

Woman Like Me Vertical Video Spotify

A Bit of a Stretch Chris Atkins 2020-02-06 'Shocking, scathing, entertaining.' Guardian 'Incredibly compelling.' The Times 'Heart-breaking.' Sunday Times Where can a tin of tuna buy you clean clothes? Where is it easier to get 'spice' than paracetamol? Where does self-harm barely raise an eyebrow? Welcome to Her Majesty's Prison Service. Like most people, documentary-maker Chris Atkins didn't spend much time thinking about prisons. But after becoming embroiled in a dodgy scheme to fund his latest film, he was sent down for five years. His new home would be HMP Wandsworth, one of the largest and most dysfunctional prisons in Europe. With a cast of characters ranging from wily drug dealers to senior officials bent on endless reform, this powerful memoir uncovers the horrifying reality behind the locked gates. Filled with dark humour and shocking stories, *A Bit of a Stretch* reveals why our creaking prison system is sorely costing us all - and why you should care.

The Last Party Clare Mackintosh 2022-08-04 THE TWISTY NEW THRILLER AND TOP 5 SUNDAY TIMES BESTSELLER IN A VILLAGE WITH THIS MANY SECRETS, A MURDER IS JUST THE BEGINNING . . . On New Year's Eve, Rhys Lloyd has a house full of guests. He's celebrating the success of his lakeside holiday homes, and has generously invited the village to drink champagne with their wealthy new neighbours. By midnight, Rhys will be floating dead in the freezing waters of the lake. On New Year's Day, DC Ffion Morgan has a village full of suspects. She grew up in the tiny community, so the murder suspects are her neighbours, friends and family - and Ffion has her own secrets to protect. With a lie uncovered at every turn, soon the question isn't who wanted Rhys dead . . . but who finally killed him. A GAME OF LIES, THE NEXT DC FFION MORGAN THRILLER, IS OUT NOW! 'Superb, devilishly clever, with echoes of Agatha Christie' PATRICIA CORNWELL 'Wickedly enjoyable' THE TIMES 'Mackintosh is just getting better and better with every book' PETER JAMES 'Leo and Ffion make a storming debut in this twisty tale' BELINDA BAUER 'A dark delight of a murder mystery!' JANICE HALLETT 'Warm, atmospheric, ingenious - this is the new crime series you need in your life' WILL DEAN 'Insanely gripping' ERIN KELLY 'Mackintosh is a genius' FIONA CUMMINS 'An absolute triumph' CLAIRE DOUGLAS 'Brilliant, so atmospheric' RUTH WARE 'Whipsmart' LINWOOD BARCLAY 'DC Ffion Morgan is complicated, funny and very swearsy' LOUISE CANDLISH 'Twists that blindside you all the way' MARI HANNAH 'Every chapter ends on a cliff hanger' GOOD HOUSEKEEPING

Rememberings Sinéad O'Connor 2021 From the acclaimed, controversial singer-songwriter Sinéad O'Connor comes a revelatory memoir of her fraught childhood, musical triumphs, fearless activism, and of the enduring power of song. Blessed with a singular voice and a fiery temperament, Sinéad O'Connor rose to massive fame in the late 1980s and 1990s with a string of gold records. By the time she was twenty, she was world famous--living a rock star life out loud. From her trademark shaved head to her 1992 appearance on Saturday Night Live when she tore up Pope John Paul II's photograph, Sinéad has fascinated and outraged millions. In *Rememberings*, O'Connor recounts her painful tale of growing up in Dublin in a dysfunctional, abusive household. Inspired by a brother's Bob Dylan records, she escaped into music. She relates her early forays with local Irish bands; we see Sinéad completing her first album while eight months pregnant, hanging with Rastas in the East Village, and soaring to unimaginable popularity with her cover of Prince's "Nothing Compares 2U." Intimate, replete with candid anecdotes and told in a singular form true to her unconventional career, Sinéad's memoir is a remarkable chronicle of an enduring and influential artist.

How To Make It in the New Music Business: Practical Tips on Building a Loyal Following and Making a Living as a Musician (Second Edition) Ari Herstand 2019-11-05 Hailed as an "indispensable" guide (Forbes), *How to Make It in the New Music Business* returns in this extensively revised and expanded edition. When *How to Make It in the New Music Business* hit shelves in 2016, it instantly became the go-to resource for

musicians eager to make a living in a turbulent industry. Widely adopted by music schools everywhere and considered “the best how- to book of its kind” (Music Connection), it inspired thousands to stop waiting around for that “big break.” Now trusted as the leading expert for “do it yourself” artists, Ari Herstand returns with this second edition, maintaining that a stable career can be built by taking advantage of the many tools at our fingertips: conquering social media, mastering the art of merchandising, embracing authentic fan connection, and simply learning how to persevere. Comprehensively updated to include the latest online trends and developments, it offers inspiring success stories across media such as Spotify and Instagram. The result is a must- have for anyone hoping to navigate the increasingly complex yet advantageous landscape that is the modern music industry.

