

FASTER

LAURA STACK

📖 **FASTER** JAMES GLEICK, 2000-09-05 FROM THE BESTSELLING, NATIONAL BOOK AWARD-NOMINATED AUTHOR OF GENIUS AND CHAOS, A BRACING NEW WORK ABOUT THE ACCELERATING PACE OF CHANGE IN TODAY'S WORLD. MOST OF US SUFFER SOME DEGREE OF HURRY SICKNESS. A MALADY THAT HAS LAUNCHED US INTO THE EPOCH OF THE NANOSECOND, A NEED-EVERYTHING-YESTERDAY SPHERE DOMINATED BY CELL PHONES, COMPUTERS, FAXES, AND REMOTE CONTROLS. YET FOR ALL THE HOURS, MINUTES, AND EVEN SECONDS BEING SAVED, WE'RE STILL FILLING OUR DAYS TO THE POINT THAT WE HAVE NO TIME FOR SUCH BASIC HUMAN ACTIVITIES AS EATING, SEX, AND RELATING TO OUR FAMILIES. WRITTEN WITH FRESH INSIGHT AND THOROUGH RESEARCH, FASTER IS A WISE AND WITTY LOOK AT A HARRIED WORLD NOT LIKELY TO SLOW DOWN ANYTIME SOON.

📖 **FASTER** NEAL BASCOMB, 2020-03-17 WINNER OF THE MOTOR PRESS GUILD BEST BOOK OF THE YEAR AWARD & DEAN BATCHELOR AWARD FOR EXCELLENCE IN AUTOMOTIVE JOURNALISM FOR FANS OF THE BOYS IN THE BOAT AND IN THE GARDEN OF BEASTS, A PULSE-POUNDING TALE OF TRIUMPH BY AN IMPROBABLE TEAM OF UPSTARTS OVER HITLER'S FEARSOME SILVER ARROWS DURING THE GOLDEN AGE OF AUTO RACING AS NAZI GERMANY LAUNCHED ITS CAMPAIGN OF RACIAL TERROR AND PUSHED THE WORLD TOWARD WAR, THREE UNLIKELY HEROES—A DRIVER BANNED FROM THE BEST EUROPEAN TEAMS BECAUSE OF HIS JEWISH HERITAGE, THE OWNER OF A FALTERING AUTOMAKER COMPANY, AND THE ADVENTUROUS DAUGHTER OF AN AMERICAN MULTIMILLIONAIRE—BANDED TOGETHER TO CHALLENGE HITLER'S DOMINANCE AT THE GRAND PRIX, THE APEX OF MOTORSPORT. BRINGING TO LIFE THIS GLAMOROUS ERA AND THE SPORT THAT DEFINED IT, FASTER CHRONICLES ONE OF THE MOST INSPIRING, DEATH-DEFYING UPSETS OF ALL TIME: A SYMBOLIC BLOW AGAINST THE NAZIS DURING HISTORY'S DARKEST HOUR.

📖 **FASTER! FASTER!** LESLIE PATRICELLI, 2012-04-10 A FATHER AND DAUGHTER SPEND A DAY AT THE PARK WHERE DADDY BECOMES AN ARRAY OF FAST MOVING ANIMALS ON WHICH HIS DAUGHTER RIDES, FROM A DOG AND A RABBIT TO A HORSE AND A CHEETAH.

📖 **WILL IT MAKE THE BOAT GO FASTER?** HARRIET BEVERIDGE, BEN HUNT-DAVIS, 2020-03-28 WITH ITS WINNING MIX OF GRIPPING NARRATIVE AND EASY-TO-IMPLEMENT PERFORMANCE-RAISING TIPS, THIS BOOK HAS BECOME A BEST-SELLING CLASSIC. IT'S GARNERED 5-STAR REVIEWS AND WIDE-RANGING ENDORSEMENTS – FROM SEBASTIAN COE AND DAME KELLY HOLMES TO LORD DIGBY JONES

📖 **RUNNER'S WORLD RUN LESS RUN FASTER** BILL PIERCE, SCOTT MURR, 2021-01-19 FINALLY, RUNNERS AT ALL LEVELS CAN IMPROVE THEIR RACE TIMES WHILE TRAINING LESS, WITH THE REVOLUTIONARY FURMAN INSTITUTE OF RUNNING AND SCIENTIFIC TRAINING (FIRST) PROGRAM. HAILED BY THE WALL STREET JOURNAL AND FEATURED TWICE IN SIX MONTHS IN COVER STORIES IN RUNNER'S WORLD MAGAZINE, FIRST'S UNIQUE TRAINING PHILOSOPHY MAKES RUNNING EASIER AND MORE ACCESSIBLE, LIMITS OVERTRAINING AND BURNOUT, AND SUBSTANTIALLY CUTS THE RISK OF INJURY, WHILE PRODUCING FASTER RACE TIMES. THE KEY FEATURE IS THE 3 PLUS 2 PROGRAM, WHICH EACH WEEK CONSISTS OF: -3 QUALITY RUNS, INCLUDING TRACK REPEATS, THE TEMPO RUN, AND THE LONG RUN, WHICH ARE DESIGNED TO WORK TOGETHER TO IMPROVE ENDURANCE, LACTATE-THRESHOLD RUNNING PACE, AND LEG SPEED -2 AEROBIC CROSS-TRAINING WORKOUTS, SUCH AS SWIMMING, ROWING, OR PEDALING A STATIONARY BIKE, WHICH ARE DESIGNED TO IMPROVE ENDURANCE WHILE HELPING TO AVOID BURNOUT WITH DETAILED TRAINING PLANS FOR 5K, 10K, HALF MARATHON, AND MARATHON, PLUS TIPS FOR GOAL-SETTING, REST, RECOVERY, INJURY REHAB AND PREVENTION, STRENGTH TRAINING, AND NUTRITION, THIS PROGRAM WILL CHANGE THE WAY RUNNERS THINK ABOUT AND TRAIN FOR COMPETITIVE RACES. AMBY BURFOOT, RUNNER'S WORLD EXECUTIVE EDITOR AND BOSTON MARATHON WINNER, CALLS THE FIRST TRAINING PROGRAM THE MOST DETAILED, WELL-ORGANIZED, AND SCIENTIFIC TRAINING PROGRAM FOR RUNNERS THAT I HAVE EVER SEEN.

