

Daily

Nuseir Yassin,Bruce Kluger

Daily Rituals Mason Currey, 2013-04-23 More than 150 inspired—and inspiring—novelists, poets, playwrights, painters, philosophers, scientists, and mathematicians on how they subtly maneuver the many (self-inflicted) obstacles and (self-imposed) daily rituals to get done the work they love to do. Franz Kafka, frustrated with his living quarters and day job, wrote in a letter to Felice Bauer in 1912, “time is short, my strength is limited, the office is a horror, the apartment is noisy, and if a pleasant, straightforward life is not possible then one must try to wriggle through by subtle maneuvers.” Kafka is one of 161 minds who describe their daily rituals to get their work done, whether by waking early or staying up late; whether by self-medicating with doughnuts or bathing, drinking vast quantities of coffee, or taking long daily walks. Thomas Wolfe wrote standing up in the kitchen, the top of the refrigerator as his desk, dreamily fondling his “male configurations”.... Jean-Paul Sartre chewed on Corydrane tablets (a mix of amphetamine and aspirin), ingesting ten times the recommended dose each day ... Descartes liked to linger in bed, his mind wandering in sleep through woods, gardens, and enchanted palaces where he experienced “every pleasure imaginable.” Here are: Anthony Trollope, who demanded of himself that each morning he write three thousand words (250 words every fifteen minutes for three hours) before going off to his job at the postal service, which he kept for thirty-three years during the writing of more than two dozen books ... Karl Marx ... Woody Allen ... Agatha Christie ... George Balanchine, who did most of his work while ironing ... Leo Tolstoy ... Charles Dickens ... Pablo Picasso ... George Gershwin, who, said his brother Ira, worked for twelve hours a day from late morning to midnight, composing at the piano in pajamas, bathrobe, and slippers.... Here also are the daily rituals of Charles Darwin, Andy Warhol, John Updike, Twyla Tharp, Benjamin Franklin, William Faulkner, Jane Austen, Anne Rice, and Igor Stravinsky (he was never able to compose unless he was sure no one could hear him and, when blocked, stood on his head to “clear the brain”).

The Whiteboard Daily Book of Cues Karl Eagleman, 2022-07-26 There is no such thing as a “golden cue” that works for everyone 100% of the time. Therefore, the more cues a coach has in their toolbox, the more likely they will be able to effectively communicate with their athletes. Coaches use cues—short, easy-to-remember phrases—to help athletes perform movements correctly as well as to convey useful sports psychology perspectives. Athletes commonly hear movement cues like “Crush the Can” and “Grip the Ground” along with motivational cues like “Consistency is King.” A passionate coach, lifelong athlete, and advanced degree holder in kinesiology, Karl Eagleman, creator of the popular Whiteboard Daily Instagram, has put together a valuable resource for coaches, athletes, and anyone who wants to improve their own movement. The Whiteboard Daily Book of Cues contains a comprehensive collection of illustrations drawn on a whiteboard—a medium that virtually all coaches are familiar with. It boasts the largest list of cues ever compiled, covering Olympic weightlifting, powerlifting, gymnastics, kettlebell exercises, and monostructural movements (running, rowing, jumping rope, etc.). Each illustration is hand drawn in a simple, stylized way to make the cues easy to retain and to utilize during training. No two athletes are the same; we all learn in our own unique ways. By providing hundreds of cues, this book will help coaches and athletes learn a new way to understand movement for themselves and/or to communicate safe, effective movement to others.

Around the World in 60 Seconds Nuseir Yassin, Bruce Kluger, 2019-11-05 Based on the Nas Daily video series with over 13 million dedicated followers comes the surprising, moving 1,000-day journey of a lifetime in book form. In 2016, Nuseir Yassin quit his job to travel for 1,000 consecutive days. But instead of the usual tourist traps, Nas set out to meet real people, see the places they call home, and discover what unites all of us living on this beautiful planet—from villages in Africa and slums in India, to the high-rises of

Singapore and the deserts of Australia. While he journeyed from country to country, Nas uploaded a single 60-second video per day for his Nas Daily Facebook following to highlight the amazing, terrifying, inspiring and downright surprising sh*t happening all over the world. Thirteen million followers later, Nas Daily has become the most immersive travel experience ever captured, and finally shows us what we've all been looking for: each other. AROUND THE WORLD IN 60 SECONDS is Nas' unpredictable 1,000-day world tour in book form. At times a striking portrait of the most uncharted places in the world, at others a touching exploration of the human heart, this collection of life-affirming stories and breathtaking photographs changes how we think about humanity and community and invites us all on a journey to see the world, and each other, anew.

