing mission work in Haiti, and then in Uganda, where she met the precious baby who would become their first daughter. From sharing the romance of their handwritten

wedding vows to the challenges they faced as they adjusted to the reality of becoming first-time parents, *Live in Love* takes an intimate look at one couple's life—and opens a window into all of our journeys on the path to self-discovery. *Live in Love* is a deeply personal memoir that offers inspiring guidance for anyone looking to keep romance alive, balance children and marriage, express true faith, and live a life of purpose.

The Book of (More) Delights Ross Gay, 2023-09-19 **Named a Best Book of the Year by The Boston Globe, Garden & Gun, Electric Literature, and St. Louis Public Radio** The New York Times bestselling author of *The Book of Delights* and *Inciting Joy* is back with exactly the book we need in these unsettling times. Margaret Roach of The New York Times says, “Yes, please. I'll have another dose of delight.” In Ross Gay's new collection of small, daily wonders, again written over the course of a year, one of America's most original voices continues his ongoing investigation of delight. For Gay, what delights us is what connects us, what gives us meaning, from the joy of hearing a nostalgic song blasting from a passing car to the pleasure of refusing the “nefarious” scannable QR code menus, from the tiny dog he fell hard for to his mother baking a dozen kinds of cookies for her grandchildren. As always, Gay revels in the natural world—sweet potatoes being harvested, a hummingbird carousing in the beebalm, a sunflower growing out of a wall around the cemetery, the shared bounty from a neighbor's fig tree—and the trillion mysterious ways this glorious earth delights us. *The Book of (More) Delights* is a volume to savor and share.

The First 20 Hours Josh Kaufman, 2013-06-13 Forget the 10,000 hour rule— what if it's possible to learn the basics of any new skill in 20 hours or less? Take a moment to consider how many things you want to

learn to do. What's on your list? What's holding you back from getting started? Are you worried about the time and effort it takes to acquire new skills—time you don't have and effort you can't spare? Research suggests it takes 10,000 hours to develop a new skill. In this nonstop world when will you ever find that much time and energy? To make matters worse, the early hours of practicing something new are always the most frustrating. That's why it's difficult to learn how to speak a new language, play an instrument, hit a golf ball, or shoot great photos. It's so much easier to watch TV or surf the web . . . In *The First 20 Hours*, Josh Kaufman offers a systematic approach to rapid skill acquisition— how to learn any new skill as quickly as possible. His method shows you how to deconstruct complex skills, maximize productive practice, and remove common learning barriers. By completing just 20 hours of focused, deliberate practice you'll go from knowing absolutely nothing to performing noticeably well. Kaufman personally field-tested the methods in this book. You'll have a front row seat as he develops a personal yoga practice, writes his own web-based computer programs, teaches himself to touch type on a nonstandard keyboard, explores the oldest and most complex board game in history, picks up the ukulele, and learns how to windsurf. Here are a few of the simple techniques he teaches: Define your target performance level: Figure out what your desired level of skill looks like, what you're trying to achieve, and what you'll be able to do when you're done. The more specific, the better. Deconstruct the skill: Most of the things we think of as skills are actually bundles of smaller subskills. If you break down the subcomponents, it's easier to figure out which ones are most important and practice those first. Eliminate barriers to practice: Removing common distractions and unnecessary effort makes it much easier to sit down and focus on deliberate practice. Create fast feedback

loops: Getting accurate, real-time information about how well you're performing during practice makes it much easier to improve. Whether you want to paint a portrait, launch a start-up, fly an airplane, or juggle flaming chainsaws, *The First 20 Hours* will help you pick up the basics of any skill in record time . . . and have more fun along the way.

Hatchet Gary Paulsen, 2009-08-25 Celebrate the thirtieth anniversary of the Newbery Honor-winning survival novel *Hatchet* with a pocket-sized edition perfect for travelers to take along on their own adventures. This special anniversary edition includes a new introduction and commentary by author Gary Paulsen, pen-and-ink illustrations by Drew Willis, and a water resistant cover. *Hatchet* has also been nominated as one of America's best-loved novels by PBS's *The Great American Read*. Thirteen-year-old Brian Robeson, haunted by his secret knowledge of his mother's infidelity, is traveling by single-engine plane to visit his father for the first time since the divorce. When the plane crashes, killing the pilot, the sole survivor is Brian. He is alone in the Canadian wilderness with nothing but his clothing, a tattered windbreaker, and the hatchet his mother had given him as a present. At first consumed by despair and self-pity, Brian slowly learns survival skills—how to make a shelter for himself, how to hunt and fish and forage for food, how to make a fire—and even finds the courage to start over from scratch when a tornado ravages his campsite. When Brian is finally rescued after fifty-four days in the wild, he emerges from his ordeal with new patience and maturity, and a greater understanding of himself and his parents.