📖 **YOU (ONLY FASTER)** GREG MCMILLAN, MCMILLAN RUNNING, 2013-04-12

📖 **OLDER YET FASTER** KEITH BATEMAN, HEIDI JONES, 2020-03-26 OLDER YET FASTER (ENGLISH AND FRENCH EDITIONS WITH ILLUSTRATIONS AND PHOTOS, AND ONLINE LESSON AND EXERCISE VIDEOS) IS A MANUAL FOR TEACHING RUNNERS HOW TO TRANSITION TO EFFICIENT RUNNING AND TO HELP THEM TO AVOID INCURRING ALMOST ALL OF THE COMMON RUNNING INJURIES AS THEY DO SO. IT IS IDEAL FOR BEGINNERS TO LEARN HOW TO RUN WELL AND FOR EXPERIENCED RUNNERS TO CHANGEOVER TO GOOD TECHNIQUE. COACHES CAN ALSO USE THIS BOOK AS A REFERENCE ON HOW TO IMPLEMENT TECHNIQUE CHANGE FOR THEIR CLIENTS, AND WE EXPECT IT TO BECOME THE GO-TO MANUAL FOR MEDICAL PROFESSIONALS, TO HELP THEM DEAL WITH RUNNING RELATED INJURIES CAUSED BY BAD TECHNIQUE AND FOOTWEAR. AFTER LEARNING HOW INJURIES ARE CAUSED AND THEN GAINING A GOOD UNDERSTANDING OF RUNNING TECHNIQUE IN THE EARLY CHAPTERS YOU WILL BE PREPARED TO READ ABOUT OUR TECHNIQUE-CHANGE SYSTEM WHICH WE CALL OYF RUNNING. THIS CONSISTS OF KEITH'S LESSONS USED IN COMBINATION WITH HEIDI'S STRENGTHENING EXERCISES AND FORMS THE MAIN BODY OF THE BOOK. KEITH SHOWS YOU HOW TO RUN EFFICIENTLY IN A SIMPLE, STEP-BY-STEP GUIDE BOTH IN THE BOOK AND WITH VIDEOS. EACH LESSON PROVIDES EXERCISES SET OUT IN A FORMAT WHICH IS BOTH EASY TO UNDERSTAND AND IMPLEMENT. THE FIRST THREE LESSONS TEACH YOU THE BASICS OF RUNNING CORRECTLY AND THE LAST THREE HELP YOU PUT THESE INTO PRACTICE AND HELP YOU TO REFINE YOUR TECHNIQUE OVER THE PERIOD OF YOUR TRANSITION. THIS PROGRAM IS SET UP SO THAT RUNNERS CAN TEACH THEMSELVES IN CONJUNCTION WITH THE ONLINE VIDEOS AND FORUM. HEIDI'S STRENGTHENING EXERCISES CONSISTS OF A WELL-ORDERED SERIES OF EXERCISES WHICH WILL HELP YOUR BODY SAFELY ADJUST TO THE REDISTRIBUTION OF THE WORKLOAD AND ARE ESSENTIAL TO REBUILD PARTS OF THE BODY WHICH HAVE BEEN NEGLECTED DUE TO POOR TECHNIQUE. IT SHOULD BE STARTED AS SOON AS POSSIBLE, IN ORDER TO BUILD STRENGTH AND TO DEAL WITH THE RESULTANT MUSCLE AND TENDON SORENESS THAT YOU WILL START TO EXPERIENCE. WE IDENTIFY SPECIFIC INJURIES AND HOW THEY ARE CAUSED AND WE SHOW HOW BY IMPROVING RUNNING TECHNIQUE, AND RE-STRENGTHENING THESE INJURIES ARE QUICKLY CURED. PODIATRISTS

