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Mastering The Art  
Of Race Driving

# Going Faster Mastering The Art Of Race Driving

*The coauthors of  
the New York Tim  
es-bestselling*

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*Difficult  
Conversations  
take on the  
toughest topic  
of all: how we  
see ourselves  
Douglas Stone  
and Sheila Heen  
have spent the  
past fifteen  
years working  
with  
corporations,  
nonprofits,*

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*governments, and families to determine what helps us learn and what gets in our way. In Thanks for the Feedback, they explain why receiving feedback is so crucial yet so challenging, offering a*

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*simple framework  
and powerful  
tools to help us  
take on life's  
blizzard of  
offhand  
comments, annual  
evaluations, and  
unsolicited  
input with  
curiosity and  
grace. They  
blend the latest  
insights from*

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*neuroscience and  
psychology with  
practical, hard-  
headed advice.*

*Thanks for the  
Feedback is  
destined to  
become a classic  
in the fields of  
leadership,  
organizational  
behavior, and  
education.*

*Presents recipes*

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*ranging in  
difficulty with  
the science and  
technology-  
minded cook in  
mind, providing  
the science  
behind cooking,  
the physiology  
of taste, and  
the techniques  
of molecular  
gastronomy.*

*One of the most*

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*successful Grand  
Prix drivers of  
all time draws  
on his extensive  
racing  
experience to  
present a manual  
of driving  
technique for  
both race car  
drivers and the  
average motorist  
DIVDiscover the  
secrets that*

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*will make you a  
faster and more  
successful  
racecar driver  
with this up-to-  
date insight  
into the latest  
techniques in  
racing.*

*Professional  
driver and  
driving coach  
Ross Bentley,  
reveals what it*



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*takes to be fast  
and win races at  
the highest  
levels. Chock  
full of diagrams  
and concise  
"speed secrets,"  
Bentley has  
created an all-  
new approach to  
learning and  
perfecting the  
ideal line  
around the*

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*racetrack. He teaches you how to turn errors into more speed, left-foot braking techniques, as well as three sure-fire ways to lower your best lap time. Ross Bentley, who is the author of Speed*

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*Secrets, Inner  
Speed Secrets,  
and Bob  
Bondurant on  
Race Kart  
Driving, was a  
driver for the  
winning SRPII  
team at the  
Rolex 24 Hour  
race at Daytona.  
Ross is a member  
of Team Seattle,  
which also took*

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home second  
place in SRPII.

The two Team  
Seattle cars  
finished 7th and  
8th overall in a  
field of 44  
cars./div

How a Worldwide  
Movement Is  
Challenging the  
Cult of Speed  
Real Science,  
Great Hacks, and

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*Good Food  
In Praise of*

*Slow*

*Speed Secrets*

*The First 20*

*Hours*

*A Handbook of*

*Tips and Tools*

*Ultimate Speed*

*Secrets*

*Performance*

*and racing*

*drivers*

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***constantly seek ways to sharpen their skills and lower their lap times. Ultimate Speed Secrets is the indispensable tool to help make you faster, whatever your driving goals.***

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***Professional  
race driver and  
coach Ross  
Bentley has  
raced everything  
from Indycars to  
World Sports  
Cars to  
production  
sedans, on  
ovals, road  
courses, and***

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***street circuits  
around the  
world. His  
proven high-  
performance  
driving  
techniques  
benefit novice  
drivers as well  
as professional  
racers. Ultimate  
Speed Secrets***



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***covers***

***everything you  
need to know to  
maximize your  
potential and  
your car:***

***Choosing the  
correct line***

***Overtaking  
maneuvers***

***Adapting to new  
tracks and cars***

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***The mental  
game and  
dealing with  
adversity  
Finding (and  
keeping) a  
sponsor. The  
pages are filled  
with specially  
commissioned  
color diagrams  
to illustrate the***

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Of Race Driving  
**concepts  
described.**