The Gifts of Imperfection Brené Brown 2022-03-01 NEW YORK TIMES BESTSELLER • This tenth-anniversary edition of the game-changing #1 New York Times bestseller features a new foreword and new tools to make the work your own. For over a decade, Brené Brown has found a special place in our hearts as a gifted mapmaker and a fellow traveler. She is both a social scientist and a kitchen-table friend whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. And what’s now become a movement all started with *The Gifts of Imperfection*, which has sold more than two million copies in thirty-five different languages across the globe. What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. The guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way. Brené writes, “This book is an invitation to join a wholehearted revolution. A small, quiet, grassroots movement that starts with each of us saying, ‘My story matters because I matter.’ Revolution might sound a little dramatic, but in this world, choosing authenticity and worthiness is an absolute act of resistance.”

The Art of Composition Michel Jacobs 1926

Spotify Teardown Maria Eriksson 2019-02-19 An innovative investigation of the inner workings of Spotify that traces the transformation of audio files into streamed experience. Spotify provides a streaming service that has been welcomed as disrupting the world of music. Yet such disruption always comes at a price. *Spotify Teardown* contests the tired claim that digital culture thrives on disruption. Borrowing the notion of “teardown” from reverse-engineering processes, in this book a team of five researchers have playfully disassembled Spotify's product and the way it is commonly understood. Spotify has been hailed as the solution to illicit downloading, but it began as a partly illicit enterprise that grew out of the Swedish file-sharing community. Spotify was originally praised as an innovative digital platform but increasingly resembles a media company in need of regulation, raising questions about the ways in which such cultural content as songs, books, and films are now typically made available online. *Spotify Teardown* combines interviews, participant observations, and other analyses of Spotify's “front end” with experimental, covert investigations of its “back end.” The authors engaged in a series of interventions, which include establishing a record label for research purposes, intercepting network traffic with packet sniffers, and web-scraping corporate materials. The authors' innovative digital methods earned them a stern letter from Spotify accusing them of violating its terms of use; the company later threatened their research funding. Thus, the book itself became an intervention into the ethics and legal frameworks of corporate behavior.

Burnout Emily Nagoski 2019-03-14 'This book is a gift! I've been practicing their strategies, and it's a total game-changer.' Brené Brown, PhD, author of the #1 New York Times bestseller *DARE TO LEAD* This groundbreaking book explains why women experience burnout differently than men - and provides a simple, science-based plan to help women minimize stress, manage emotions and live a more joyful life. The gap between what it's really like to be a woman and what people expect women to be is a primary cause of burnout, because we exhaust ourselves trying to close the space between the two. How can you 'love your body' when everything around you tells you you're inadequate? How do you 'lean in' at work when you're

already giving 110% and aren't recognized for it? How can you live happily and healthily in a world that is constantly telling you you're too fat, too needy, too noisy and too selfish? Sisters Emily Nagoski, Ph.D., the bestselling author of *Come as You Are*, and Amelia Nagoski, DMA, are here to help end the cycle of overwhelm and exhaustion, and confront the obstacles that stand between women and well-being. With insights from the latest science, prescriptive advice, and helpful worksheets and exercises, *Burnout* reveals: * what you can do to complete the biological stress cycle - and return your body to a state of relaxation. * how to manage the 'monitor' in your brain that regulates the emotion of frustration. * how the Bikini Industrial Complex makes it difficult for women to love their bodies - and how to fight back. * why rest, human connection, and befriending your inner critic are key to recovering from and preventing burnout. Eye-opening, compassionate and optimistic, *Burnout* will completely transform the way we think about and manage stress, empowering women to thrive under pressure and enjoy meaningful yet balanced lives. All women will find something transformative in these pages - and be empowered to create positive and lasting change.

House of Earth and Blood Sarah J. Maas 2020-03-03 'Think Game of Thrones meets Buffy the Vampire Slayer with a drizzle of E.L. James' TELEGRAPH BOUND BY BLOOD. TEMPTED BY DESIRE. UNLEASHED BY DESTINY. Bryce Quinlan loves her life. Every night is a party, and Bryce is going to savour all the pleasures Lunathion - also known as Crescent City - has to offer. But when a brutal murder shakes the very foundations of the city, Bryce's world comes crashing down. Two years later, Bryce still haunts the city's most notorious nightclubs - but seeking only oblivion now. Then the murderer attacks again. And when an infamous Fallen angel, Hunt Athalar, is assigned to watch her every footstep, Bryce knows she can't forget any longer. As Bryce and Hunt fight to unravel the mystery and their own dark pasts, the threads they tug ripple through the underbelly of the city, across warring continents and down to the deepest levels of Hel, where things that have been sleeping for millennia are beginning to stir ... Perfect for fans of Jessica Jones and True Blood, this is a blockbuster modern fantasy set in a divided world where one woman must uncover the truth to seek her revenge. With unforgettable characters and page-turning suspense, this richly inventive new fantasy series by #1 New York Times bestselling author Sarah J. Maas delves into the heartache of loss, the price of freedom - and the power of love.