WILL FIND HEIDI'S EXPERIENCES AND ADVICE PARTICULARLY INTERESTING, ESPECIALLY AS THEY WILL ALMOST CERTAINLY, BE IN CONFLICT WITH WHAT IS STILL TAUGHT IN UNIVERSITIES. CHAPTERS TWELVE AND THIRTEEN, 'MANAGING THE CHANGES' AND 'REHABILITATION', EXPLAIN WHAT SHOULD HAPPEN DURING THE TRANSITION AND WHAT TO DO SHOULD YOU GET INJURED, OR IF YOU ARE CURRENTLY INJURED. CHAPTER FOURTEEN IS VERY IMPORTANT AS YOU MUST HAVE SUITABLE FOOTWEAR TO RUN WITH GOOD TECHNIQUE. THERE IS THEN A CHAPTER ON HOW YOUR BODY SHAPE WILL CHANGE AS YOU ADOPT YOUR NEW TECHNIQUE AND A CHAPTER ON GENERAL TIPS AND TRAPS A LIST OF COMMONLY USED TERMS, A GLOSSARY AND AN INDEX. FINALLY, WE HAVE INCLUDED THREE APPENDICES: FOR COACHES, FOR PODIATRISTS AND A DETAILED LOOK AT HEIDI'S STRENGTHENING PROGRAM. IN APPENDIX A, KEITH DISCUSSES HOW TO IMPLEMENT HIS LESSONS FROM A COACH'S POINT OF VIEW, IN APPENDIX B, HEIDI EXPLAINS HOW SHE TREATS HER PATIENTS WHO ARE SUFFERING WITH SPECIFIC INJURIES AND IN APPENDIX C SHE EXPLAINS HER STRENGTHENING PROGRAM IN GREATER DETAIL FOR MEDICAL PROFESSIONALS AND INTERESTED RUNNERS.

📖 **FASTER ROAD RACING** PETE PFITZINGER, PHILIP LATTEr, 2014-11-24 RENOWNED RUNNING AUTHORITY, COACH, AND BEST-SELLING AUTHOR PETE PFITZINGER TEAMS WITH PHILIP LATTEr, SENIOR WRITER FOR RUNNING TIMES, IN THIS MUST-HAVE TRAINING GUIDE FOR THE MOST POPULAR RACE DISTANCES, INCLUDING THE 5K, 10K, AND HALF MARATHON. FASTER ROAD RACING: 5K TO HALF MARATHON PRESENTS EASY-TO-FOLLOW PROGRAMS PROVEN TO GIVE YOU AN EDGE IN YOUR NEXT RACE. YOU'LL DISCOVER DETAILED PLANS FOR RACE-SPECIFIC DISTANCES AS WELL AS EXPERT ADVICE ON BALANCING TRAINING AND RECOVERY, CROSS-TRAINING, NUTRITION, TAPERING, AND TRAINING OVER AGE 40. AND FOR SERIOUS RUNNERS WHO COMPETE IN NUMEROUS RACES THROUGHOUT THE YEAR, PFITZINGER'S MULTI-RACE, MULTI-DISTANCE TRAINING PLANS ARE INVALUABLE. FASTER ROAD RACING IS YOUR ALL-INCLUSIVE RESOURCE ON RUNNING YOUR FASTEST AT DISTANCES OF 5K, 8K TO 10K, 15K TO 10 MILES, AND THE HALF MARATHON.

📖 **How FAST IS It?** BEN HILLMAN, 2008 IN THIS THIRD BOOK BY BEN HILLMAN, YOUNG READERS WILL LEARN AND SEE JUST HOW FAST SOMETHING IS. BY COMPARING OBJECTS SUCH AS THE THRUST SSC (THAT'S A THRUST-POWERED SUPER SONIC CAR), AN OSTRICH (DON'T UNDERESTIMATE THE OSTRICH, MY FRIEND!), THE HUMAN BRAIN, AND BAMBOO, WILDLY DIFFERENT OBJECTS ARE TAKEN OUT OF NORMAL CONTEXT AND PLACED NEXT TO ONE ANOTHER TO ALLOW FOR NEW AND EXCITING PERSPECTIVES. SO JUST HOW FAST IS AN OSTRICH? AN OSTRICH WOULD BEAT A TOP-NOTCH PROFESSIONAL CYCLIST IN A TEN-MILE (SIXTEEN KM) RACE, HANDS DOWN! WHILE THE BEST CYCLISTS CAN RACE AT BLISTERING SPEEDS OF TWENTY-FIVE MILES PER HOUR, THE OSTRICH CAN RUN AT FORTY-FIVE MILES PER HOUR! OTHER BOOKS IN THE SERIES THAT KIDS WILL ENJOY: How BIG Is It? AND How STRONG Is It?