***Whether you are  
a track-day  
novice or a  
seasoned  
professional,  
Ultimate Speed  
Secrets will arm  
you with  
practical  
information to***

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***lower your lap  
times and help  
you get the best  
out of your  
vehicle—and  
yourself. It's the  
ultimate high-  
performance  
driving tutorial!  
The starting  
point of all  
achievement is***

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***desire.***

***Napoleon Hill***

***Mastering a job  
means we are  
proficient at  
performing that  
particular task  
successfully. It  
is also useful to  
note here that  
the word  
"success" has***

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***different meanings to different people. Success can mean, among other things: fame, fortune, emotional or skillful achievement. Proceeding through our***

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***growth years to maturity, we spend time and effort accumulating knowledge and resources, assessing our strengths and limitations, and taking action based on what***

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***we have learned.  
As we grow, so  
does our  
appetite for  
adventure and  
success. So,  
fortified with  
our initial  
progress, we set  
out to test our  
strength against  
the world. For***



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***those who  
achieve mastery  
of one job, the  
taste of success  
and the  
confidence it  
generates often  
propels them to  
attempt to  
master other  
tasks. To  
accomplish a***

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***chosen  
undertaking is  
synonymous  
with success;  
however,  
learning to  
master more  
significant tasks  
is often our real  
challenge.  
That's where the  
Celebrity***

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***Experts(R) in  
this book come  
in. They have  
achieved  
mastery in their  
various fields  
and are willing  
to share their  
secrets and  
methods of  
mastery with  
you. An integral***

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***quality of  
successful  
people is their  
willingness to  
help others  
succeed. One of  
the finest  
secrets for  
Mastering the  
Art of Success  
can be found in  
the following***

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***quote: I have  
not failed. I've  
just found  
10,000 ways  
that won't work.  
Thomas Edison  
What keeps so  
many of us from  
doing what we  
long to do? Why  
is there a  
naysayer within?***

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***How can we  
avoid the  
roadblocks of  
any creative  
endeavor—be it  
starting up a  
dream business  
venture, writing  
a novel, or  
painting a  
masterpiece?***

***The War of Art***

*Page 30/178*

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***identifies the  
enemy that  
every one of us  
must face,  
outlines a battle  
plan to conquer  
this internal foe,  
then pinpoints  
just how to  
achieve the  
greatest  
success. The***

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***War of Art  
emphasizes the  
resolve needed  
to recognize and  
overcome the  
obstacles of  
ambition and  
then effectively  
shows how to  
reach the  
highest level of  
creative***



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***discipline. Think  
of it as tough  
love . . . for  
yourself.***

***Detailed  
summary and  
analysis of The  
Power of Habit.  
Driving in  
Competition  
8 Secrets to  
Transform Fear***

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**and**

**Supercharge**

**Your Career**

**The Science of**

**Motorsport**

**The Art and**

**Science of Race**

**Driving -**

**Revised and**

**Updated Second**

**Edition**

**How to Master**

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***the Art of  
Selling  
Mental  
Strategies to  
Maximize Your  
Racing  
Performance  
The Race Car  
Chassis HP1540***

Despite its  
worldwide  
following,

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high levels of  
investment and  
scientific  
complexity,  
there is a  
lack of  
evidence-based  
literature on  
the science of  
human  
performance in  
motorsport.

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Focusing on  
the

physiological,  
psychological  
and sport  
medicine  
aspects of  
training,  
performance,  
injury and  
safety, The  
Science of

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Motorsport is the first book to provide an accessible and up-to-date resource for stakeholders at all levels of motorsport. Addressing the physiological and

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psychological  
stresses of  
racing across  
a full range  
of sports,  
from Formula 1  
and IndyCar to  
NASCAR and  
endurance  
racing, the  
book includes  
chapters on: •

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nutritional  
and physical  
training  
strategies for  
drivers; • the  
driver's neck;  
• injury rates  
and  
pathologies of  
open-wheel  
driving; •  
return to



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competition  
from

concussion; •  
driver safety;  
• and  
considerations  
for pit crews  
and safety  
staff.

