

Just Checking

Adam Alter

Just Checking Emily Colas,1999-06 This raw, darkly comic series of astonishing vignettes is Emily Colas' achingly honest chronicle of her twisted journey through the obsessive-compulsive disorder that came to dominate her world. In the beginning it was germs and food - to her mind, anything from ground-up hypodermic needles to disease-tainted blood could be on her restaurant plate. By the time she faced the fact that she was really losing it, Colas had become a slave to her own hobbies, from the frenetic daily hair trims she gave herself to the incessant inspections of her children's clothes for bloodstains, the carpet for dangerous debris, packaged goods for possible tampering. Soon there was no interval in Colas' life when she was not just checking.

Just Checking Scores Marisa Burke,2021-12-16 Marisa Burke is a top-rated, local anchorwoman at one of the most respected local ABC affiliates in the country. She enjoys celebrity status, six-figure salaries, a gorgeous home, and beautiful family. But rather than reporting the news, Marisa suddenly becomes the subject of it when her husband, an admired educator, the father of her two young girls, and the man she truly believed was her loving soulmate, was arrested for unlawful sexual relationships with underage boys. What was even more excruciating, Marisa was forced to endure the shame and embarrassment of anchoring the same newscasts in which the personally gut-wrenching news stories about her husband's charges were reported. Marisa

Burke's shocking memoir, Just Checking Scores reveals what happens when a person at the top is brought down by public humiliation into a world of deep despair and what Burke did to channel her suffering and anguish into defiance and strength.

Just Checking Scores Marisa Burke, 2021-12-16 Marisa Burke is a top-rated, local anchorwoman at one of the most respected local ABC affiliates in the country. She enjoys celebrity status, six-figure salaries, a gorgeous home, and beautiful family. But rather than reporting the news, Marisa suddenly becomes the subject of it when her husband, an admired educator, the father of her two young girls, and the man she truly believed was her loving soulmate, was arrested for unlawful sexual relationships with underage boys. What was even more excruciating, Marisa was forced to endure the shame and embarrassment of anchoring the same newscasts in which the personally gut-wrenching news stories about her husband's charges were reported. Marisa Burke's shocking memoir, Just Checking Scores reveals what happens when a person at the top is brought down by public humiliation into a world of deep despair and what Burke did to channel her suffering and anguish into defiance and strength.

Just Checking Emily Colas, 1998-04-01 Colas had a secret that was getting in the way of certain activities. Like touching people. Having a normal relationship with her husband. Socializing. Getting a job. Like leaving the house. This darkly comic series of vignettes is Colas' honest chronicle of

her journey through the Obsessive-Compulsive disorder that came to dominate her world. She had become a slave to her own compulsions. Soon there was no interval in her life when she was not just checking." Eventually the worries" she tried to hide took an inevitable toll on her marriage, & she & her husband agreed she would seek therapy. Colas takes us inside her head, exposing a soul tormented but balanced by a judicious self-view.

Ask a Manager Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a

straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

Swordspoint Ellen Kushner, 2007-12-18 The cult classic fantasy of manners, now with three bonus stories “Swordspoint has an unforgettable opening and just gets better from there.”—George R. R. Martin Hailed by critics as “a bravura performance” (*Locus*) and “witty, sharp-eyed, [and] full of interesting people” (*Newsday*), this acclaimed novel, filled with remarkable plot twists and unexpected humor, takes fantasy to an unprecedented level of elegant writing and scintillating wit. Award-winning author Ellen Kushner has created a world of unforgettable characters whose political ambitions, passionate love affairs, and age-old rivalries collide with deadly results.

On the treacherous streets of Riverside, a man lives and dies by the sword. Even the nobles on the Hill turn to duels to settle their disputes. Within this elite, dangerous world, Richard St. Vier is the undisputed master, as skilled as he is ruthless—until a death by the sword is met with outrage instead of awe, and the city discovers that the line between hero and villain can be altered in the blink of an eye.

