

Crazy Penguinpodcast

Phil Hansen

In Praise of Walking Shane O'Mara,2020 Walking upright on two feet is a uniquely human skill. It defines us as a species. It enabled us to walk out of Africa and to spread as far as Alaska and Australia. It freed our hands and freed our minds. We put one foot in front of the other without thinking - yet how many of us know how we do that, or appreciate the advantages it gives us? In this hymn to walking, neuroscientist Shane O'Mara invites us to marvel at the benefits it confers on our bodies and minds. In Praise of Walking celebrates this miraculous ability. Incredibly, it is a skill that has its evolutionary origins millions of years ago, under the sea. And the latest research is only now revealing how the brain and nervous system performs the mechanical magic of balancing, navigating a crowded city, or running our inner GPS system. Walking is good for our muscles and posture; it helps to protect and repair organs, and can slow or turn back the ageing of our brains. With our minds in motion we think more creatively, our mood improves and stress levels fall. Walking together to achieve a shared purpose is also a social glue that has contributed to our survival as a species. As our lives become increasingly sedentary, we risk all this. We must start walking again, whether it's up a mountain, down to the park, or simply to school and work. We, and our societies, will be better for it.

Crazy Is a Compliment Linda Rottenberg,2016-03 Reveals how companies like GE and Burberry have broken the corporate mould, and introduces us to entrepreneurs like Leila Velez, who started a multi-million hair-care company from her kitchen sink in Rio.

The Biggest Bluff Maria Konnikova,2021-06-08 A New York Times bestseller • A New York Times Notable Book “The tale of how Konnikova followed a story about poker players and wound up becoming a story herself will have you riveted, first as you learn about her big winnings, and then as she conveys the lessons she learned both about human nature and herself.” –The Washington Post It's true that Maria Konnikova had never actually played poker before and didn't even know the rules when she approached Erik Seidel, Poker Hall of Fame inductee and winner of tens of millions of dollars in earnings, and convinced him to be her mentor. But she knew her man: a famously thoughtful and broad-minded player, he was intrigued by her pitch that she wasn't interested in making money so much as learning about life. She had faced a stretch of personal bad luck, and her reflections on the role of chance had led her to a giant of game theory, who pointed her to poker as the ultimate master class in learning to distinguish between what can be controlled and what can't. And she certainly brought something to the table, including a Ph.D. in psychology and an acclaimed and growing

body of work on human behavior and how to hack it. So Seidel was in, and soon she was down the rabbit hole with him, into the wild, fiercely competitive, overwhelmingly masculine world of high-stakes Texas Hold'em, their initial end point the following year's World Series of Poker. But then something extraordinary happened. Under Seidel's guidance, Konnikova did have many epiphanies about life that derived from her new pursuit, including how to better read, not just her opponents but far more importantly herself; how to identify what tilted her into an emotional state that got in the way of good decisions; and how to get to a place where she could accept luck for what it was, and what it wasn't. But she also began to win. And win. In a little over a year, she began making earnest money from tournaments, ultimately totaling hundreds of thousands of dollars. She won a major title, got a sponsor, and got used to being on television, and to headlines like How one writer's book deal turned her into a professional poker player. She even learned to like Las Vegas. But in the end, Maria Konnikova is a writer and student of human behavior, and ultimately the point was to render her incredible journey into a container for its invaluable lessons. The biggest bluff of all, she learned, is that skill is enough. Bad cards will come our way, but keeping our focus on how we play them and not on the outcome will keep us moving through many a dark patch, until the luck once again breaks our way.

[This Is Ear Hustle](#) Nigel Poor, Earlonne Woods, 2022-08-30 A “profound, sometimes hilarious, often heartbreaking” (The New York Times) view of prison life, as told by currently and formerly incarcerated people, from the co-creators and co-hosts of the Peabody- and Pulitzer-nominated podcast Ear Hustle “A must-read for fans of the legendary podcast and all those who seek to understand crime, punishment, and mass incarceration in America.”—Piper Kerman, author of Orange Is the New Black When Nigel Poor and Earlonne Woods met, Nigel was a photography professor volunteering with the Prison University Project and Earlonne was serving thirty-one years to life at California’s San Quentin State Prison. Initially drawn to each other by their shared interest in storytelling, neither had podcast production experience when they decided to enter Radiotopia’s contest for new shows . . . and won. Using the prize for seed money, Nigel and Earlonne launched Ear Hustle, named after the prison term for “eavesdropping.” It was the first podcast created and produced entirely within prison and would go on to be heard millions of times worldwide, garner Peabody and Pulitzer award nominations, and help earn Earlonne his freedom when his sentence was commuted in 2018. In This Is Ear Hustle, Nigel and Earlonne share their own stories of how they came to San Quentin, how they created their phenomenally popular podcast amid extreme limitations, and what has kept