The Daily Book of Classical Music Leslie Chew, Scott Spiegelberg, Dwight DeReiter, Cathy Doheny, Colin Gilbert, Greenwood, Travers Huff, Susanna Loewy, Melissa Maples, Jeff McQuilkin, 2010-09-01 Music lovers of all ages are drawn to the pure melodies of classical music. Now aficionados of this timeless genre can learn something about classical music every day of the year! Readers will find everything from brief biographies of their favorite composers to summaries of the most revered operas. Interesting facts about the world's most celebrated songs and discussions of classical music-meets-pop culture make this book as fun as it is informative. Ten categories of discussion rotate throughout the year: Classical Music Periods, Compositional Forms, Great Composers, Celebrated Works, Basic Instruments, Famous Operas, Music Theory, Venues of the World, Museums & Festivals, and Pop Culture Medley.

The Daily Stoic Ryan Holiday, Stephen Hanselman, 2016-10-18 The beloved classic daily devotional of Stoic meditations—the only authorized print edition in the US and complete with a ribbon marker—with more than two million copies sold! Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

The Daily 5 Gail Boushey, Joan Moser, 2023-10-10 The Daily 5: Fostering Literacy in the Elementary Grades, Second Edition retains the core literacy components that made the first edition one of the most widely read books in education and enhances these practices based on years of further experience in classrooms and compelling new brain research. The Daily 5 provides a way for any teacher to structure literacy (and now math) time to increase student independence and allow for individualized attention in small groups and one-on-one. Teachers and schools implementing the Daily 5 will do the following: Spend less time on classroom management and more time teaching Help students develop independence, stamina, and accountability Provide students with abundant time for practicing reading, writing, and math Increase the time teachers spend with students one-on-one and in small groups Improve schoolwide achievement and success in literacy and math. The Daily 5, Second Edition gives teachers everything they need to launch and sustain the Daily 5, including materials and setup, model behaviors, detailed lesson plans, specific tips for implementing each component, and solutions to common challenges. By following this simple and proven structure, teachers can move from a harried classroom

toward one that hums with productive and engaged learners. What's new in the second edition: Detailed launch plans for the first three weeks Full color photos, figures, and charts Increased flexibility regarding when and how to introduce each Daily 5 choice New chapter on differentiating instruction by age and stamina Ideas about how to integrate the Daily 5 with the CAFE assessment system New chapter on the Math Daily 3 structure

The Daily Stoic Journal Ryan Holiday, Stephen Hanselman, 2017-11-14 A beautiful daily journal to lead your journey in the art of living--and an instant WSJ bestseller! For more than two thousand years, Stoic philosophy has been the secret operating system of wise leaders, artists, athletes, brilliant thinkers, and ordinary citizens. With the acclaimed, bestselling books *The Obstacle Is the Way*, *Ego Is the Enemy* and *The Daily Stoic*, Ryan Holiday and Stephen Hanselman have helped to bring the Stoicism of Marcus Aurelius, Seneca, and Epictetus to hundreds of thousands of new readers all over the world. Now Holiday and Hanselman are back with *The Daily Stoic Journal*, a beautifully designed hardcover journal that features space for morning and evening notes, along with advice for integrating this ancient philosophy into our 21st century lives. Each week readers will discover a specific powerful Stoic practice, explained and presented with related quotations to inspire deeper reflection and application, and each day they will answer a powerful question to help gauge their progress. Created with a durable, Smyth-sewn binding and featuring a helpful introduction explaining the various Stoic tools of self-management, as well as resources for further reading, this is a lasting companion volume for people who already love *The Daily Stoic* and its popular daily emails and social media accounts. It can also be used as a stand-alone journal, even if you haven't read the previous books. For anyone seeking inner peace, clarity, and effectiveness in our crazy world, this book will help them immensely for the next year—and for the rest of their lives.