Atlas of the Heart Brené Brown 2021-11-30 In her latest book, five-time #1 New York Times bestselling author Dr Brené Brown, writes, "If we want to find the way back to ourselves and each other, we need language and the grounded confidence to both tell our stories, and to be stewards of the stories that we hear. This is the framework for meaningful connection." In *Atlas of the Heart*, Brown takes us on a journey through 87 of the emotions and experiences that define what it means to be human. As she maps the necessary skills and lays out an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances - a universe where we can share and steward the stories of our bravest and most heart-breaking moments with one another in a way that builds connection. Over the past two decades, Brown's extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. *Atlas of the Heart* draws on this research, as well as Brown's singular skills as a researcher/storyteller, to lay out an invaluable, research-based framework that shows us that naming an experience doesn't give the experience more power, it gives us the power of understanding, meaning and choice. Brown shares, "I want this to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves. Even when we have no idea where we are."

Nothing Much Happens Kathryn Nicolai 2020-11-05 In *Nothing Much Happens* Kathryn Nicolai offers a healthy way to ease the mind before bed: through the timeless appeal of classic bedtime stories. These calming tales take place in and around a fictional city, each one revealing those small, sweet moments of joy that may be found in the commonplace. As the unnamed, gender-neutral narrators recount their days they evoke the distinct comforts offered by each of the four seasons and gently lull their reader towards sleep. From celebrating nature and revelling in the joy of being

home alone to the pleasure of getting lost in the stacks of the library and picking out the best of the end-of-season tomatoes at the farmer's market, this treasury offers something for everyone. Using her decades of experience as a meditation and yoga teacher, Kathryn Nicolai creates a world for you to slip into, one rich in sensory experience that quietly teaches mindfulness and self-compassion, soothes frayed nerves, and builds solid habits for nurturing sleep.

The Bed Book Sylvia Plath 1976 Pocket-sized beds, bird-watching beds, beds that fly, bounceable beds... this lively rhyming story for young children is designed to make going to bed a huge adventure.

The Story of Music Howard Goodall 2013-01-10 *** Accompanies BBC2's major new TV series and The Story of Music in 50 Pieces on Radio 3 *** In his dynamic tour through 40,000 years of music, from prehistoric instruments to modern-day pop, Howard Goodall leads us through the story of music as it happened, idea by idea, so that each musical innovation – harmony, notation, sung theatre, the orchestra, dance music, recording, broadcasting – strikes us with its original force. He focuses on what changed when and why, picking out the discoveries that revolutionised man-made sound and bringing to life musical visionaries from the little-known Pérotin to the colossus of Wagner. Along the way, he also gives refreshingly clear descriptions of what music is and how it works: what scales are all about, why some chords sound discordant and what all post-war pop songs have in common.

The Independent Woman Simone De Beauvoir 2018-11-06 “Like man, woman is a human being.” When *The Second Sex* was first published in Paris in 1949—groundbreaking, risqué, brilliantly written and strikingly modern—it provoked both outrage and inspiration. *The Independent Woman* contains three key chapters of Beauvoir’s masterwork, which illuminate the feminine condition and identify practical social reforms for gender equality. It captures the essence of the spirited manifesto that switched on light bulbs in the heads of a generation of women and continues to exert profound influence on feminists today.

My Dark Vanessa Kate Elizabeth Russell 2020-03-10 An instant New York Times and Sunday Times bestseller SHORTLISTED FOR THE 2021 DYLAN THOMAS AWARD 'A package of dynamite' Stephen King 'Powerful, compulsive, brilliant' Marian Keyes An era-defining novel about the relationship between a fifteen-year-old girl and her teacher

Large-Scale Scrum Craig Larman 2016-09-30 The Go-To Resource for Large-Scale Organizations to Be Agile Rather than asking, “How can we do agile at scale in our big complex organization?” a different and deeper question is, “How can we have the same simple structure that Scrum offers for the organization, and be agile at scale rather than do agile?” This profound insight is at the heart of LeSS (Large-Scale Scrum). In *Large-Scale Scrum: More with LeSS*, Craig Larman and Bas Vodde have distilled over a decade of experience in large-scale LeSS adoptions towards a simpler organization that delivers more flexibility with less complexity, more value with less waste, and more purpose with less prescription. Targeted to anyone involved in large-scale development, *Large-Scale Scrum: More with LeSS*, offers straight-to-the-point guides for how to be agile at scale, with LeSS. It will clearly guide you to Adopt LeSS Structure a large development organization for customer value Clarify the role of management and Scrum Master Define what your product is, and why Be a great Product Owner Work with multiple whole-product focused feature teams in one Sprint that produces a shippable product Coordinate and integrate between teams Work with multi-site teams