📖 **THE GREAT ACCELERATION** ROBERT COLVILE, 2016-05-17 THE GREAT ACCELERATION IS AN ENERGIZING ACCOUNT FROM A BRILLIANT NEW WRITER OF HOW OUR SOCIETY IS SPEEDING UP--AND WHY WE SHOULD EMBRACE IT. IN THIS REVELATORY STUDY OF MODERN LIVING, ROBERT COLVILE INSPECTS THE VARIOUS WAYS IN WHICH THE PACE OF LIFE IN OUR SOCIETY IS INCREASING AND EXAMINES THE EVOLUTIONARY SCIENCE BEHIND OUR RAPIDLY ACCELERATING NEED FOR CHANGE, AS WELL AS WHY IT'S UNLIKELY WE'LL BE ABLE TO SLOW DOWN . . . OR EVEN WANT TO. EXPLORING THEORIES SURROUNDING THE EFFECT OF THIS SPEED ON OUR MINDS AND BODIES, COLVILE REVEALS HOW, CONTRARY TO GLOOMIER PREDICTIONS, LIVING IN A FASTER AGE MIGHT BE BENEFICIAL FOR US, BOTH PHYSICALLY AND MENTALLY. IN ADDITION TO THE UNIVERSE OF SOCIAL MEDIA, HE EXAMINES THE OPPORTUNITIES THAT FASTER COMMUNICATION AND OPERATION COULD BRING TO EVERYTHING FROM MUSIC, FILM, AND BOOKS TO TRANSPORTATION, POLITICS, AND GOVERNMENT. COMPARING DEVELOPMENTS IN CITIES AND VILLAGES, ADVANCED ECONOMIES AND UNDERDEVELOPED COUNTRIES, EAST AND WEST, THE GREAT ACCELERATION EXPLAINS HOW THE POSITIVES OUTNUMBER THE NEGATIVES AND, IF THIS ACCELERATION IS TRULY INEVITABLE, WHY WE SHOULD RUSH TO EMBRACE IT.

📖 **Do MORE FASTER** BRAD FELD, DAVID G. COHEN, 2010-10-01 PRACTICAL ADVICE FROM SOME OF TODAY'S TOP EARLY STAGE INVESTORS AND ENTREPRENEURS TECHSTARS IS A MENTORSHIP-DRIVEN STARTUP ACCELERATOR WITH OPERATIONS IN THREE U.S. CITIES. ONCE A YEAR IN EACH CITY, IT FUNDS ABOUT TEN INTERNET STARTUPS WITH A SMALL AMOUNT OF CAPITAL AND SURROUNDS THEM WITH AROUND FIFTY TOP INTERNET ENTREPRENEURS AND INVESTORS. HISTORICALLY, ABOUT SEVENTY-FIVE PERCENT OF THE COMPANIES THAT GO THROUGH TECHSTARS RAISE A MEANINGFUL AMOUNT OF ANGEL OR VENTURE CAPITAL. DO MORE FASTER: TECHSTARS LESSONS TO ACCELERATE YOUR STARTUP IS A COLLECTION OF ADVICE THAT COMES FROM INDIVIDUALS WHO HAVE PASSED THROUGH, OR ARE PART OF, THIS PROVEN PROGRAM. EACH VIGNETTE IS AN EXPLORATION OF INFORMATION OFTEN HEARD DURING THE TECHSTARS PROGRAM AND PROVIDES PRACTICAL INSIGHTS INTO EARLY STAGE ENTREPRENEURSHIP. CONTAINS SEVEN SECTIONS, EACH FOCUSING ON A MAJOR THEME WITHIN THE TECHSTARS PROGRAM, INCLUDING IDEA AND VISION, FUNDRAISING, LEGAL AND STRUCTURE, AND WORK/LIFE BALANCE CREATED BY TWO HIGHLY REGARDED EXPERTS IN THE WORLD OF EARLY STAGE INVESTING ESSAYS IN EACH SECTION COME FROM THE EXPERIENCED AUTHOR TEAM AS WELL AS TECHSTAR MENTORS, ENTREPRENEURS, AND FOUNDERS OF COMPANIES WHILE YOU'LL ULTIMATELY HAVE TO MAKE YOUR OWN DECISIONS ABOUT WHAT'S RIGHT FOR YOUR BUSINESS, DO MORE FASTER: TECHSTARS LESSONS TO ACCELERATE YOUR STARTUP CAN GET YOUR ENTREPRENEURIAL ENDEAVOR HEADED IN THE RIGHT DIRECTION.

📖 **FASTER, SMARTER, GREENER** VENKAT SUMANTRAN, CHARLES FINE, DAVID GONSALVEZ, 2018-09-11 A CALL TO REDEFINE MOBILITY SO THAT IT IS CONNECTED, HETEROGENEOUS, INTELLIGENT, AND PERSONALIZED, AS WELL AS SUSTAINABLE, ADAPTABLE, AND CITY-FRIENDLY. THE TWENTIETH CENTURY WAS THE CENTURY OF THE AUTOMOBILE; THE TWENTY-FIRST WILL SEE MOBILITY DRAMATICALLY RE-ENVISIONED. AUTOMOBILES ALTERED CITYSCAPES, BOOSTED ECONOMIES, AND MADE PERSONAL MOBILITY EFFICIENT AND CONVENIENT FOR MANY. WE HAD A CENTURY-LONG LOVE AFFAIR WITH THE CAR. BUT TODAY, PEOPLE ARE MORE ATTACHED TO THEIR SMARTPHONES THAN THEIR CARS. CARS ARE NOT ALWAYS THE QUICKEST MODE OF TRAVEL