Daily Reflections A a, Aa World Services Inc, 2017-07-27 This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as *Alcoholics Anonymous*, *Twelve Steps and Twelve Traditions*, *As Bill Sees It* and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. *Daily Reflections* has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

The Daily Show (The Book) Chris Smith, 2016-11-22 NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning *The Daily Show* with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, *The Daily Show* with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers—including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of *The Daily Show*'s most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the

beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, *The Daily Show* has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

My Daily Journal My Daily Journal,2015-12-21 Are you harnessing the power of a journal? If you are going through life right now feeling like everything is out of control or that things are not happening the way you planned, you need a journal. I don't mean to be too direct, but it is time for you to discover why you feel the way you do and then figure out what to do about it. Or you can just write stuff in it! The great thing about a lined journal is you can make it into anything you want. A day timer, travel journal, diary, notebook for school, etc. If you need to write something down, a journal is the tool you need. If you want to use it for more than just a notepad then keep reading. Benefits Of Keeping A Journal Almost every successful person seems to have kept a journal in one form or another. Success in this case is not defined by money but overall happiness. Whether or not they called it journaling doesn't matter as they kept a record of their goals, success, failures, feelings and their daily life. Your journal contains the answers to your most burning questions. It is literally the best self-help book you could ever read because it is all about you. Just some of the benefits of journaling are: Allows you to reflect on your life and the changes you are choosing to make or not make Clarifies your thinking and as Tony Robbins says Clarity is Power Houses all your million dollar ideas that normally get lost in all the noise of life Exposes repeated patterns of behaviors that get you the results you DON'T want Acts as a bucket for you to brain dump in - a cluttered mind leads to a disorganized life Revisits daily situations giving you a chance to look at it with a different perspective Doesn't crash and lose everything you put into it like electronics (just like electronics though don't get it wet) You may want to keep multiple journals. One that contains your truest and most secret feelings that you guard heavily, but need a way to express. Another that contains all those fantastic ideas, dreams and awesome goals. Maybe just something you doodle in. No matter how you use it getting into the daily habit of journaling has the potential to improve the quality of your life. How To Use A journal Let's look past the simple fact you know how to physically write in a journal and dig into how to actually use your journal. It might contain all the secrets to life's biggest problems but unless you know how to uncover those secrets they stay hidden away in your words. Let the words flow from the heart and be filled with emotions, no holdbacks Make a daily journaling schedule. Each and every day take the time to record your thoughts morning and night. If you love to type notes into your phone all day transfer them to your journal after. Sit in a quiet spot and allow yourself to be judgement free. Your journal is not a reason to turn yourself into an emotional punching bag. Start small. You do not need to write a specific number of words. Just the right amount of honest words that let you feel a sense of being free from negativity and energized with possibility. If you write in your journal like someone is going to read it, you will ever allow yourself to fully express what needs to be expressed. Write like no one will ever read it because it is likely no one ever will unless you want them to. Write how you loved something, were mad at someone, wished something was different or anything you need to. Just do it. Start today writing in your journal. You could even put Today I bought this awesome journal and will recommend all my friends do the same. Wink Wink Scroll up and hit the add to cart button now.

The Daily 5 Gail Boushey,Joan Moser,2023-10-10 *The Daily 5: Fostering Literacy in the Elementary Grades, Second Edition* retains the core literacy components that made the

first edition one of the most widely read books in education and enhances these practices based on years of further experience in classrooms and compelling new brain research. The Daily 5 provides a way for any teacher to structure literacy (and now math) time to increase student independence and allow for individualized attention in small groups and one-on-one. Teachers and schools implementing the Daily 5 will do the following: Spend less time on classroom management and more time teaching Help students develop independence, stamina, and accountability Provide students with abundant time for practicing reading, writing, and math Increase the time teachers spend with students one-on-one and in small groups Improve schoolwide achievement and success in literacy and math. The Daily 5, Second Edition gives teachers everything they need to launch and sustain the Daily 5, including materials and setup, model behaviors, detailed lesson plans, specific tips for implementing each component, and solutions to common challenges. By following this simple and proven structure, teachers can move from a harried classroom toward one that hums with productive and engaged learners. What's new in the second edition: Detailed launch plans for the first three weeks Full color photos, figures, and charts Increased flexibility regarding when and how to introduce each Daily 5 choice New chapter on differentiating instruction by age and stamina Ideas about how to integrate the Daily 5 with the CAFE assessment system New chapter on the Math Daily 3 structure