The Customer-Driven Playbook Travis Lowdermilk 2017-06-20 Despite the wide acceptance of Lean approaches and customer-development strategies, many product teams still have difficulty putting these principles into meaningful action. That’s where *The Customer-Driven Playbook* comes in. This practical guide provides a complete end-to-end process that will help you understand customers, identify their problems, conceptualize new ideas, and create fantastic products they’ll love. To build successful products, you need to continually test your assumptions about

your customers and the products you build. This book shows team leads, researchers, designers, and managers how to use the Hypothesis Progression Framework (HPF) to formulate, experiment with, and make sense of critical customer and product assumptions at every stage. With helpful tips, real-world examples, and complete guides, you'll quickly learn how to turn Lean theory into action. Collect and formulate your assumptions into hypotheses that can be tested to unlock meaningful insights Conduct experiments to create a continual cadence of learning Derive patterns and meaning from the feedback you've collected from customers Improve your confidence when making strategic business and product decisions Track the progression of your assumptions, hypotheses, early ideas, concepts, and product features with step-by-step playbooks Improve customer satisfaction by creating a consistent feedback loop

Beautiful Revolutionary Laura Elizabeth Woollett 2018-07-30 The thrilling new novel, inspired by Jim Jones's Peoples Temple, from the author of *The Love of a Bad Man*. It's the summer of 1968, and Evelyn Lynden is a woman at war with herself. Minister's daughter. Atheist. Independent woman. Frustrated wife. Bitch with a bleeding heart. Following her conscientious-objector husband Lenny to the rural Eden of Evergreen Valley, California, Evelyn wants to be happy with their new life. Yet as the world is rocked by warfare and political assassinations, by racial discrimination and social upheaval, she finds herself disillusioned with Lenny's passive ways — and anxious for a saviour. Enter the Reverend Jim Jones, the dynamic leader of a revolutionary church called Peoples Temple. As Evelyn grows closer to Jones, her marriage is just the first casualty of his rise to power. Meticulously researched, elegantly written, and utterly engrossing, *Beautiful Revolutionary* explores the allure of the real-life charismatic leader who would destroy so many. In masterful prose, Woollett painstakingly examines what happens when Evelyn is pulled into Jones's orbit — an orbit it would prove impossible for her to leave.

[More Myself](#) Alicia Keys 2020-03-31 In her intimate memoir, *More Myself*, Alicia Keys shares her quest for truth: about herself, her past, and her shift from sacrificing her spirit to celebrating her worth. One of the most celebrated musicians of our time, Alicia Keys has enraptured the nation with her heartfelt lyrics, extraordinary vocal range, and soul-stirring piano compositions. Yet away from the spotlight, Alicia has grappled with private heartache over the challenging and complex relationship with her father, the people-pleasing nature that characterized her early career, the loss of privacy surrounding her romantic relationships, and the oppressive expectations of female perfection. Since her rise to fame, Alicia's public persona has belied a deep personal truth: she has spent years not fully recognizing or honoring her own worth. After withholding parts of herself for so long, she is at last exploring the questions that live at the heart of her story: Who am I, really? And once I discover that truth, how can I become brave enough to embrace it? *More Myself* is part autobiography, part narrative documentary. Alicia's journey is revealed not only through her own candid recounting, but also through vivid recollections from those who have walked alongside her. The result is a 360-degree perspective on Alicia's path: from her girlhood in Hell's Kitchen and Harlem, to the process of self-discovery she's still navigating. With the raw honesty that epitomizes Alicia's artistry, *More Myself* is at once a riveting account and a clarion call to readers: to define themselves in a world that rarely encourages a true and unique identity.

Why Won't You Apologize? Harriet Lerner 2017-10-10 The best-selling author of *The Dance of Anger* shares insight into the role of apologies in healing broken connections and restoring trust, sharing compelling case stories and tested theories that explain how to craft a meaningful apology while avoiding choices that deepen original injuries.