Accessibly  
written and  
made up of

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contributions  
from world-  
leading  
authorities in  
motorsport  
science  
research, this  
is a crucial  
resource for  
racing  
drivers,  
physical

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trainers, pit  
crew members  
and safety  
personnel, as  
well as  
researchers  
and students  
with an  
interest in  
applied sport  
physiology,  
applied sport

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psychology or  
sport

medicine.

Seventy-four  
percent of  
Americans  
suffer from  
glossophobia,  
the fear of  
public  
speaking. In  
fact, even top

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professional  
speakers and  
accomplished  
actors  
experience  
butterflies  
before  
presenting.  
They never  
eliminate the  
butterflies;  
they just

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teach them how  
to fly in  
formation.  
How? Michael  
Gelb's  
techniques  
will help you  
clarify and  
shape your  
message so  
that your  
audience – no

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matter how big  
or small, in  
person or  
virtual - will  
care about it.  
Once the  
message is  
clear, he  
teaches you  
how to convey  
it in  
memorable,

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Of Race Driving  
creative, and  
effective

ways. Gelb  
shows that  
public  
speaking is a  
skill anyone  
can learn and  
enjoy.

Mastering the  
Art of Public  
Speaking will



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guide you to  
rediscover  
your natural  
gift for  
communication  
while  
strengthening  
confidence and  
presence.

Master the  
Shiny web  
framework—and

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take your R  
skills to a  
whole new  
level. By  
letting you  
move beyond  
static  
reports, Shiny  
helps you  
create fully  
interactive  
web apps for

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data analyses.  
Users will be  
able to jump  
between  
datasets,  
explore  
different  
subsets or  
facets of the  
data, run  
models with  
parameter

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values of  
Of Race Driving  
their

choosing,  
customize visu  
alizations,  
and much more.  
Hadley Wickham  
from RStudio  
shows data  
scientists,  
data analysts,  
statisticians,

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Of Race Driving  
and scientific  
researchers  
with no  
knowledge of  
HTML, CSS, or  
JavaScript how  
to create rich  
web apps from  
R. This in-  
depth guide  
provides a  
learning path

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that you can  
follow with  
confidence, as  
you go from a  
Shiny beginner  
to an expert  
developer who  
can write  
large, complex  
apps that are  
maintainable  
and

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performant.  
Of Race Driving

Get started:

Discover how  
the major  
pieces of a  
Shiny app fit  
together Put  
Shiny in  
action:

Explore Shiny  
functionality  
with a focus

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on code  
samples,  
example apps,  
and useful  
techniques  
Master  
reactivity: Go  
deep into the  
theory and  
practice of  
reactive  
programming



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and examine  
Of Race Driving  
reactive graph  
components  
Apply best  
practices:  
Examine useful  
techniques for  
making your  
Shiny apps  
work well in  
production  
The Racing

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Driver will  
appeal to all  
sports car  
enthusiasts,  
particularly  
those  
interested in  
vintage and  
historic  
racing. It  
belongs on the  
book-shelf

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**beside**

**Taruffi's The  
Technique of  
Motor Racing,  
which it  
supplements  
without  
repeating.**

**How to Learn  
Anything . . .  
Fast!**

**Professional**

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**Race Driving  
Techniques**

**The 48 Laws Of  
Power**

**Speed Secrets  
II**

**How to Drive  
Drive to Win**

**The Road Map  
to Driving**

**Greatness**

***"Bibliography found***

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***online at tonyrobbin  
s.com/masterthega  
me"--Page [643].***

***Applied  
econometrics,  
known to  
aficionados as  
'metrics, is the  
original data  
science. 'Metrics  
encompasses the  
statistical methods  
economists use to  
untangle cause and***

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***effect in human  
affairs. Through  
accessible  
discussion and with  
a dose of kung  
fu-themed humor,  
Mastering 'Metrics  
presents the  
essential tools of  
econometric  
research and  
demonstrates why  
econometrics is  
exciting and useful.***