Twenty-Four Hours a Day Anonymous, Hazelden, 1992-02-01 *Twenty Four Hours a Day* Softcover (24 Hours)

Being Present David Kundtz, 2015-11-01 This beginner's guide to meditation offers a year of daily reflections to help bring greater mindfulness into your life. Meditation and mindfulness may seem like daunting ideas but making room for these practices in your daily life is simpler than it looks. Longtime therapist and meditator David Kundtz gives you permission not to fret about whether you're getting it right or not. The whole purpose of meditation is to be as awake and aware as possible. *Being Present* offers daily quotes to ponder that will help you live in the moment once a day, every day. As you start to accumulate these mindful moments, your life will become more peaceful, more rewarding, and more awakened. With these daily reflections, Kundtz guides us through the seasons of a year—and the seasons of a life—by drawing inspiration from poets and scientists, spiritual teachers and children, butterflies and big cities. With the help of this book, you will discover how to: · Become a more mindful person · Maintain the focus, awareness, and equanimity through stressful situations · Experience the peaceful moments of mindful living

The Stars Are Fire Anita Shreve, 2017-04-18 INSTANT NEW YORK TIMES BEST SELLER From the New York Times best-selling author of *The Weight of Water* and *The Pilot's Wife* (an Oprah's Book Club selection): an exquisitely suspenseful new novel about an extraordinary young woman tested by a catastrophic event and its devastating aftermath--based on the true story of the largest fire in Maine's history In October 1947, after a summer long drought, fires break out all along the Maine coast from Bar Harbor to Kittery and are soon racing out of control from town to village. Five months pregnant, Grace Holland is left alone to protect her two toddlers when her husband, Gene, joins the volunteer firefighters. Along with her best friend, Rosie, and Rosie's two young children, Grace watches helplessly as their houses burn to the ground, the flames finally forcing them all into the ocean as a last resort. The women spend the night frantically protecting their children, and in the morning find their lives forever changed: homeless, penniless, awaiting news of their husbands' fate, and left to face an uncertain future in a town that no longer exists. In the midst of this devastating loss, Grace discovers glorious new freedoms--joys and triumphs she could never have expected her narrow life with Gene could contain--and her spirit soars. And then the unthinkable happens--and Grace's bravery is tested as never before.

Truth for Life Alistair Begg, 2021-11-01 A year of gospel-saturated daily devotions from renowned Bible teacher Alistair Begg. Start with the gospel each and every day with this one-year devotional by renowned Bible teacher Alistair Begg. We all need to be reminded of the truth that anchors our life and excites and equips us to live for Christ. Reflecting on a short passage each day, Alistair spans the Scriptures to show us the greatness and grace of God, and to thrill our hearts to live as His children. His clear, faithful exposition and thoughtful application mean that this resource will both engage your mind and stir your heart. Each day includes prompts to apply what you've read, a related Bible text to enjoy, and a plan for reading through the whole of the Scriptures in a year. The hardback cover and ribbon marker make this a wonderful gift.