Finding Meaning David Kessler 2019-11-05 In this groundbreaking new work, David Kessler—an expert on grief and the coauthor with Elisabeth Kübler-Ross of the iconic *On Grief and Grieving*—journeys beyond the classic five stages to discover a sixth stage: meaning. In 1969, Elisabeth Kübler-Ross first identified the stages of dying in her transformative book *On Death and Dying*. Decades later, she and David Kessler wrote the classic *On*

Grief and Grieving, introducing the stages of grief with the same transformative pragmatism and compassion. Now, based on hard-earned personal experiences, as well as knowledge and wisdom earned through decades of work with the grieving, Kessler introduces a critical sixth stage. Many people look for “closure” after a loss. Kessler argues that it’s finding meaning beyond the stages of grief most of us are familiar with—denial, anger, bargaining, depression, and acceptance—that can transform grief into a more peaceful and hopeful experience. In this book, Kessler gives readers a roadmap to remembering those who have died with more love than pain; he shows us how to move forward in a way that honors our loved ones. Kessler’s insight is both professional and intensely personal. His journey with grief began when, as a child, he witnessed a mass shooting at the same time his mother was dying. For most of his life, Kessler taught physicians, nurses, counselors, police, and first responders about end of life, trauma, and grief, as well as leading talks and retreats for those experiencing grief. Despite his knowledge, his life was upended by the sudden death of his twenty-one-year-old son. How does the grief expert handle such a tragic loss? He knew he had to find a way through this unexpected, devastating loss, a way that would honor his son. That, ultimately, was the sixth state of grief—meaning. In *Finding Meaning*, Kessler shares the insights, collective wisdom, and powerful tools that will help those experiencing loss. *Finding Meaning* is a necessary addition to grief literature and a vital guide to healing from tremendous loss. This is an inspiring, deeply intelligent must-read for anyone looking to journey away from suffering, through loss, and towards meaning.

What Makes Your Brain Happy and Why You Should Do the Opposite David Disalvo 2011-11-15 This book reveals a remarkable paradox: what your brain wants is frequently not what your brain needs. In fact, much of what makes our brains "happy" leads to errors, biases, and distortions, which make getting out of our own way extremely difficult. Author David DiSalvo presents evidence from evolutionary and social psychology, cognitive science, neurology, and even marketing and economics. And he interviews many of the top thinkers in psychology and neuroscience today. From this research-based platform, DiSalvo draws out insights that we can use to identify our brains’ foibles and turn our awareness into edifying action. Ultimately, he argues, the research does not serve up ready-made answers, but provides us with actionable clues for overcoming the plight of our advanced brains and, consequently, living more fulfilled lives.

Radical Womanhood Carolyn McCulley 2008-10-01 Biblical womanhood is not for the weak. In an age that seeks to obliterate God and His authority, modeling biblical womanhood involves spiritual warfare. *RadicalWomanhood* seeks to equip new believers and long-time Christians alike, exposing the anti-God agenda of the three waves of feminism to date and presenting the pro-woman truth of the Scriptures. Illustrated with numerous personal testimonies, this book will dig deep into the Word and show how it can be lived out today. The foundation and core message of *Radical Womanhood* is consistent with the traditional complementarian teaching on biblical womanhood. However, the target audience, tone, and style are radically different. Most books on this subject take a heavily didactic tone that assumes an awareness of Christian lingo and a high degree of spiritual maturity. *Radical Womanhood* has the narrative approach appreciated by postmodern readers, but still incorporates solid, biblically-based teaching for personal application and growth.

Legend David Gemmell 2009 Druss, Captain of the Axe, was the stuff of legends. But even as the stories grew in the telling, Druss himself grew older. He turned his back on his own legend and retreated to a mountain lair to await his old enemy, death. Meanwhile, barbarian hordes were on the march. Nothing could stand in their way. Druss reluctantly agreed to come out of retirement. But could even Druss live up to his own legends?

2:22 - A Ghost Story (NHB Modern Plays) Danny Robins 2021-08-12 A spine-chilling, funny and scary play from the award-winning writer and broadcaster behind the hit BBC podcast *The Battersea Poltergeist*.

Your Fertile Years Joyce Harper 2021-04-29 'Essential reading' Professor Kypros Nicolaides 'Fills an important gap in understanding' Professor

Robert Winston How well do you really know your body? How easy do you think it will be for you to get pregnant - or NOT to get pregnant? You've probably never really been educated about your reproductive years - perhaps you learnt everything you know from friends, or from the media, or online. You might be ready for a baby now; or, like so many other women, you might want to delay the birth of your first child while you establish your career. Perhaps you're thinking about freezing your eggs. Professor Joyce Harper is an internationally recognized expert on female fertility and fertility education, and in 12 chapters she covers the full scope of your reproductive years, from your first period to menopausal symptoms. Her straightforward, scientifically based advice will give you all the information you need to make informed decisions about your reproductive choices. Only when you really understand your menstrual cycle works can you optimise your lifestyle to get pregnant successfully - while being properly aware of how and when your fertility will decline. Your Fertile Years answers all your questions about things like egg freezing and IVF, and debunks not only the myths surrounding fertility treatment, but also the misinformation and scare stories that surround conception and pregnancy, including the bottom line on supplements, diet and holistic therapies. A shining beacon in the murky fertility landscape, this book will accompany you through your fertile years, giving you the guidance you need to make decisions that work for you, your family, your career and your body.