Tell Me the Stories of the Old Testament Glenn J. Rawson, 2020-07-28 Stories live beyond generations. It is, in part, for that reason that the Almighty has created an enormous library of stories specifically selected and edited by inspired prophets—a library called the Holy Scriptures. For thousands of years the children of God have read and applied those same stories to their own lives. Those stories are a divine gift conveying doctrine, principles, and examples of righteous living, or its opposite. Stories tend to stick in our minds, memories, and heart, instructing, inspiring, and edifying long after the first reading. I love the Old Testament because it is so real and so human. Its pages are full of real-life heroes and the worst stripe of villains. There are numerous layers of meaning embedded in each story, and this book represents decades of study, insight, and application.

Baggage Check M.J. Pullen, 2016-07-12 The third in a charming series about a group of thirty-somethings in Atlanta making surprising discoveries about friendship, love, and happily-ever-after.

Internet Data Brokers United States. Congress. House. Committee on Energy

and Commerce. Subcommittee on Oversight and Investigations, 2006

This Is about You Mary England, 2016-04-05 Discover how to fall deeply in love with yourself! Have you ever struggled with low self esteem or confidence? You don't need to let self doubt prevent you from reaching your dreams. You are an incredible human being with the potential to live a life that sparkles from a mile away! Learn how to start the never-ending journey of self love, the ultimate key to a happy life.

Veiled Benedict Jacka, 2015-08-04 National bestselling author Benedict Jacka returns to the world of Alex Verus... I thought I'd escaped my past. But my old master is back and making a new play for power. And he's not the only one targeting me... Diviner Alex Verus and the Council that governs the magical community have never gotten along. But with his former teacher back in Britain, Alex is in desperate need of allies, and he'll do whatever it takes to get them—even if it means accepting a job with the Keepers, enforcing magical law. Alex forms an uneasy alliance with his new partner, Caldera, but his attempt at legitimacy quickly turns lethal when a mission puts him in possession of an item that factions both inside and outside of the Council would kill to get their hands on. Once again caught in the middle of a deadly conflict, Alex will need all his abilities to figure out who his friends are—especially when enemies are hiding on all sides...

Irresistible Adam Alter, 2018-03-06 "Irresistible is a fascinating and much needed exploration of one of the most troubling phenomena of modern times."

—Malcolm Gladwell, author of New York Times bestsellers David and Goliath and Outliers “One of the most mesmerizing and important books I’ve read in quite some time. Alter brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our businesses, our families, and our sanity.” —Adam Grant, New York Times bestselling author of Originals and Give and Take Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today’s products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging

effects on our well-being, and the health and happiness of our children. Adam Alter's previous book, Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave is available in paperback from Penguin.

Merchants of Truth Jill Abramson, 2019-02-07 The gripping and definitive in-the-room account of the revolution that has swept the news industry over the last decade and reshaped our world. The last decade has seen the News industry face unprecedented change. The sometimes-century old institutions which were once the bastions of truth have had their dominance eroded by vast innovations in viral technology and, as millennial appetites force the industry to choose between principles of objectivity and impartiality, the survivors must confront the horrifying cost of their success: sexual scandal, fake news, the election of President Trump and the shaking of democracy. Taking us behind the scenes at four media titans - BuzzFeed, VICE, The New York Times and The Washington Post - Abramson reveals the human drama behind this shift: one involving deal-making tycoons, thrusting reporters, hard-bitten editors, egomaniacs, bullshitters, provocateurs and bullies, with some surfing and others drowning in the breaking wave of change. 'A cracking, essential read... Abramson knows where most of the bodies are buried and is prepared to draw the reader a detailed map' Guardian

The Coddling of the American Mind Greg Lukianoff, Jonathan Haidt, 2019-08-20 New York Times Bestseller • Finalist for the 2018 National Book Critics Circle Award in Nonfiction • A New York Times Notable Book • Bloomberg Best

Book of 2018 “Their distinctive contribution to the higher-education debate is to meet safetyism on its own, psychological turf . . . Lukianoff and Haidt tell us that safetyism undermines the freedom of inquiry and speech that are indispensable to universities.” —Jonathan Marks, Commentary “The remedies the book outlines should be considered on college campuses, among parents of current and future students, and by anyone longing for a more sane society.” —Pittsburgh Post-Gazette Something has been going wrong on many college campuses in the last few years. Speakers are shouted down. Students and professors say they are walking on eggshells and are afraid to speak honestly. Rates of anxiety, depression, and suicide are rising—on campus as well as nationally. How did this happen? First Amendment expert Greg Lukianoff and social psychologist Jonathan Haidt show how the new problems on campus have their origins in three terrible ideas that have become increasingly woven into American childhood and education: What doesn’t kill you makes you weaker; always trust your feelings; and life is a battle between good people and evil people. These three Great Untruths contradict basic psychological principles about well-being and ancient wisdom from many cultures. Embracing these untruths—and the resulting culture of safetyism—interferes with young people’s social, emotional, and intellectual development. It makes it harder for them to become autonomous adults who are able to navigate the bumpy road of life. Lukianoff and Haidt investigate the many social trends that have intersected to promote the spread of these

