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NERVE is an exceptional book about style and grace under pressure, something I have admired for years. It also includes examples of survival under emergency and duress. The examples include those from business, sports, and war, including flying (in both war and peacetime), among others.

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Nerve: Poise Under Pressure, Serenity Under Stress, and ...
Nerve: Poise Under Pressure, Serenity Under Stress, and the Brave New Science of Fear and Cool by Taylor Clark sets out to help relieve society's stress over stress and teach us how to be afraid. In part one of Nerve, Clark takes the science and research of 'the nervous trinity' ' fear, stress and anxiety and, using understandable language, shows us how and why our minds and bodies respond the way they do in pressure-packed situations.

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Amazon.com: Nerve: Poise Under Pressure, Serenity Under ...
In Nerve, Taylor Clark draws upon cutting-edge science and painstaking reporting to explore the very heart of panic and poise. Using a wide range of case studies, Clark overturns the popular myths about anxiety and fear to explain why some people thrive under pressure, while others falter-and how we can go forward with steadier nerves and increased confidence.

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Nerves make us bomb job interviews, first dates, and SATs. With a presentation looming at work, fear robs us of sleep for days. It paralyzes seasoned concert musicians and freezes rookie cops in tight situations. And yet not everyone cracks. Soldiers keep their heads in combat; firemen rush into burning buildings; unflappable trauma doctors juggle patient after patient. It's not that these people feel no fear; often, in fact, they're riddled with it. In Nerve, Taylor Clark draws upon cutting-edge science and painstaking reporting to explore the very heart of panic and poise. Using a wide range of case studies, Clark overturns the popular myths about anxiety and fear to explain why some people thrive under pressure, while others falter-and how we can go forward with steadier nerves and increased confidence.

STARBUCKED will be the first book to explore the incredible rise of the Starbucks Corporation and the caffeine-crazy culture that fueled its success. Part Fast Food Nation, part Bobos in Paradise, STARBUCKED combines investigative heft with witty cultural observation in telling the story of how the coffeehouse movement changed our everyday lives, from our evolving neighborhoods and workplaces to the ways we shop, socialize, and self-medicate. In STARBUCKED, Taylor Clark provides an objective, meticulously reported look at the volatile issues like gentrification and fair trade that distress activists and coffee zealots alike. Through a cast of characters that includes coffee-wild hippies, business sharks, slackers, Hollywood trendsetters and more, STARBUCKED explores how America transformed into a nation of coffee gourmets in only a few years, how Starbucks manipulates psyches and social habits to snare loyal customers, and why many of the things we think we know about the coffee commodity chain are false.

Offers more than 20 different strategies to use to downplay and reduce the feelings of stress while under pressure in both personal and professional situations, from public speaking, sales presentations to job interviews and even playing a friendly, but competitive, game of golf. 40,000 first printing.

¶The path I have travelled, the things I have done and the people I have met in crisis situations have given me a window into those qualities that make us perform. My military training created a mindset, an outlook and skills that can be channelled into any situation.¶ From the hills of south Lebanon to the monsoon jungles of Southern Asia, Ray Goggins has operated in a life-and-death world. In the suffocating humidity of Liberia, the mountains of Afghanistan and the snow-covered Balkans, Ray has seen the best and worst qualities in himself and others. From conflict zones to terrorist attacks and hostage rescues, Ray has learned the greatest life lessons: how to control fear, how to react calmly and positively and how to create a strong baseline from which to take action. In this remarkable book he takes us on an exhilarating journey through his incredible career and draws on the valuable lessons to help all of us deal better with life, whatever the situation.

As a player in NERVE, an anonymous game of dares broadcast live online, high-schooler Vee is unhappy to be watched constantly but finds it exhilarating to be paired with handsome Ian taking ever riskier dares--until the stakes become too high.

A classic work of American literature that has not stopped changing minds and lives since it burst onto the literary scene, The Things They Carried is a ground-breaking meditation on war, memory, imagination, and the redemptive power of storytelling. The Things They Carried depicts the men of Alpha Company: Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O'Brien, who has survived his tour in Vietnam to become a father and writer at the age of forty-three. Taught everywhere!from high school classrooms to graduate seminars in creative writing!it has become required reading for any American and continues to challenge readers in their perceptions of fact and fiction, war and peace, courage and fear and longing. The Things They Carried won France's prestigious Prix du Meilleur Livre Etranger and the Chicago Tribune Heartland Prize; it was also a finalist for the Pulitzer Prize and the National Book Critics Circle Award.

Addresses the meaning and issue of "selling out," analyzing the ways in which the term is used by both blacks and whites, as well as its influence on both individuals and society as a whole.

When it comes to anxiety, depression, and stress-related illnesses, America is the frontrunner. Thankfully, there!s a practical prescription for dealing with them. Anxious for Nothing, from New York Times bestselling author, Max Lucado, provides a roadmap for battling with and healing from anxiety. Does the uncertainty and chaos of life keep you up at night? Is irrational worry your constant companion? Could you use some calm? If the answer is yes, you are not alone. According to one research program, anxiety-related issues are the number one mental health problem among women and are second only to alcohol and drug abuse among men. Stress-related ailments cost the nation \$300 billion every year in medical bills and lost productivity. And use of sedative drugs like Xanax and Valium have skyrocketed in the last 15 years. Even students are feeling it. One psychologist reports that the average high school kid today has the same level of anxiety as the average psychiatric patient in the early 1950s. Chances are, you or someone you know seriously struggles with anxiety. Max writes, "The news about our anxiety is enough to make us anxious.¶ He knows what it feels like to be overcome by the worries and fear of life, which is why he is dedicated to helping millions of readers take back control of their minds and, as a result, their lives. Anxious for Nothing invites readers to delve into Philippians 4:6-7. After all, it is the most highlighted passage of any book on the planet, according to Amazon: Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. In the characteristic tone of his previous books like You!ll Get Through This and Fearless, Max guides readers through this Scripture passage and explains the key concepts of celebration, asking for help, leaving our concerns, and meditating. Stop letting anxiety rule the day. Join Max on the journey to true freedom and experience more joy, clarity, physical renewal, and contentment by the power of the Holy Spirit. Anxiety comes with life. But it doesn't have to dominate your life.

Do you know what "quatrefoil" and "impolitic" mean? What about "halcyon" or "narcolepsy"? This book is a handy, easy-to-read reference guide to the proper parlance for any situation. In this book you will find: Words You Absolutely Should Know (covert, exonerate, perimeter); Words You Should Know But Probably Don't (dour, incendiary, scintilla); Words Most People Don't Know (schlimazel, thaumaturgy, epergne); Words You Should Know to Sound Overeducated (ad infinitum, nugatory, garrulity); Words You Probably Shouldn't Know (priapic, damnatory, labia majora); and more. Whether writing an essay, studying for a test, or trying to impress friends, family, and fellow cocktail party guests with their prolixity, you will achieve magniloquence, ebullience, and flights of rhetorical brilliance.