Let Me Lie Clare Mackintosh 2018-03-08 You won't be able to put this addictive No. 1 bestseller down . . . And don't miss Clare Mackintosh's twisty new thriller - A Game of Lies is out now. 'No one writes a twist like Clare Mackintosh' PAULA HAWKINS 'A belter of a novel' HEAT

_____ The police say it was suicide. Anna says it was murder. Who do you believe? One year ago, Caroline Johnson chose to end her life brutally: a shocking suicide planned to match that of her husband just months before. Their daughter, Anna, has struggled to come to terms with their loss ever since. Now with a young baby of her own, Anna misses her mother more than ever and starts to ask questions about her parents' deaths. But by digging up the past, is she putting her future in danger? Sometimes it's safer to let things lie . . . _____ 'Another one-more-chapter, stay-up-late sensation' LEE CHILD 'Absolutely BRILLIANT. I LOVED it. I think this is Clare Mackintosh's best yet' MARIAN KEYES 'A triumph' LOUISE CANDLISH 'A work of genius' JOANNA CANNON 'A rollercoaster ride with a shocker of a final sentence' GOOD HOUSEKEEPING 'Clare Mackintosh does it again. A brilliantly twisting tale' ERIN KELLY

Basics Interactive Design: User Experience Design Gavin Allanwood 2014-04-24 By putting people at the centre of interactive design, user experience (UX) techniques are now right at the heart of digital media design and development. As a designer, you need to create work that will impact positively on everyone who is exposed to it. Whether it's passive and immutable or interactive and dynamic, the success of your design will depend largely on how well the user experience is constructed. User Experience Design shows how researching and understanding users' expectations and motivations can help you develop effective, targeted designs. The authors explore the use of scenarios, personas and prototyping in idea development, and will help you get the most out of the latest tools and techniques to produce interactive designs that users will love. With practical projects to get you started, and stunning examples from some of today's most innovative studios, this is an essential introduction to modern UXD.

Without Warning and Only Sometimes Kit de Waal 2022-08-18 'Vivid and compelling and so moving... Kit's depiction of her parents' dynamic is both painful and comforting to read' Marian Keyes AS BROADCAST ON BBC RADIO 4 From the award-winning author of MY NAME IS LEON comes a childhood memoir set to become a classic: stinging, warm-hearted, and true. Kit de Waal grew up in a household of opposites and extremes. Her haphazard mother rarely cooked, forbade Christmas and birthdays, worked as a cleaner, nurse and childminder sometimes all at once and believed the world would end in 1975. Meanwhile, her father stuffed barrels full of goodies for his relatives in the Caribbean, cooked elaborate meals on a whim and splurged money they didn't have on cars, suits and shoes fit for a prince. Both of her parents were waiting for paradise. It never came.

Caught between three worlds, Irish, Caribbean and British in 1960s Birmingham, Kit and her brothers and sisters knew all the words to the best songs, caught sticklebacks in jam jars and braved hunger and hellfire until they could all escape. *WITHOUT WARNING AND ONLY SOMETIMES* is a story of an extraordinary childhood and how a girl who grew up in house where the Bible was the only book on offer went on to discover a love of reading that inspires her to this day.

Man Enough Justin Baldoni 2021-04-27 A GRIPPING, FEARLESS EXPLORATION OF MASCULINITY The effects of traditionally defined masculinity have become one of the most prevalent social issues of our time. In this engaging and provocative new book, beloved actor, director, and social activist Justin Baldoni reflects on his own struggles with masculinity. With insight and honesty, he explores a range of difficult, sometimes uncomfortable topics including strength and vulnerability, relationships and marriage, body image, sex and sexuality, racial justice, gender equality, and fatherhood. Writing from experience, Justin invites us to move beyond the scripts we've learned since childhood and the roles we are expected to play. He challenges men to be brave enough to be vulnerable, to be strong enough to be sensitive, to be confident enough to listen. Encouraging men to dig deep within themselves, Justin helps us reimagine what it means to be man enough and in the process what it means to be human.

Living at the Speed of Light Katie Conibear 2021-03-18 Shining a light on mania, depression and everything in between, this no-nonsense guide to life with bipolar disorder gives advice on how to manage the condition and work towards stability. Drawing on her own experiences, Katie Conibear discusses the realities of life with bipolar and shares practical tips and advice. She explains different symptoms, including mania, hypomania, psychosis and depression, and gives advice on managing relationships, facing stigma and discrimination and learning to be comfortable with stability. The book also contains a chapter on how friends, family and caregivers can support someone with bipolar practically. Whether you suspect you have bipolar disorder, have been recently diagnosed or have been living with the condition for many years, this honest but hopeful guide is a must read.