IN CITIES; AND EMISSIONS FROM THE RAPIDLY GROWING NUMBER OF CARS THREATEN THE PLANET. THIS BOOK, BY THREE EXPERTS FROM INDUSTRY AND ACADEMIA, ENVISIONS A NEW WORLD OF MOBILITY THAT IS CONNECTED, HETEROGENEOUS, INTELLIGENT, AND PERSONALIZED (THE CHIP ARCHITECTURE). THE AUTHORS DESCRIBE THE CHANGES THAT ARE COMING. CITY ADMINISTRATORS ARE SHIFTING FROM DESIGNING CITIES FOR CARS TO DESIGNING CITIES FOR PEOPLE. NATIONS AND CITIES WILL INCREASINGLY EMPLOY TARGETED USER FEES AND OFFER SUBSIDIES TO NUDGE CONSUMERS TOWARD MORE SUSTAINABLE MODES. THE SHARING ECONOMY IS COAXING MANY CONSUMERS TO SHIFT FROM BEING OWNERS OF ASSETS TO BEING USERS OF SERVICES. THE AUTO INDUSTRY IS RESPONDING WITH CONNECTED CARS THAT DOUBLE AS VIRTUAL TRAVEL ASSISTANTS AND BY INTRODUCING AUTONOMOUS DRIVING. THE CHIP ARCHITECTURE EMBODIES AN INTEGRATED, MULTIMODE MOBILITY SYSTEM THAT BUILDS ON UBIQUITOUS CONNECTIVITY, ELECTRIFIED AND AUTONOMOUS VEHICLES, AND A MARKETPLACE OPEN TO INNOVATION AND ENTREPRENEURSHIP. CONSUMERS WILL EXERCISE CHOICE ON THE BASIS OF USER EXPERIENCE AND EFFICIENCY, AIDED BY “INTELLIGENT ADVISORS,” ACCESSIBLE THROUGH THEIR MOBILE DEVICES. AN INNOVATIVE MOBILITY ARCHITECTURE RECONFIGURED FOR THIS CENTURY IS A SOCIAL AND ECONOMIC NECESSITY; THIS BOOK CHARTS A COURSE FOR ACHIEVING IT.

📖 **GET THERE FASTER** CHRISTINE DiDONATO, 2020-07-09 GET THERE FASTER IS FOR YOUNG PROFESSIONALS LOOKING TO SUCCESSFULLY NAVIGATE AND GROW THEIR CAREERS IN TODAY’S OFTEN CONFUSING JOB MARKET. YOU’LL LEARN A FIVE-STEP CAREER ACCELERATION FORMULA, WHICH MANY OF TODAY’S MOST SOUGHT AFTER EMPLOYERS USE TO DEVELOP THEIR EMERGING LEADERS. EACH STEP GUIDES AND EMPOWERS YOUNG PROFESSIONALS TO ANSWER QUESTIONS SUCH AS: AM I IN THE RIGHT JOB? WHAT’S NEXT FOR ME? AND IS MY CURRENT PATH ALIGNED WITH MY PERSONAL VALUES? PART PERSONAL STORIES FROM REAL COACHING MOMENTS AND PART STRAIGHT-TALK ADVICE, GET THERE FASTER INCLUDES AUTHOR CHRISTINE DiDONATO’S INSIDER KNOWLEDGE ABOUT WHAT LEADERSHIP SAYS BEHIND CLOSED DOORS. THEN, SHE SHOWS YOU HOW TO LEVERAGE THIS KNOWLEDGE TO BREAK THROUGH CAREER CHALLENGES AND OBSTACLES TO HELP YOU LIVE YOUR BEST LIFE SOONER.

📖 **LOUDER AND FASTER** DEBORAH WONG, 2019-09-10 A FREE OPEN ACCESS EBOOK IS AVAILABLE UPON PUBLICATION. LEARN MORE AT WWW.LUMINOSOA.ORG. LOUDER AND FASTER IS A CULTURAL STUDY OF THE PHENOMENON OF ASIAN AMERICAN TAIKO, THE THUNDERING, ATHLETIC DRUMMING TRADITION THAT ORIGINATED IN JAPAN. IMMERSED IN THE TAIKO SCENE FOR TWENTY YEARS, DEBORAH WONG HAS WITNESSED CULTURAL AND DEMOGRAPHIC CHANGES AND THE EXPONENTIAL GROWTH AND EXPANSION OF TAIKO PARTICULARLY IN SOUTHERN CALIFORNIA. THROUGH HER PARTICIPATORY ETHNOGRAPHIC WORK, SHE REVEALS A COMPLICATED STORY EMBEDDED IN MEMORIES OF JAPANESE AMERICAN INTERNMENT AND LEGACIES OF IMPERIALISM, ASIAN AMERICAN IDENTITY AND POLITICS, A DESIRE TO BE SEEN AND HEARD, AND THE INTERSECTION OF CULTURE AND GLOBAL CAPITALISM. EXPLORING THE MATERIALITIES OF THE DRUMS, COSTUMES, AND BODIES THAT MAKE SOUND, ANALYZING THE RELATIONSHIP OF THESE TO CAPITALIST MULTICULTURALISM, AND INVESTIGATING THE GENDER POLITICS OF TAIKO, LOUDER AND FASTER CONSIDERS BOTH THE PROMISES AND PITFALLS OF MUSIC AND PERFORMANCE AS AN ANTIRACIST PRACTICE. THE RESULT IS A VIVID GLIMPSE OF AN ASIAN AMERICAN PRESENCE THAT IS BOTH LOUD AND FRAGILE.