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***The five most  
valuable  
econometric  
methods, or what  
the authors call the  
Furious  
Five--random  
assignment,  
regression,  
instrumental  
variables,  
regression  
discontinuity  
designs, and***

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***differences in differences--are illustrated through well-crafted real-world examples (vetted for awesomeness by Kung Fu Panda's Jade Palace). Does health insurance make you healthier? Randomized experiments provide answers. Are***



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***expensive private colleges and selective public high schools better than more pedestrian institutions?***

***Regression analysis and a regression discontinuity design reveal the surprising truth. When private banks teeter, and depositors take their money and run,***

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***should central  
banks step in to  
save them? Differen  
ces-in-differences  
analysis of a  
Depression-era  
banking crisis offers  
a response. Could  
arresting O. J.  
Simpson have saved  
his ex-wife's life?  
Instrumental  
variables methods  
instruct law***

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**enforcement  
authorities in how  
best to respond to  
domestic abuse.  
Wielding  
econometric tools  
with skill and  
confidence,  
Mastering 'Metrics  
uses data and  
statistics to  
illuminate the path  
from cause to effect.  
Shows why**

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***econometrics is  
important Explains  
econometric  
research through  
humorous and  
accessible  
discussion Outlines  
empirical methods  
central to modern  
econometric  
practice Works  
through interesting  
and relevant real-  
world examples***

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***R is the world's most popular language for developing statistical software: Archaeologists use it to track the spread of ancient civilizations, drug companies use it to discover which medications are safe and effective, and actuaries use it to***

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***assess financial risks and keep economies running smoothly. The Art of R Programming takes you on a guided tour of software development with R, from basic types and data structures to advanced topics like closures, recursion, and***

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***anonymous  
functions. No  
statistical  
knowledge is  
required, and your  
programming skills  
can range from  
hobbyist to pro.  
Along the way, you'll  
learn about  
functional and  
object-oriented  
programming,  
running***

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***mathematical simulations, and rearranging complex data into simpler, more useful formats.***

***You'll also learn to:***

***–Create artful graphs to visualize complex data sets and functions***

***–Write more efficient code using parallel R and vectorization***

***–Interface R with***



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***C/C++ and Python  
for increased speed  
or functionality  
–Find new R  
packages for text  
analysis, image  
manipulation, and  
more –Squash  
annoying bugs with  
advanced  
debugging  
techniques Whether  
you're designing  
aircraft, forecasting***

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*the weather, or you  
just need to tame*

*your data, The Art of  
R Programming is*

*your guide to*

*harnessing the*

*power of statistical  
computing.*

*The Art of Coaching*

*is a book to shift*

*thinking and open*

*up new possibilities,*

*to stimulate fresh*

*insight, to adapt to*

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***your needs as a coach or manager and to use creatively in practice. Written by two experienced, highly qualified international coaches and supervisors, this creative book offers ideas to use across the range of coaching contexts including***

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***leadership, decision making, change and supervision.***

***Combining brand-new, original diagrams with classic models from the learning development and management fields, Jenny Bird and Sarah Gornall have created a valuable resource for quick***

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***reference, instant  
accessibility and  
fast learning, built  
on a strong  
theoretical base.***

***Each model in the  
book is explained  
with a clear,  
accessible diagram  
and a simple guide  
to what it is, how it  
works and how to  
put it into action.***

***The text is full of***

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***inspiration for  
applications of the  
ideas in scenarios  
based on real  
coaching practice.  
The Art of Coaching  
will be an invaluable  
companion for  
coaches looking for  
new ways of  
developing  
awareness with  
clients, coaching  
students and***

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***trainees, coach  
supervisors,  
learning and  
development  
professionals and  
those working in  
human resource  
departments.***