You Are Your Best Thing Tarana Burke 2021-04-27 Tarana Burke and Dr. Brené Brown bring together a dynamic group of Black writers, organisers, artists, academics and cultural figures to discuss the topics the two have dedicated their lives to understanding and teaching: vulnerability and shame resilience. Contributions by Kiese Laymon, Imani Perry, Laverne Cox, Jason Reynolds, Austin Channing Brown, and more. It started as a text between two friends. Tarana Burke, founder of the 'me too.' Movement, texted researcher and writer Brené Brown to see if she was free to jump on a call. Brené assumed that Tarana wanted to talk about wallpaper. They had been trading home decorating inspiration boards in their last text conversation so Brené started scrolling to find her latest Pinterest pictures when the phone rang. But it was immediately clear to Brené that the conversation wasn't going to be about wallpaper. Tarana's hello was serious and she hesitated for a bit before saying, "Brené, you know your work affected me so deeply, but as a Black woman, I've sometimes had to feel like I have to contort myself to fit into some of your words. The core of it rings so true for me, but the application has been harder." Brené replied, "I'm so glad we're talking about this. It makes sense to me. Especially in terms of vulnerability. How do you take the armour off in a country where you're not physically or emotionally safe?" Long pause. "That's why I'm calling," said Tarana. "What do you think about working together on a book about the Black experience with vulnerability and shame resilience?" There was no hesitation. Burke and Brown are the perfect pair to usher in this stark, potent collection of essays on Black shame and healing. Along with the anthology contributors, they create a space to recognise and process the trauma of white supremacy, a space to be vulnerable and affirm the fullness of Black love and Black life.

Spotify For Dummies Kim Gilmour 2011-10-19 The ultimate beginner guide to the groundbreaking music service, Spotify! Spotify is a free online streaming music platform that allows users to listen to songs on demand over the Internet--without having to buy or own the actual tracks. This fun and friendly guide walks you through how best to use this sweet-sounding service. Covering everything from using Spotify on selected mobile phones

to creating and sharing your own playlists, Spotify For Dummies has it all. Experienced author Kim Gilmour details the ins and outs of this revolutionary music, from installing and setup to discovering new artists and taking your musical enjoyment to new levels. Explores the social networking aspects of Spotify and how to integrate with them Helps you navigate through the various editions of Spotify Shows you how to take Spotify with you on your mobile device Encourages you to merge your own music collection with Spotify This book is spot on! Start using Spotify today with this handy guide by your side.

What I Talk About When I Talk About Running Haruki Murakami 2011-10-10 'Pain is inevitable, suffering is optional' A compelling meditation on the power of running and a fascinating insight into the life of this internationally bestselling writer. A perfect reading companion for runners. In 1982, having sold his jazz bar to devote himself to writing, Murakami began running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, he reflects upon the influence the sport has had on his life and on his writing. Equal parts travelogue, training log and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston. By turns funny and sobering, playful and philosophical, this is a must-read for fans of this masterful yet private writer as well as for the exploding population of athletes who find similar satisfaction in distance running. *Murakami's new book *Novelist as a Vocation* is available now* 'There can never have been a book quite like this memoir of running and writing before. In its self-contained way, it's nothing less than an inspiration' Evening Standard 'Hugely enjoyable...You don't have to have run a marathon to be captivated' Sunday Telegraph 'Comical, charming and philosophical...an excellent memoir' GQ

Permission to Feel Marc Brackett 2019-09-05 A practical and transformative 5-step strategy to ensure the emotional wellbeing of yourself and your child The mental wellbeing of children and adults is shockingly poor. Marc Brackett, author of *Permission to Feel*, knows why and what we can do. Marc Brackett is a professor in Yale University's Child Study Center and in his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults - a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognise the suffering, bullying, and abuse he'd endured. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional wellbeing. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and effective approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is his way to share the strategies and skills with readers around the world. It is tested, and it works.

Coaching Agile Teams Lyssa Adkins 2010-05-18 The Provocative and Practical Guide to Coaching Agile Teams As an agile coach, you can help project teams become outstanding at agile, creating products that make them proud and helping organizations reap the powerful benefits of teams that deliver both innovation and excellence. More and more frequently, ScrumMasters and project managers are being asked to coach agile teams. But it's a challenging role. It requires new skills—as well as a subtle understanding of when to step in and when to step back. Migrating from “command and control” to agile coaching requires a whole new mind-set. In *Coaching Agile Teams*, Lyssa Adkins gives agile coaches the insights they need to adopt this new mind-set and to guide teams to extraordinary performance in a re-energized work environment. You'll gain a deep view into the role of the agile coach, discover what works and what doesn't, and learn how to adapt powerful skills from many allied disciplines, including the fields of professional coaching and mentoring. Coverage includes Understanding what it takes to be a great agile coach Mastering all of the agile coach's

roles: teacher, mentor, problem solver, conflict navigator, and performance coach
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Recognizing failure, recovery, and success modes in your coaching
Getting the most out of your own personal agile coaching journey
Whether you're an agile coach, leader, trainer, mentor, facilitator, ScrumMaster, project manager, product owner, or team member, this book will help you become skilled at helping others become truly great. What could possibly be more rewarding?