📖 **UNDERGROUND SECRETS TO FASTER RUNNING** BARRY ROSS, 2005-11-02 HIGH SCHOOL PHENOMENON ALLYSON FELIX USED THIS STRENGTH TRAINING SYSTEM TO RUN THE FASTEST 200 METERS IN THE WORLD IN 2003. BASED UPON PHYSIOLOGY AND PHYSICS, IT INCORPORATES THE MOST RECENT STUDIES IN RUNNING MECHANICS. THIS TRAINING PROGRAM WILL DRAMATICALLY INCREASE RUNNING SPEED, JUMPING HEIGHT AND MUSCLE POWER FOR ALL ATHLETES.

📖 **RUN FASTER FROM THE 5K TO THE MARATHON** BRAD HUDSON, MATT FITZGERALD, 2008-07-29 LEARN HOW TO RUN FASTER, UNLOCK YOUR POTENTIAL, AND REACH PEAK PERFORMANCE WITH TRAINING ADVICE FROM A FORMER OLYMPIC TRIALS MARATHONER AND COACH TO OLYMPIANS LIKE DATHAN RITZENHEIN. HUDSON IS THE MOST INNOVATIVE RUNNING COACH TO COME ALONG IN A GENERATION. UNTIL NOW, ONLY A HANDFUL OF ELITE ATHLETES HAVE BEEN ABLE TO BENEFIT FROM HIS METHODS. NOW RUN FASTER FROM THE 5K TO THE MARATHON SHOWS ALL RUNNERS HOW TO COACH THEMSELVES AS CONFIDENTLY AND EFFECTIVELY AS BRAD COACHES HIS WORLD-CLASS ATHLETES. BECOMING YOUR OWN BEST COACH IS THE TICKET TO RUNNING FASTER AT ANY DISTANCE. FIRST YOU WILL LEARN TO ASSESS YOUR ABILITIES. THEN YOU’LL LEARN HOW TO DEVISE A TRAINING PROGRAM SPECIFICALLY GEARED TO YOU. FILLED WITH EASY-TO-FOLLOW SAMPLE TRAINING PROGRAMS FOR DISTANCES RANGING FROM THE 5K TO THE MARATHON AND ABILITIES RANGING FROM NOVICE TO ADVANCED, RUN FASTER IS THE CUTTING-EDGE GUIDE FOR OPTIMAL PERFORMANCE. WITH HUDSON’S GUIDANCE, YOU CAN TRAIN SMARTER AND MORE EFFECTIVELY—AND AVOID INJURY. AND YOU’LL SOON BE RUNNING FASTER THAN YOU EVER THOUGHT POSSIBLE!

📖 **FASTER TOGETHER** LAURA STACK, 2018-01-23 FASTER TOGETHER ACCELERATING YOUR TEAM’S PRODUCTIVITY THERE ARE MORE ROADBLOCKS TO PRODUCTIVITY TODAY THAN EVER BEFORE. EVERYONE WHO WORKS MUST DEAL WITH COUNTLESS EMAILS, CONSTANT COMMUNICATION, CASCADING DEADLINES, AND SEEMINGLY ENDLESS MEETINGS. THESE CAN BE MANAGED EFFICIENTLY, OR THEY CAN BE A HUGE TIME SUCK. WHEN YOU’RE SURROUNDED BY SLOW-MOVING COWORKERS, YOU’RE STUCK IN A TRAFFIC JAM OF SORTS. WHAT MAKES THE DIFFERENCE ISN’T INDIVIDUALS WORKING HARDER OR FASTER OR SMARTER BUT “TEAMING WELL.” YOU HAVE AT YOUR DISPOSAL WHAT STACK CALLS “THE MOST POWERFUL PRODUCTIVITY MACHINE IN EXISTENCE”: YOUR TEAM. INDIVIDUAL PRODUCTIVITY IS JUST THE BEGINNING OF BUSINESS PROFITABILITY; THE REAL WINNER IS TEAM PRODUCTIVITY. A GOOD TEAM CAN ACCOMPLISH MORE, AND MORE QUICKLY, THAN ANY ONE LONE RANGER. YES, THERE ARE ALWAYS STARS—IN SPORTS, PEYTON MANNING, MIA HAMM, AND STEPHEN CURRY COME TO MIND—BUT THEY COULDN’T DO THEIR JOBS WITHOUT THE REST OF THE TEAM DOING THEIRS. BESTSELLING AUTHOR LAURA STACK’S FAST MODEL MOBILIZES TEAMS TO BE THE MOST EFFECTIVE THEY CAN BE, WHILE

KEEPING EACH OTHER'S BEST INTERESTS AT HEART. USING HER ORIGINAL MODEL, TEAMS LEARN TO WORK TOGETHER FAIRLY, ACCEPT ACCOUNTABILITY, APPLY SYSTEMS THINKING, AND MAXIMIZE AVAILABLE TECHNOLOGY. AN INTERACTIVE ASSESSMENT HELPS YOU EVALUATE YOUR TEAM'S CURRENT SPEED AND RATE OF ACCELERATION. BY THE END OF THIS BOOK, YOU'LL TRULY UNDERSTAND THE ABILITIES OF YOUR TEAM. TEAM MEMBERS WILL ASK THEMSELVES, "HOW CAN I HELP MY TEAM GO FASTER TOGETHER?" YOU WORK TO SAVE EVERYONE ELSE TIME, AND THEY WORK TO SAVE YOU TIME. FOR YOUR BUSINESS TO WIN, EVERYONE MUST CONTRIBUTE. AS STACK PUTS IT, "TEAM UP; DON'T SLOW DOWN!" SO, REV YOUR TEAM'S ENGINES, AND YOU'LL SOON BE ROARING DOWN THE TRACK TOGETHER!