them collaborating season after season. They present new stories, all with the same insight, balance, and rapport that distinguish the podcast. In an era when more than two million people are incarcerated across the United States—a number that grows by 600,000 annually—Nigel and Earlonne explore the full and often surprising realities of prison life. With characteristic candor and humor, their moving portrayals include unexpected moments of self-discovery, unlikely alliances, inspirational resilience, and ingenious work-arounds. One personal narrative at a time, framed by Nigel’s and Earlonne’s distinct perspectives, *This Is Ear Hustle* reveals the complexity of life for incarcerated and formerly incarcerated people while illuminating the shared experiences of humanity that unite us all.

The Chimp Paradox Steve Peters, 2013-05-30 Your inner Chimp can be your best friend or your worst enemy...this is the Chimp Paradox Do you sabotage your own happiness and success? Are you struggling to make sense of yourself? Do your emotions sometimes dictate your life? Dr. Steve Peters explains that we all have a being within our minds that can wreak havoc on every aspect of our lives—be it business or personal. He calls this being the chimp, and it can work either for you or against you. The challenge comes when we try to tame the chimp, and persuade it to do our bidding. *The Chimp Paradox* contains an incredibly powerful mind management model that can help you be happier and healthier, increase your confidence, and become a more successful person. This book will help you to: —Recognize how your mind is working —Understand and manage your emotions and thoughts —Manage yourself and become the person you would like to be Dr. Peters explains the struggle that takes place within your mind and then shows you how to apply this understanding. Once you’re armed with this new knowledge, you will be able to utilize your chimp for good, rather than letting your chimp run rampant with its own agenda.

Creativity Sucks Phil Hansen, 2020-10-20 An essential guide for artists of all levels, on how to live and work as a creative, from a popular artist and TED speaker. When we're kids, our parents tell us that being creative is fun, fun, fun. But when you decide to turn art into your career, whether that's painting, writing, drawing, or sculpting Edgar Allan Poe out of earthworms, that's when things get tough. Let's be honest. Creativity isn't always fun. It's also hard work. In this insightful and heartfelt guide, artist and speaker Phil Hansen shares his hard-won wisdom from the frontlines of life as a professional creative. Paired with his edgy art, Hansen provides advice for the difficult moments--the slumps, the creative blocks, the times when something you love doesn't resonate with the world--and gives you the pep talk you need to get through the tough times. He also shares helpful tips on

how to put yourself in the prime creative mindset, how to build a support system, and how to create art that sells.

Trust Me, I've Got This Lauren VonCannon,2020-09-29 While growing up I struggled immensely with my sexuality and faith. I grew up in church, went to a Christian university, but desired a homosexual lifestyle; I grew up as a Christian but lived divided in my heart. I walked away from God for years because I wanted what felt good and right to me. I was searching for satisfaction in the desires of my heart and it wasn't until I hit rock bottom that I turned fully to God to fulfill that desire. When God asked me why I wasn't turning to Him as my full source of satisfaction, I told Him, "Trust me, I've got this." It was absurd and arrogant, but a profound insight into the true reality of where my soul stood. I wanted love and acceptance, but the gratification that these things brought was never enough to appease my thirsting soul. While I was running from God, He never stopped pursuing me. He just wanted my heart. He wanted to show me that He was everything I was looking for and more. God doesn't stop caring for us and will always be there when we realize this world isn't enough.