untruths. They explore changes in childhood such as the rise of fearful parenting, the decline of unsupervised, child-directed play, and the new world of social media that has engulfed teenagers in the last decade. They examine changes on campus, including the corporatization of universities and the emergence of new ideas about identity and justice. They situate the conflicts on campus within the context of America's rapidly rising political polarization and dysfunction. This is a book for anyone who is confused by what is happening on college campuses today, or has children, or is concerned about the growing inability of Americans to live, work, and cooperate across party lines.

Sprint (Republisch) Jake Knapp, 2018-07-19 Anda mungkin beruntung memiliki pekerjaan atau proyek mendatang dengan visi yang cemerlang. Namun, upaya mewujudkan visi ini sering kali tak mudah. Setiap hari Anda gampang sekali terjebak dalam berbagai hal: surel yang seolah tiada habisnya, tenggat yang molor, rapat-rapat sehari yang menyita waktu, dan proyek jangka panjang yang hanya berdasarkan asumsi. Sudah waktunya Anda mencoba Sprint, sebuah metode untuk memecahkan masalah dan menguji ide-ide baru, menyelesaikan lebih banyak hal dengan efisien. Buku ini ditulis Jake Knapp, mantan Design Partner Google Ventures, untuk menuntun Anda merasakan pengalaman menerapkan metode yang telah mendunia ini. Sprint mewujudkan pengeksekusian ide besar hanya dalam lima hari. Menuntun tim Anda dengan checklist lengkap, mulai dari Senin hingga Jumat. Menjawab segala pertanyaan penting yang sering kali hanya

disimpan di benak mereka yang sedang menguji ide/konsep/produk. Sprint juga membantu Anda lebih menikmati setiap proses. Anda bisa mengamati dan bergabung dengan ratusan dari pelaku Sprint di seluruh dunia melalui tagar #sprintweek di Twitter. Sebuah proyek besar terjadi pada 2009. Seorang insinyur Gmail bernama Peter Balsiger mencetuskan ide mengenai surel yang bisa teratur secara otomatis. Saya sangat tertarik dengan idenya—yang disebut “Kotak Masuk Prioritas”—dan merekrut insinyur lain, Annie Chen, untuk bergabung bersama kami. Annie setuju, tetapi dia hanya punya waktu sebulan untuk mengerjakannya. Kalau kami tidak bisa membuktikan bahwa ide itu bisa diterapkan dalam jangka waktu tersebut, Annie akan beralih ke proyek lainnya. Saya yakin waktunya tidak akan cukup, tetapi Annie adalah insinyur yang luar biasa. Jadi, saya memutuskan untuk menjalaninya saja. Kami membagi waktu sebulan itu ke dalam empat bagian yang masing-masing lamanya seminggu. Setiap pekan, kami menggarap desain baru. Annie dan Peter membuat purwarupa, lalu pada akhir minggu, kami menguji desain ini bersama beberapa ratus orang lainnya. Pada akhir bulan, kami menemukan solusi yang bisa dipahami dan diinginkan orang-orang. Annie tetap menjadi pemimpin untuk tim Kotak Masuk Prioritas. Dan entah bagaimana caranya, kami berhasil menyelesaikan tugas desainnya dalam waktu yang lebih singkat dari biasanya. Beberapa bulan kemudian, saya mengunjungi Serge Lachapelle dan Mikael Drugge, dua orang karyawan Google di Stockholm. Kami bertiga ingin menguji ide perangkat lunak untuk konferensi video yang bisa dijalankan lewat peramban. Karena saya