***Mastering Shiny  
The Complete Guide  
to High-Performance  
and Race Driving  
Going Faster!  
You Suck at Racing***

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***The Racing Driver  
Mastering the Art of  
Public Speaking  
Mastering the Art of  
Race Driving***

YOU CAN BE  
GREAT! Optimum  
Drive is the  
complete step-by-  
step guide to  
maximizing human  
performance in any  
endeavor you



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Of Race Driving

choose to conquer  
Why you should  
read Optimum  
Drive • This book is  
not just about  
learning how to  
drive race cars, that  
is just the ideal  
metaphor since  
racing has captured  
more information  
on the topic than  
most sports

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combined. Use it for anything. • Auto Racing (by far the richest sport in the world) has invested more money evaluating human performance than any other sport. So even if you don't follow motorsports there is much to learn if you are

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interested in  
unlocking your  
hidden potential. •  
Optimum Drive  
does not shy away  
(it specifically  
focuses on) the  
uncomfortable  
aspects of why  
people stagnate  
well before their  
potential is realized  
and provides a

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precise, step-by-step guide to unlock that hidden potential. •

Optimum Drive is unique in that the author (former Top Gear US Stig, Paul F. Gerrard) is not just a typical "expert" who externally studies the subject he

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writes about. He has taught and refined the principles for over 20 years with thousands of successful students. He has also personally used the principles to achieve the potential (in all of us) that the book

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bluntly promises.  
The book was  
actually written  
while in the flow  
state that is at the  
very core of  
Optimum Drive. •  
Optimum Drive fully  
embraces the  
human factors that  
involve learning.  
We are not robots,  
we are complex

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with unique perspectives on just about everything. This book will make you better because it steadfastly refuses to conveniently ignore why we actually stop improving. • Optimum Drive is an unblinking stare into the void.

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Cheerfully written  
but serious in its  
intent. We, as  
humans, are  
controlled (and  
comforted) by our  
self-imposed  
limitations, yes  
today's coddling  
contentment locks  
us down,  
simultaneously  
killing our dreams



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along with our  
potential.

Interestingly we can  
feel this truth  
so...stare into the  
void. The best of  
you is hiding in  
there...waiting.

Attaining peak  
performance:  
Optimum Drive is a  
motivational book  
that uses top level

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race car driving as  
a metaphor for  
peak performance.  
As a professional  
racing driver  
himself as well a  
driving coach for  
over 20 years, the  
author Paul F.  
Gerrard has penned  
his unique  
perspective on  
what causes people

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to stagnate with the idea of being merely good, when each of us has the potential to be great. Gerrard believes that peak performance is within our grasp. He lays out his step-by-step process for attaining peak performance with

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detailed nuance threaded throughout. If you have ever been curious about maximizing your own ultimate potential, Optimum Drive is for you! Mental toughness: Greatness is as hard to quantify as it is to

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achieve...probably  
not a coincidence.  
In this debut book,  
Optimum Drive,  
professional driver  
Gerrard helps you  
understand the  
mental toughness  
that it takes to  
reach that  
greatness. He starts  
off by taking you  
onto the track as he

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explores what driving at 200 mph can teach us about who we are. Using his experiences from behind the wheel at death-defying speeds, Gerrard breaks down the psychology of driving, what it takes, and how we

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can use it to  
achieve greatness  
in life. Flow  
psychology and  
staying in the zone:  
The key to the  
mental toughness  
that Gerrard  
believes it takes to  
achieve peak  
performance is the  
nirvana-like  
sensation of flow

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psychology or being in the zone. Flow psychology, or being in the zone, is a mental state in which one who is performing an activity is fully immersed in a feeling of energized focus, full involvement, and joy. It is through



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flow psychology that Gerrard introduces a blend of holistic mindset combined with a competitive edge, which is essential to successful professional driving. This mix of guts, tenacity and endurance is the foundation of

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Gerrard's philosophy for attaining greatness. Natural vs. earned talent; After flow psychology, you will learn about natural vs earned talent and how the way we drive is representative of who we are. From braking, cornering

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and accelerating to anticipation vs. reaction, refining a process that defines our greatness in or out of the car.