Easy Crafts for the Insane Kelly Williams Brown,2022-05-10 From the New York Times bestselling author of *Adulting* comes a story about how to make something when you're capable of nothing. Kelly Williams Brown had 700 Bad Days. Her marriage collapsed, she broke three limbs in separate and unrelated incidents, her father was diagnosed with cancer, and she fell into a deep depression that ended in what could delicately be referred to as a "rest cure" at an inpatient facility. Before that, she had several very good years: she wrote a bestselling book, spoke at NASA, had a beautiful wedding, and inspired hundreds of thousands of readers to live as grown-ups in an often-screwed-up world, though these accomplishments mostly just made her feel fraudulent. One of the few things that kept her moving forward was, improbably, crafting. Not Martha Stewart—perfect crafting, either—what could be called "simple," "accessible" or, perhaps, "rustic" creations were the joy and accomplishments she found in her worst days. To craft is to set things right in the littlest of ways; no matter how disconnected you feel, you can still fold a tiny paper star, and that's not nothing. In *Easy Crafts for the Insane*, crafting tutorials serve as the backdrop of a life dissolved, then glued back together. Surprising, humane, and utterly unforgettable, this is a poignant and hysterical look at the unexpected, messy coping mechanisms we use to find ourselves again.

Get the Job in the Entertainment Industry Kristina Tollefson,2021-12-16 Looking for a job in the theatre and entertainment industry can be daunting, especially when you are newly entering the work market. How do you take the skills and experience acquired through study and present them to

prospective employers in the arts industry? Where does your search begin and what should you consider as you plan your future career steps? What is expected in a portfolio and what should you expect in an interview? This book provides straightforward strategies and practical exercises to turn anxiety into excitement and help you develop the job search skills and materials that will empower you to go after the job you want, and get it. If you are about to graduate or just ready to make a change, this book will teach you how to plan for your career as a designer, technician, or stage manager, and put your best professional persona forward when applying for jobs. Topics include resumes, cover letters, business cards and portfolios that will get you moved to the top of the pile; what to expect at an interview and how to answer any interview question; the how and why of negotiating for your worth; long term career planning, financial implications and much more. Filled with practical advice, examples of letters, resumes, CVs and portfolios, and with guidance from industry professionals, it will equip you to plan and succeed in your job search and career development in the entertainment industry.

Postindian Aesthetics Debra K. S. Barker, Connie A. Jacobs, 2022-05-03 *Postindian Aesthetics* is a collection of critical, cutting-edge essays on a new generation of Indigenous writers who are creatively and powerfully contributing to a thriving Indigenous literary canon that is redefining the parameters of Indigenous literary aesthetics.

ACT Daily Journal Diana Hill, Debbie Sorensen, 2021-05-01 Dramatically change your life in just minutes a day with this powerful guided journal. When you are faced with life's challenges, it's easy to lose track of what's important, get stuck in your thoughts and emotions, and become bogged down by day-to-day problems. Even if you've made a commitment to live according to your core values, the 'real-world' has a way of driving a wedge between you and a deeper, more meaningful life. Now there's a flexible program for learning how to practice a popular, proven-effective therapy protocol on your schedule! With *The ACT Daily Journal*, you'll learn all about the six core processes of acceptance and commitment therapy (ACT)—including mindfulness, acceptance, and values-based living—and even learn about a seventh: self-compassion. If there was ever a time to adopt the ACT approach to living, it's now. By applying ACT to your life, you'll learn how to roll with life's punches, and stay in contact with the present moment, even when you have unpleasant thoughts, feelings, and bodily sensations. The gift of being present is becoming increasingly valuable in these uncertain times of conflict and chaos; it's never been so important to live flexibly, with more meaning, and with a deeper understanding of shared struggles and our inherent humanity. ACT is more than just a therapy—it's a framework for living well. It helps us accept. It teaches us to make a commitment to what we

deeply care about. And it works best when practiced daily. Let this journal guide you toward what really matters to you.

Until the Streetlights Come On Ginny MEd Yurich,2023-11-14 It may shock you to learn that we spend an average of 4-7 minutes outside each day--while we spend 4-7 hours using devices with screens. Needless to say, our physical, mental, emotional, and relational health has suffered. But there is a ready solution: get outside! A homeschooling mother of five and founder of the global 1000 Hours Outside movement, Ginny Yurich explains how we got to this point--and how to get back to a healthier, more engaging relationship with the world outside. With a mom's heart and an educator's eye, Ginny shows you · the importance of unstructured play for children · what boredom actually contributes to our brains · the value of sunlight and social play · the role of play in lifelong learning · how to make time outside more attractive to your child than screentime · and much more If you want your kids to grow up curious, resilient, and with a sense of adventure and community, it's essential to make outside play a priority. This book shows you why and how.