berada di kota tersebut hanya selama beberapa hari, kami bekerja secepat mungkin. Pada penghujung kunjungan saya, kami berhasil menyelesaikan purwarupanya. Kami mengirimkannya ke rekan kerja kami lewat surel dan mulai menggunakannya dalam rapat. Dalam beberapa bulan, seluruh perusahaan sudah bisa menggunakannya. (Selanjutnya, versi yang sudah dipoles dan disempurnakan dari aplikasi berbasis web tersebut dikenal sebagai Google Hangouts.) Dalam kedua kasus tersebut, saya menyadari bahwa saya bekerja jauh lebih efektif ketimbang rutinitas kerja harian saya atau ketika mengikuti lokakarya diskusi sumbang saran. Apa yang membedakannya? Saya menimbang kembali lokakarya tim yang saya gagas sebelumnya. Bagaimana kalau saya memasukkan elemen ajaib lainnya—fokus pada kerja individu, waktu untuk membuat purwarupa, dan tenggat yang tak bisa ditawar? Saya lalu menyebutkan, “sprint” desain. Saya membuat jadwal kasar untuk sprint pertama saya: satu hari untuk berbagi informasi dan mereka ide, diikuti dengan empat hari pembuatan purwarupa. Sekali lagi, tim Google menyambut baik eksperimen ini. Saya memimpin sprint untuk mendesain Chrome, Google Search, Gmail, dan proyek-proyek lainnya. Ini sangat menarik. Sprint ini berhasil. Ide-ide diuji, dibangun, diluncurkan, dan yang terbaik, kebanyakan dari ide-ide ini berhasil diterapkan dalam dunia nyata. Proses sprint menyebar di seisi Google dari satu tim ke tim lain, dari satu kantor ke kantor lain. Seorang desainer dari Google X tertarik dengan metode ini, jadi dia menjalankan sprint untuk sebuah tim di Google Ads. Anggota tim dalam sprint di Ads kemudian menyampaikannya kepada kolega mereka, dan begitu

seterusnya. Dalam waktu singkat saya mendengar penerapan sprint dari orang-orang yang tidak saya kenal. Dalam perjalannya, saya membuat beberapa kesalahan. Sprint pertama saya melibatkan empat puluh orang-jumlah yang sangat besar dan justru hampir menghambat sprint tersebut, bahkan sebelum dimulai. Saya menyesuaikan waktu yang diperlukan untuk mengembangkan ide dan pembuatan purwarupa. Saya jadi memahami mana yang terlalu cepat, terlalu lambat, hingga akhirnya menemukan yang waktu paling sesuai. Beberapa tahun kemudian, saya bertemu Bill Maris untuk membicarakan sprint. Bill adalah CEO Google Ventures, perusahaan modal ventura yang didirikan Google untuk berinvestasi pada startup-startup potensial. Dia adalah salah satu orang berpengaruh di Silicon Valley. Namun, Anda tidak akan menyangkanya dari pembawaannya yang santai. Pada sore itu, dia mengenakan pakaian khasnya, yaitu topi bisbol dan kaus dengan tulisan tentang Vermont. Bill tertarik untuk menjalankan sprint dengan startup dalam portofolio GV. Startup biasanya hanya memiliki satu kesempatan emas untuk mendesain sebuah produk yang sukses, sebelum akhirnya kehabisan dana. Sprint bisa membantu mencari tahu apakah startup-startup ini berada di jalur yang tepat sebelum akhirnya mereka bisa berkecimpung dalam tahapan yang lebih berisiko untuk membangun dan meluncurkan produk mereka. Dengan menjalankan sprint, mereka bisa mendapatkan sekaligus menghemat uang. Namun agar berhasil, saya harus menyesuaikan proses sprint ini. Saya sudah berpikir mengenai produktivitas individu dan tim selama beberapa tahun. Namun, saya hampir tidak tahu apa-apa mengenai startup