Pretty Good Number One Matthew Amster-Burton, 2014-02-19 Everyone knows how to live the good life in Paris, Provence, or Tuscany. Now, Matthew Amster-Burton makes you fall in love with Tokyo.

Experience this exciting and misunderstood city through the eyes of three Americans vacationing in a tiny Tokyo apartment. Follow 8-year-old Iris on a solo errand to the world's greatest supermarket, picnic on the bullet train, and eat a staggering array of great, inexpensive foods, from eel to udon. A humorous travel memoir in the tradition of Peter Mayle and Bill Bryson, *Pretty Good Number One* is the next best thing to a ticket to Tokyo. Includes a new afterword by the author featuring Christmas in Tokyo, fried UFOs, a robotic sushi restaurant, and more. The layers of the city, its extraordinary food pleasures, its quirkinesses, emerge as the author and his family spend an intense month living in Tokyo and exploring widely...Warning: this book will make you hungry. You'll yearn, as I do, to catch the next plane to Tokyo, so you can get eating. —Naomi Duguid, writer and traveler; her most recent book is *BURMA: Rivers of Flavor* (Artisan 2012) This is the book I've been hoping Matthew would write: smart, opinionated, and wickedly funny, crammed with in-the-know tips and observations about visiting Tokyo. From the intricacies of garbage sorting to the chirpy jingle for the local supermarket, the pleasures of pan-fried soup dumplings to the pain of junsai, I laughed, cringed, and got so hungry that I had to eat three bowls of cereal to make it to the end. I love this book. —Molly Wizenberg, author of *A Homemade Life* and creator of *Orangette*

The Gifts of Imperfection Brené Brown, 2022-03-01 NEW YORK TIMES BESTSELLER • This tenth-anniversary edition of the game-changing #1 New York Times bestseller features a new foreword and new tools to make the work your own. For over a decade, Brené Brown has found a special place in our hearts as a gifted mapmaker and a fellow traveler. She is both a social scientist and a kitchen-table friend

whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. And what's now become a movement all started with *The Gifts of Imperfection*, which has sold more than two million copies in thirty-five different languages across the globe. What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. The guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way. Brené writes, "This book is an invitation to join a wholehearted revolution. A small, quiet, grassroots movement that starts with each of us saying, 'My story matters because I matter.' Revolution might sound a little dramatic, but in this world, choosing authenticity and worthiness is an absolute act of resistance."

Profitable Podcasting Stephen Woessner, 2017-09-14 Did you know there's a much better tool for spreading influence and generating revenue--one with far less competition? Podcasting offers rich opportunities, especially if you get in early and do it right. Author and CEO Stephen Woessner wants to share with you the secrets he learned in podcasting while building a \$2 million venture from scratch. *Profitable Podcasting* lays out the precise formula Woessner has learned from experience to be necessary for creating, launching, marketing, and monetizing podcasts in any industry. Packed with priceless production help, software recommendations, web and social strategies, schedules, checklists, and examples, this indispensable guide explains exactly how to: Choose the ideal format for the type of show you are producing Get the best guests Create intriguing interview questions Record and edit like a pro Maximize buzz for the launch Secure generous sponsorship Achieve top rankings fast Don't let the tech side of this

incredible marketing and sales outlet scare you away from the lucrative awards that await you once you conquer the short learning curve. With Profitable Podcasting navigating you through every step, you will reach the payoff quickly and painlessly.

The Fasting Highway: Graeme Currie from Australia Takes You on a Journey Through the Highs and Lows of Beating a Crippling Food Addiction B Graeme Currie, 2020-11-28 A motivational story from Australia that follows one mans incredible 60kg (132pound) weight loss by living an intermittent fasting lifestyle that you can do too. Graeme Currie overcame a chronic sugar and fast-food addiction that had affected his entire adult life. Because he has actually lived through the highs and lows of a weight loss journey, his story is relatable and easily resonates with everyday men and women who are in a similar situation and want to change their lives. Graeme takes you through his journey step by step - how he did it, what he ate when he ate and offers a great insight into actually making intermittent fasting a permanent sustainable lifestyle. He has successfully lived a healthy life and has easily maintained his current weight for nearly two years. Graeme writes in a raw, and honest way without overcomplicating what is easy to follow a simple process. He has guided countless people around the world, has built up a huge following across social media platforms and is the host of the popular podcast The Fasting Highway which has nearly 40,000 plays. A great read for anyone who thinks the mountain is too high to climb in retaking their health.

Uncover the mysteries within is enigmatic creation, **Pretty Good Podcast** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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