If I Disappear Eliza Jane Brazier,2021-01-26 “This new novel has more twists and fakeouts than an episode of *Serial*.” —Rolling Stone “An eerie, twisted thriller sure to shake up the most seasoned true crime die-hard. —Harper's Bazaar A Most Anticipated Book of 2021 by Rolling Stone • CNN • E! Online • BuzzFeed • New York Post • Popsugar • Woman's Day • Crime Reads • Hello Giggles When her favorite true crime podcast host goes missing, an adrift young woman sets out to investigate and plunges headfirst into the wild backcountry of Northern California and her own dangerous obsession. Sera loves true crime podcasts. They give her a sense of control in a world where women just like her disappear daily. She's sure they are preparing her for something. So when Rachel, her favorite podcast host, goes missing, Sera knows it's time to act. Rachel has always taught her to trust her instincts. Sera follows the clues hidden in the episodes to an isolated ranch outside Rachel's small hometown to begin her search. She's convinced her investigation will make Rachel so proud. But the more Sera digs into this unfamiliar world, the more off things start to feel. Because Rachel is not the first woman to vanish from the ranch, and she won't be the last... Rachel did try to warn her.

Sound Streams Andrew J Bottomley,2020-06-01 In talking about contemporary media, we often use a language of newness, applying words like “revolution” and “disruption.” Yet, the emergence of new sound media technologies and content—from the earliest internet radio broadcasts to the development of algorithmic music services and the origins of podcasting—are not a disruption, but a continuation of the century-long history of radio.

Today's most innovative media makers are reintroducing forms of audio storytelling from radio's past. *Sound Streams* is the first book to historicize radio-internet convergence from the early '90s through the present, demonstrating how so-called new media represent an evolutionary shift that is nevertheless historically consistent with earlier modes of broadcasting. Various iterations of internet radio, from streaming audio to podcasting, are all new radio practices rather than each being a separate new medium: radio is any sound media that is purposefully crafted to be heard by an audience. Rather than a particular set of technologies or textual conventions, web-based broadcasting combines unique practices and features and ideas from radio history. In addition, there exists a distinctive conversationality and reflexivity to radio talk, including a propensity for personal stories and emotional disclosure, that suits networked digital media culture. What media convergence has done is extend and intensify radio's logics of connectivity and sharing; sonically mediated personal expression intended for public consideration abounds in online media networks. *Sound Streams* marks a significant contribution to digital media and internet studies. Its mix of cultural history, industry research, and genre and formal analysis, especially of contemporary audio storytelling, will appeal to media scholars, radio and podcast practitioners, audio journalism students, and dedicated podcast fans.

The Diary of a CEO Steven Bartlett, 2023-08-29 A galvanizing playbook for success from Steven Bartlett, one of the world's most exciting entrepreneurs and the host of the No. 1 podcast *The Diary of a CEO* This is a must-read for anyone dreaming of doing something audacious. Jay Shetty Valuable lessons about the importance of following a different and unconventional path to power." Robert Greene At the very heart of all the success and failure I've been exposed to - both my own entrepreneurial journey and through the thousands of interviews I've conducted on my chart-topping podcast - are a set of principles that ensure excellence. These fundamental laws underpinned my meteoric rise, and they will fuel yours too, whether you want to build something great or become someone great. The laws are rooted in psychology and behavioral science, in my own experiences, and those of the world's most successful entrepreneurs, entertainers, artists, writers, and athletes, who I've interviewed on my podcast. These laws will stand the test of time and will help anyone master their life and unleash their potential, no matter the field. They are the secret sauce to success.

How Could She Lauren Mechling, 2019-06-25 Named a Best Book of 2019 by *Esquire* and a Best Book of 2019 (So Far) by *Real Simple* and *Glamour* Bitingly funny and often painfully realistic. --*Entertainment Weekly* Brilliant. . . . Devastating, reliably hilarious. --*Nylon* [A] compulsively readable