📖 **GET BETTER FASTER** PAUL BAMBRICK-SANTOYO, 2016-07-25 EFFECTIVE AND PRACTICAL COACHING STRATEGIES FOR NEW EDUCATORS PLUS VALUABLE ONLINE COACHING TOOLS
MANY TEACHERS ARE ONLY OBSERVED ONE OR TWO TIMES PER YEAR ON AVERAGE—AND, EVEN AMONG THOSE WHO ARE OBSERVED, SCARCELY ANY ARE GIVEN FEEDBACK AS TO HOW THEY COULD IMPROVE. THE BOTTOM LINE IS CLEAR: TEACHERS DO NOT NEED TO BE EVALUATED SO MUCH AS THEY NEED TO BE DEVELOPED AND COACHED. IN *GET BETTER FASTER: A 90-DAY PLAN FOR COACHING NEW TEACHERS*, PAUL BAMBRICK-SANTOYO SHARES INSTRUCTIVE TOOLS OF HOW SCHOOL LEADERS CAN EFFECTIVELY GUIDE NEW TEACHERS TO SUCCESS. OVER THE COURSE OF THE BOOK, HE BREAKS DOWN THE MOST CRITICAL ACTIONS LEADERS AND TEACHERS MUST TAKE TO ACHIEVE EXEMPLARY RESULTS. DESIGNED FOR COACHES AS WELL AS BEGINNING TEACHERS, *GET BETTER FASTER* IS AN INTEGRAL COACHING TOOL FOR ANY SCHOOL LEADER EAGER TO HELP THEIR TEACHERS SUCCEED. *GET BETTER FASTER* FOCUSES ON WHAT'S PRACTICAL AND ACTIONABLE WHICH MAKES THE BOOK'S APPROACH TO COACHING SO EFFECTIVE. BY PRACTICING THE CONCRETE ACTIONS AND MICRO-SKILLS LISTED IN *GET BETTER FASTER*, TEACHERS WILL MARKEDLY IMPROVE THEIR ABILITY TO LEAD A CLASS, PRODUCING A STEADY CHAIN REACTION OF FUTURE TEACHING SUCCESS. THOUGH FOCUSED HEAVILY ON THE FIRST 90 DAYS OF TEACHER DEVELOPMENT, IT'S POSSIBLE TO IMPLEMENT THIS WORK AT ANY TIME. JUNIOR AND EXPERIENCED TEACHERS ALIKE CAN BENEFIT FROM THE GUIDANCE OF *GET BETTER FASTER* WHILE AT THE SAME TIME CLOSING EXISTING INSTRUCTIONAL GAPS. FEATURING VALUABLE AND PRACTICAL ONLINE TRAINING TOOLS AVAILABLE AT [HTTP://WWW.WILEY.COM/GO/GETBETTERFASTER](http://www.wiley.com/go/getbetterfaster), *GET BETTER FASTER* PROVIDES AGENDAS, PRESENTATION SLIDES, A COACH'S GUIDE, HANDOUTS, PLANNING TEMPLATES, AND 35 VIDEO CLIPS OF REAL TEACHERS AT WORK TO HELP OTHER EDUCATORS APPLY THE LESSONS LEARNED IN THEIR OWN CLASSROOMS. *GET BETTER FASTER* WILL TEACH YOU: THE CORE PRINCIPLES OF COACHING: GO GRANULAR; PLAN, PRACTICE, FOLLOW UP, REPEAT; MAKE FEEDBACK MORE FREQUENT TOP ACTION STEPS TO LAUNCH A TEACHER'S DEVELOPMENT IN AN EASY-TO-READ SCOPE AND SEQUENCE GUIDE IT ALSO WALKS YOU THROUGH THE FOUR PHASES OF SKILL BUILDING: PHASE 1 (PRE-TEACHING): DRESS REHEARSAL PHASE 2: INSTANT IMMERSION PHASE 3: GETTING INTO GEAR PHASE 4: THE POWER OF DISCOURSE PERFECT FOR NEW EDUCATORS AND THOSE WHO SUPERVISE THEM, *GET BETTER FASTER* WILL ALSO EARN A PLACE IN THE LIBRARIES OF VETERAN TEACHERS AND SCHOOL ADMINISTRATORS SEEKING A ONE-STOP COACHING RESOURCE.