Real Hero Shit Kendra Wells 2022-02
Bastard Prince Eugene has decided on a whim that he will be a HERO . . . much to the dismay of the adventuring party of Michel, Hocus and Ani. But the decision is out of their hands, and they're forced to take him along on their travels. Life on the road is different than Eugene expected, but there's no time to wallow in pouty disappointment; townsfolk are going missing. It's the perfect opportunity for the prince to save the day, and even make his companions some coin! But unfortunately, his royal highness is about to learn the system that kept him safe in his silk-sheeted bed isn't particularly concerned with the well-being of anyone who isn't him. A funny, moving, tongue-in-cheek fantasy adventure!

Art Sex Music Cosey Fanni Tutti 2017-04-04
A SUNDAY TIMES, TELEGRAPH, ROUGH TRADE, PITCHFORK AND UNCUT MUSIC BOOK OF THE YEAR
SHORTLISTED FOR THE PENDERYN MUSIC BOOK PRIZE
Art Sex Music is the autobiography of a musician who, as a founding member of the avant-garde group Throbbing Gristle and electronic pioneers Chris & Cosey, has consistently challenged the boundaries of music over the past four decades. It is the account of an artist who, as part of COUM Transmissions, represented Britain at the IXth Biennale de Paris, whose Prostitution show at the ICA in 1976 caused the Conservative MP Nicholas Fairbairn to declare her, COUM and Throbbing Gristle 'Wreckers of Civilisation' . . . shortly before he was arrested for indecent exposure, and whose work continues to be held at the vanguard of contemporary art. And it is the story of her work as a pornographic model and striptease artiste which challenged assumptions about morality, erotica and art. Art Sex Music is the wise, shocking and elegant autobiography of Cosey Fanni Tutti.

Dare to Lead Brené Brown 2018-10-11
In her #1 NYT bestsellers, Brené Brown taught us what it means to dare greatly, rise strong and brave the wilderness. Now, based on new research conducted with leaders, change makers and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Leadership is not about titles, status and power over people. Leaders are people who hold themselves accountable for recognising the potential in people and ideas, and developing that potential. This is a book for everyone who is ready to choose courage over comfort, make a difference and lead. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it and work to align authority and accountability. We don't avoid difficult conversations and situations; we lean into the vulnerability that's necessary to do good work. But daring leadership in a culture that's defined by scarcity, fear and uncertainty requires building courage skills, which are uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the same time we're scrambling to figure out what we have to offer that machines can't do better and faster. What can we do better? Empathy, connection and courage to start. Brené Brown spent the past two decades researching the emotions that give meaning to our lives. Over the past seven years, she found that leaders in organisations ranging from small entrepreneurial start-ups and family-owned businesses to non-profits, civic organisations and Fortune 50 companies, are asking the same questions: How do you cultivate braver, more daring leaders? And, how do you embed the value of courage in your culture? Dare to Lead answers these questions and gives us actionable strategies and real examples from her new research-based, courage-building programme. Brené writes, 'One of the

most important findings of my career is that courage can be taught, developed and measured. Courage is a collection of four skill sets supported by twenty-eight behaviours. All it requires is a commitment to doing bold work, having tough conversations and showing up with our whole hearts. Easy? No. Choosing courage over comfort is not easy. Worth it? Always. We want to be brave with our lives and work. It's why we're here.'

Troy: Lord of the Silver Bow David Gemmell 2006-10-31 With this first masterly volume in an epic reimagining of the Trojan War, David Gemmell has written an ageless drama of brave deeds and fierce battles, of honor and treachery, of love won and lost. He is a man of many names. Some call him the Golden One; others, the Lord of the Silver Bow. To the Dardanians, he is Prince Aeneas. But to his friends, he is Helikaon. Strong, fast, quick of mind, he is a bold warrior, hated by his enemies, feared even by his Trojan allies. For there is a darkness at the heart of the Golden One, a savagery that, once awakened, can be appeased only with blood. Argurios the Mykene is a peerless fighter, a man of unbending principles and unbreakable will. Like all of the Mykene warriors, he lives to conquer and to kill. Dispatched by King Agamemnon to scout the defenses of the golden city of Troy, he is Helikaon's sworn enemy. Andromache is a priestess of Thera betrothed against her will to Hektor, prince of Troy. Scornful of tradition, skilled in the arts of war, and passionate in the ways of her order, Andromache vows to love whom she pleases and to live as she desires. Now fate is about to thrust these three together—and, from the sparks of passionate love and hate, ignite a fire that will engulf the world.

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