dan kebutuhan bisnis mereka. Tetap saja, antusiasme Bill meyakinkan saya bahwa Google Ventures adalah tempat yang tepat untuk menerapkan sprint—sekaligus tempat yang tepat bagi saya. “Ini misi kita,” ujarnya, “untuk bisa menemukan entrepreneur terbaik di muka bumi dan membantu mereka membuat dunia ini menjadi tempat yang lebih baik.” Saya tentu tak bisa menolaknya. Di GV, saya bergabung dengan tiga rekan lain: Braden Kowitz, John Zeratsky, dan Michael Margolis. Bersama, kami mulai menjalankan sprint dengan startup-startup, bereksperimen dengan prosesnya, dan menguji hasilnya agar bisa menemukan cara untuk memperbaikinya. Ide-ide dalam buku ini lahir dari semua anggota tim kami. Braden Kowitz memasukkan desain berbasis cerita dalam proses sprint, sebuah pendekatan tak biasa yang berfokus pada pengalaman konsumen alih-alih komponen individu atau teknologi. John Zeratsky membantu kami memulai dari akhir sehingga tiap sprint bisa membantu menjawab berbagai pertanyaan bisnis paling penting. Braden dan John memiliki pengalaman dalam bisnis dan startup, hal yang tidak saya miliki, dan mereka menyesuaikan prosesnya untuk menciptakan fokus yang lebih baik dan keputusan yang lebih cerdas di tiap sprint. Michael Margolis mendorong kami untuk mengakhiri tiap sprint dengan pengujian di dunia nyata. Dia menjalankan riset konsumen, yang perencanaan dan pelaksanaannya bisa menghabiskan waktu berminggu-minggu, dan menemukan cara untuk mendapatkan hasil yang jelas hanya dalam sehari. Ini benar-benar sebuah keajaiban. Kami tidak perlu lagi menebak-nebak apakah solusi kami bagus atau tidak karena di akhir tiap sprint, kami mendapatkan

jawabannya. Kemudian ada Daniel Burka, seorang entrepreneur yang mendirikan dua startup sebelum menjual salah satunya ke Google dan bergabung dengan GV. Saat kali pertama menjelaskan proses sprint kepadanya, dia skeptis. Baginya, sprint terdengar seperti serangkaian proses manajemen yang rumit. Namun, dia sepakat untuk mencoba salah satunya. "Dalam sprint pertama itu, kami memangkas prosesnya dan menciptakan sesuatu yang ambisius hanya dalam sepekan. Saya benar-benar jatuh hati." Setelah kami berhasil meyakinkannya, pengalaman langsung Daniel sebagai seorang pendiri startup dan sikapnya yang tidak menoleransi omong kosong membantu kami menyempurnakan prosesnya. Sejak sprint pertama di GV pada 2012, kami telah beradaptasi dan bereksperimen. Mulanya kami mengira pembuatan purwarupa dan riset yang cepat hanya akan berhasil untuk produk berskala besar. Mampukah kami bergerak sama cepatnya jika konsumen kami adalah para ahli di berbagai bidang seperti kesehatan dan keuangan? Tanpa disangka, proses lima hari ini bisa bertahan. Proses ini sesuai untuk semua jenis konsumen, mulai dari investor sampai petani, dari onkolog sampai pemilik bisnis skala kecil. Juga bagi situs web, aplikasi iPhone, laporan medis, hingga perangkat keras berteknologi tinggi. Tidak hanya untuk mengembangkan produk, kami juga menggunakan sprint untuk menentukan prioritas, strategi pemasaran, bahkan menamai perusahaan. Proses ini berulang-ulangmenyatukan tim dan menjadikan ide-ide menjadi nyata. Selama beberapa tahun belakangan, tim kami mendapatkan beragam kesempatan untuk bereksperimen dan memvalidasi ide kami mengenai proses kerja. Kami