📖 **FASTER** MICHAEL HUTCHINSON, 2014-03-27 FOR PROFESSIONAL CYCLISTS, GOING FASTER AND WINNING ARE, OF COURSE, CLOSELY RELATED. YET SURPRISINGLY, FOR MANY, A DESIRE TO GO FASTER IS MUCH MORE IMPORTANT THAN A DESIRE TO WIN. SOMEONE WHO WANTS TO GO FASTER WILL WORK AT THE DETAILS AND TAKE SMALL STEPS RATHER THAN FOCUSING ON WINNING. WINNING JUST HAPPENS WHEN YOU DO EVERYTHING RIGHT – IT'S THE DOING EVERYTHING RIGHT THAT'S HARD. AND THAT'S WHAT FASCINATES AND OBSESSES MICHAEL HUTCHINSON. WITH HIS USUAL DEADPAN DELIVERY AND AN AWARENESS THAT IT'S ALL MILDLY PREPOSTEROUS, HUTCHINSON LOOKS AT THE THINGS THAT MAKE YOU FASTER – TRAINING, NUTRITION, THE RIGHT PSYCHOLOGY – AND EXPLAINS HOW THEY WORK, AND HOW WHAT WE KNOW ABOUT THEM CHANGES ALL THE TIME. HE LOOKS AT THE THINGS THAT MAKE YOU SLOWER, AND WHY, AND HOW ATTEMPTS TO AVOID THEM CAN RESULT IN SERIOUS ATHLETES GRADUALLY PAINTING THEMSELVES INTO THE MOST PECULIAR LIFE-STYLE CORNERS. *FASTER* IS A BOOK ABOUT WHY CYCLISTS DO WHAT THEY DO, ABOUT WHAT THE RIDERS, THEIR COACHES AND THE BOFFINS GET UP TO BEHIND THE SCENES, AND ABOUT WHY THE WHOLE IDEA OF GOING FASTER IS SUCH AN APPEALING, UNIVERSAL INSTINCT FOR ALL OF US.

📖 **THE ART OF RUNNING FASTER** JULIAN GOATER, DON MELVIN, 2012-03-09 ANY RUNNER CAN TELL YOU THAT THE SPORT ISN'T JUST ABOUT CHURNING OUT MILES DAY IN AND DAY OUT. RUNNERS HAVE A PASSION, DEDICATION, AND DESIRE TO GO FASTER, LONGER, AND FARTHER. NOW, *THE ART OF RUNNING FASTER* PROVIDES YOU WITH A NEW APPROACH TO RUNNING, ACHIEVING YOUR GOALS AND SETTING YOUR PERSONAL BEST. WHETHER YOU'RE OLD OR YOUNG, NEW TO THE SPORT OR AN EXPERIENCED MARATHONER, THIS GUIDE WILL CHANGE HOW YOU RUN AND THE RESULTS YOU ACHIEVE. *THE ART OF RUNNING FASTER* CHALLENGES THE STEREOTYPES, REMOVES THE DOUBTS AND ERASES THE SELF-IMPOSED LIMITATIONS BY PRESCRIBING NOT ONLY WHAT TO DO BUT ALSO HOW TO DO IT. INSIDE, YOU WILL LEARN HOW TO *OVERCOME THE OBSTACLES THAT PREVENT YOU FROM RUNNING FASTER, MORE COMFORTABLY, AND WITH GREATER FOCUS; *RETHINK CONVENTIONAL TRAINING METHODS, LISTEN TO YOUR BODY, AND CHALLENGE TRADITIONAL RUNNING 'NORMS'; *CUSTOMIZE YOUR TRAINING PROGRAM TO EMPHASIZE THE DEVELOPMENT OF SPEED, STRENGTH, AND STAMINA; *SHIFT GEARS, REACH THAT NEXT LEVEL OF PERFORMANCE, AND BLOW PAST THE COMPETITION. IN THIS ONE-OF-A-KIND GUIDE, FORMER WORLD-CLASS RUNNER JULIAN GOATER SHARES HIS EXPERIENCES, INSIGHTS AND ADVICE FOR BETTER, MORE EFFICIENT AND FASTER RUNNING. MUCH MORE THAN TRAINING TIPS AND MOTIVATIONAL STORIES, *THE ART OF RUNNING FASTER* IS YOUR GUIDE TO IMPROVED TECHNIQUE AND OPTIMAL PERFORMANCE. LET JULIAN GOATER SHOW YOU A NEW WAY TO RUN FASTER, FARTHER AND LONGER.

RIGHT HERE, WE HAVE COUNTLESS BOOKS **FASTER** AND COLLECTIONS TO CHECK OUT. WE ADDITIONALLY OFFER VARIANT TYPES AND AS WELL AS TYPE OF THE BOOKS TO BROWSE. THE WITHIN ACCEPTABLE LIMITS BOOK, FICTION, HISTORY, NOVEL, SCIENTIFIC RESEARCH, AS WITHOUT DIFFICULTY AS VARIOUS SUPPLEMENTARY SORTS OF BOOKS ARE READILY OPEN HERE.

AS THIS FASTER, IT ENDS STIRRING INBORN ONE OF THE FAVORED BOOKS FASTER COLLECTIONS THAT WE HAVE. THIS IS WHY YOU REMAIN IN THE BEST WEBSITE TO SEE THE UNBELIEVABLE BOOKS TO HAVE.

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FASTER INTRODUCTION

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