page-turner. --Cosmopolitan An assured and savagely funny novel about three old friends as they navigate careers, husbands, an ex-fiancé, new suitors, and, most importantly, their relationships with one another After a devastating break-up with her fiancé, Geraldine is struggling to get her life back on track in Toronto. Her two old friends, Sunny and Rachel, left ages ago for New York, where they've landed good jobs, handsome husbands, and unfairly glamorous lives (or at least so it appears to Geraldine). Sick of watching from the sidelines, Geraldine decides to force the universe to give her the big break she knows she deserves, and moves to New York City. As she zigzags her way through the downtown art scene and rooftop party circuit, she discovers how hard it is to find her footing in a world of influencers and media darlings. Meanwhile, Sunny's life as an It Girl watercolorist is not nearly as charmed as it seemed to Geraldine from Toronto. And Rachel is trying to keep it together as a new mom, writer, and wife--how is it that she was more confident and successful at twenty-five than in her mid-thirties? Perhaps worst of all, why are Sunny and Rachel--who've always been suspicious of each other--suddenly hanging out without Geraldine? Hilarious and fiercely observed, *How Could She* is an essential novel of female friendship, an insider's look into the cutthroat world of New York media--from print to podcasting--and a witty exploration of the ways we can and cannot escape our pasts.

Overcoming Imposter Anxiety Ijeoma C Nwaogu, 2023-10-01 Start living with greater courage, confidence, and authenticity! Do you ever worry that you aren't good enough or capable enough, despite your many accomplishments? Have you achieved high levels of success, yet still feel as though you're just "faking it?" If so, you might be dealing with imposter anxiety—a persistent fear of being exposed as a fraud, even in the face of overwhelming evidence to the contrary. Remember, you are not alone. Too often, highly talented individuals allow imposter anxiety to distort their views of themselves. So, how can you embrace your boundless potential and forge ahead with confidence? In *Overcoming Imposter Anxiety*, you'll find strategies grounded in liberation psychology and cognitive behavioral therapy (CBT) to help you stand up to self-doubt, alleviate fear of failure, and live with authenticity. You'll also identify the root cause of your self-sabotaging behaviors, and shift your mindset to honor your achievements and affirm your strengths. If you're ready to move beyond self-limiting beliefs and start living life with greater courage and self-worth, this book will help guide you, step by step. Discover tools to help you: Manage self-doubting thoughts and feelings Overcome your fear of failure Leverage your unique qualities Build an encouraging support network

Family Matters Hilde Løvdal Stephens, 2019 *Family Matters: James Dobson and Focus on the Family's Advice to American Evangelicals* by Hilde Løvdal Stephens is an insightful history and analysis of James Dobson's rise to fame, effect on American evangelical culture, and subsequent fall from relevance. Stephens scours through Dobson's books, articles, and other materials published by Focus on the Family in order to explore how evangelicals defined and defended the traditional family as an ideal and as a symbol in an ever-changing world--

People of the Way Kurt Struckmeyer, 2023-04-05 In first-century Palestine, the countercultural Jesus movement defied the social norms of the Roman Empire by creating alternative communities of shared life and goods in service to the poor. Jesus proclaimed an unconventional society that challenged systems of male domination, social inequality, economic disparity, and violence. This way of life defined Christianity for three hundred years until the emperor Constantine invited the church to help rule an empire, and its countercultural lifestyle was replaced by a dogmatic belief system. In the postmodern secular world of the Global North, the shrinking church has lost its prophetic voice and has proven ineffectual in the face of evil and injustice. This book is a call to return to the countercultural Way of Jesus. It proposes a way forward through the creation of new communities of resistance—small cells of cultural nonconformity that conspire for justice and strive for peace in the world.

Attached to God Krispin Mayfield, 2022-02-22 Why does God feel so far away? The reason--and the solution--is in your attachment style. We all experience moments when God's love and presence are tangible. But we also experience feeling utterly abandoned by God. Why? The answer is found when you take a deep look at the other important relationships in your life and understand your attachment style. Through his years working in trauma recovery programs, extensive research into attachment science, and personal experiences with spiritual striving and abuse, licensed therapist Krispin Mayfield has learned to answer the question: Why do I feel so far from God? When you understand your attachment style you gain a whole new paradigm for a secure and loving relationship with God. You'll gain insights about: How you relate to others--both your strengths and weaknesses The practical exercises you can use to grow a secure spiritual attachment to God How to move forward on the spirituality spectrum and experience the Divine connection we all were created for You'll learn to identify and remove mixed messages about closeness with God that you may have heard in church or from well-meaning Christians. With freedom from the past, you can then chart a new path toward intimate connection with the God of the universe.

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Crazy Penguinpodcast** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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