menjalankan lebih dari seratus sprint bersama dengan startup-startup dalam portofolio GV. Kami bekerja bersama, sekaligus belajar dari para entrepreneur brilian seperti Anne Wojcicki (pendiri 23andMe), Ev Williams (pendiri Twitter, Blogger, dan Medium), serta Chad Hurley dan Steve Chen (pendiri YouTube). Pada awalnya, saya hanya ingin membuat hari-hari kerja saya efisien dan berkualitas. Saya ingin berfokus pada apa yang benar-benar penting dan menjadikan waktu saya berharga bagi saya, tim, dan konsumen kami. Kini, lebih dari satu dekade kemudian, proses sprint secara konsisten telah membantu saya meraih mimpi tersebut. Dan saya sangat senang berbagi mengenai hal tersebut dengan Anda dalam buku ini. Dengan keberuntungan, Anda bisa memilih pekerjaan Anda karena visi yang tajam. Anda ingin berbagi visi tersebut kepada dunia, baik yang berupa pesan, layanan, maupun pengalaman, dengan perangkat lunak maupun keras, atau bahkan—sebagaimana dicontohkan dalam buku ini—sebuah cerita atau ide. Namun, mewujudkan visi ini tak mudah. Gampang sekali terjebak dalam berbagai hal: surel yang seolah tiada habisnya, tenggat yang molor, rapat-rapat sehari yang menyita waktu Anda, dan proyek jangka panjang yang hanya berdasarkan asumsi. Prosesnya tidak harus selalu seperti ini. Sprint menawarkan jalur untuk memecahkan masalah-masalah besar, menguji ide-ide baru, menyelesaikan lebih banyak hal, dan melakukan semuanya dengan lebih cepat. Sprint juga membantu Anda lebih menikmati prosesnya. Dengan kata lain, Anda benar-benar harus mencobanya sendiri. Ayo kita mulai. —Jake Knapp
San Francisco, Februari 2016 [Mizan, Bentang Pustaka, Manajemen, Ide,

Kreatif, Inovasi, Motivasi, Dewasa, Indonesia] spesial seri bentang bisnis & startup

But It's Just a Game Julia Cook, 2013-09-10 (Grades 2-6) Meet Jasper A young boy who is totally absorbed with playing video games With my game controller in my hands, I'm the boss of my whole world I can be who I want and do as I please. I can get the highest score. I get all the chances that I need. If I make a mistake it's ok. Everyone thinks I'm 'it on a stick ' And the bad stuff all goes away Video game addiction is on the rise, but it can be prevented. This creative story book teaches both kids and adults how to switch out their game controller for a life controller. Video gaming is becoming a part of our culture, and we must be strategic in creating a healthy gaming balance. 32 page, softcover.

Max Power 2020: Check Point Firewall Performance Optimization Timothy Hall, 2020-01-12 <http://www.maxpowerfirewalls.com> Typical causes of performance-related issues on Check Point (R) firewalls are explored in this book through a process of discovery, analysis, and remediation. This Third Edition has been fully updated for version R80.30 and Gaia kernel 3.10. You will learn about: Common OSI Layer 1-3 Performance Issues Gaia OS Optimization ClusterXL Health Assessment CoreXL & SecureXL Tuning Access Control Policy Optimization IPSec VPN Performance Enhancement Threat Prevention Policy Optimization Active Streaming & HTTPS Inspection Elephant Flows/Heavy Connections & DoS Attack Mitigation Diagnosing Intermittent

Performance Issues Setting Up Proactive Performance-related Alerting Includes an index of all commands referenced throughout the text. This book has everything you need to get the most out of your R80.30+ firewall with Gaia kernel 3.10.

Member Briefing on Voting in the House of Representatives, the Rostrum and the Electronic Voting System United States. Congress. House. Select Committee to Investigate the Voting Irregularities of August 2, 2007,2008

Distracted James M. Lang,2020 A provocative, scientific solution to one of every teacher's biggest problems Why is it so hard to get students to pay attention' Conventional wisdom blames iPhones, insisting that access to technology has ruined students' ability to focus. The logical response is to ban electronics in class. But acclaimed educator James M. Lang argues that this solution obscures a deeper problem: how we teach is often at odds with how students learn. Classrooms are designed to force students into long periods of intense focus, but emerging science reveals that the brain is wired for distraction. We learn best when able to actively seek and synthesize new information. In Distracted, Lang rethinks the practice of teaching, revealing how educators can structure their classrooms less as distraction-free zones and more as environments where they can actively cultivate their students' attention. Brimming with ideas and grounded in new research, Distracted offers an innovative plan for the most important lesson of all: how to learn.

Heidi Hansen Lisa J Rivers, 2023-04-06 Life gets more serious for Line Larsen, as she juggles her private life, her ever-changing work life and a case investigating her boss' infidelities for her latest client, and his wife, Heidi Hansen. Kenneth Hansen, Line's boss, is disgruntled about her work ethics and reassigned her away from the office, not trusting her motives. Her crush, Thor, has unofficially moved in with her, bringing more baggage than expected, causing Line to fall hard from cloud nine. ...and then there's a murder, too close to home, thrown into the mix!

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