Battle for the BIA David W. Daily, 2004-10-01 By the end of the nineteenth century, Protestant leaders and the Bureau of Indian Affairs had formed a long-standing partnership in the effort to assimilate Indians into American society. But beginning in the 1920s, John Collier emerged as part of a rising group of activists who celebrated Indian cultures and challenged assimilation policies. As commissioner of Indian affairs for twelve years, he pushed legislation to preserve tribal sovereignty, creating a crisis for Protestant reformers and their sense of custodial authority over Indians. Although historians have viewed missionary opponents of Collier as faceless adversaries, one of their leading advocates was Gustavus Elmer Emmanuel Lindquist, a representative of the Home Missions Council of the Federal Council of Churches. An itinerant field agent and lobbyist, Lindquist was in contact with reformers, philanthropists, government officials, other missionaries, and leaders in practically every Indian community across the country, and he brought every ounce of his influence to bear in a full-fledged assault on Collier's reforms. David Daily paints a compelling picture of Lindquist's crusade—a struggle bristling with personal animosity, political calculation, and religious zeal—as he promoted Native Christian leadership and sought to preserve Protestant influence in Indian affairs. In the first book to address this opposition to Collier's reforms, he tells how Lindquist appropriated the arguments of the radical assimilationists whom he had long opposed to call for the dismantling of the BIA and all the forms of race-based treatment that he believed were associated with it. Daily traces the shifts in Lindquist's thought regarding the assimilation question over the course of half a century, and in revealing the efforts of this one individual he sheds new light on the whole assimilation controversy. He explicates the role that Christian Indian leaders played in both fostering and resisting the changes that Lindquist advocated, and he shows how Protestant leaders held on to authority in Indian affairs during Collier's tenure as commissioner. This survey of Lindquist's career raises important issues regarding tribal rights and the place of Native peoples in American society. It offers new insights into the domestic colonialism practiced by the United States as it tells of one of the great untold battles in the history of Indian affairs.

Daily Word Colleen Zuck, Janie Wright, Elaine Meyer, 1998-11-01 For years, Daily Word magazine has provided a lifetime of inspiration and guidance to over 6 million readers. Now for the first time, readers have one comprehensive daily guide filled with 365 uplifting prayers. A beautiful way to celebrate each and every day--to add spiritual renewal and direction to our daily routine--this book is the perfect companion for our journey through life... A One Spirit Book Club main selection A Book-of-the-Month Club? alternate selection

Daily Peace National Geographic, 2015 Insightful, timeless, and elegantly designed, Daily Peace focuses on finding inner peace. Each page is an invitation to pause, reflect, and recharge, complemented with inspiring quotations and exquisite National Geographic images. Whether readers are dealing with loss, facing a transition, or searching for day-by-day motivation, Daily Peace is a go-to guide that provides meaning and perspective. Monthly themes?from resilience and healing to hope and comfort to forgiveness and

generosity?will inspire you every day of the year.--Publisher's website.

Brotherhood in Death J. D. Robb,2016-02-02 In this thrilling novel in the #1 New York Times bestselling In Death series, Lieutenant Eve Dallas finds herself in the middle of a conspiracy when she investigates the disappearance of a former U.S. Senator. Just as Dennis Mira is about to confront his cousin Edward about selling the West Village brownstone that belonged to their grandfather, he gets a shock: Edward is in front of him, bruised and bloody...and then everything goes black. When Dennis comes to, Edward is gone. Luckily Dennis's wife is a top profiler for the NYPSD—and a close colleague of Lieutenant Eve Dallas. Now Eve is determined to uncover the secrets of Edward Mira and learn what enemies he may have made in his long career as a lawyer, judge, and senator. A badge and a billionaire husband can get you access to places others can't go, and Eve intends to shine some light on the dirty deals and dark motives behind the disappearance of a powerful man, the family discord over a multimillion-dollar piece of real estate...and a new case that no one saw coming.

The Accidental Diarist Molly A. McCarthy,2013-07-03 In this era of tweets and blogs, it is easy to assume that the self-obsessive recording of daily minutiae is a recent phenomenon. But Americans have been navel-gazing since nearly the beginning of the republic. The daily planner—variously called the daily diary, commercial diary, and portable account book—first emerged in colonial times as a means of telling time, tracking finances, locating the nearest inn, and even planning for the coming winter. They were carried by everyone from George Washington to the soldiers who fought the Civil War. And by the twentieth century, this document had become ubiquitous in the American home as a way of recording a great deal more than simple accounts. In this appealing history of the daily act of self-reckoning, Molly McCarthy explores just how vital these unassuming and easily overlooked stationery staples are to those who use them. From their origins in almanacs and blank books through the nineteenth century and on to the enduring legacy of written introspection, McCarthy has penned an exquisite biography of an almost ubiquitous document that has borne witness to American lives in all of their complexity and mundanity.

Daily Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has be much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Daily**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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