This complete racer's reference is the perfect resource for all drivers from novice to expert. The

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fundamentals of fast driving are revealed in this definitive how-to book for racers. You will find the competition-proven methods of instructors and of professional drivers that will give you the know-how to work up the track

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and stay at the front. Interested in the world of racing? Just think, you can have all of the lessons and insights from Skip Barber instructors and from professional racers compiled in one handbook. This racing reference reveals the secrets

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of mastering car control, reducing lap times, as it takes the reader inside the world of racing. Going Faster! is the definitive book for the active race driver, the racer-to-be, and the auto-racing fan who wants to know what

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driving a racecar is really about.

Since its introduction in 1997, the Porsche Boxster has earned a reputation as one of the world's greatest sports cars, as well as a huge, loyal following of devoted drivers.

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This book is aimed at those owners of Boxsters who want to improve their machines while avoiding thousands of dollars in mechanic's costs. Clearly and simply written, with straightforward illustrations, this manual offers 101



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projects to help you  
modify, maintain,  
and enhance your  
Porsche. Focusing  
on the 986 and 987  
Boxster models,  
101 Projects for  
Your Porsche  
Boxster presents all  
the necessary  
information,  
associated costs,  
and pitfalls to avoid

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when performing a wide array of projects. In a word, it makes owning a Porsche Boxster an unqualified thrill. In the tradition of such trailblazing books as No Logo and The Tipping Point, In Praise of Slow heralds a growing

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international  
movement of  
people dedicated to  
slowing down the  
pace of our  
contemporary times  
and enjoying a  
richer, fuller life as  
a result. These  
days, almost  
everyone complains  
about the hectic  
pace of their lives.

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We live in a world where speed rules and everyone is under pressure to go faster. But when speed is king, anyone or anything that gets in our way, that slows us down, becomes an enemy. Thanks to speed, we are living in the age of rage.

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Carl Honore has discovered a movement that is quickly working its way into the mainstream.

Groups of people are developing a recipe for living better in a fast-paced, modern environment by striving for a new

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balance between  
fast and slow. In an  
entertaining and  
hands-on  
investigation of this  
new movement,  
Honore takes us  
from a Tantric sex  
workshop in a  
trendy  
neighbourhood in  
London, England to  
Bra, Italy, the home

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of the Slow Food,  
Slow Cities and  
Slow Sex

movements. He examines how we can continue to live productive lives by embracing the tenets of the slow movement. A challenging take on the cult of speed, as well as a

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corrective look at  
how we can  
approach our lives  
with new  
understanding, In  
Praise of Slow  
uncovers a  
movement whose  
time has come.

More Professional  
Race Driving  
Techniques  
Jackie Stewart's



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Principles of  
Performance

Driving

Inner Speed Secrets

101 Projects for

Your Porsche

Boxster

Racing under the

Illusion of

Grandeur: A Guide

for Men and Women

over Forty Who

Want to Drive like

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Mario

A Crash Course for  
the Novice Driver  
The Art of Split-  
Second Success  
***Techniques to help  
drivers overcome  
the mental barriers  
that prevent  
successful racing.  
For professional  
cyclists, going  
faster and winning***

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***are, of course,  
closely related. Yet  
surprisingly, for  
many, a desire to go  
faster is much more  
important than a  
desire to win.***

***Someone who wants  
to go faster will  
work at the details  
and take small steps  
rather than focusing  
on winning. Winning  
just happens when***

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***you do everything  
right – it's the doing  
everything right  
that's hard. And  
that's what  
fascinates and  
obsesses Michael  
Hutchinson. With  
his usual deadpan  
delivery and an  
awareness that it's  
all mildly  
preposterous,  
Hutchinson looks at***

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***the things that make you faster – training, nutrition, the right psychology – and explains how they work, and how what we know about them changes all the time. He looks at the things that make you slower, and why, and how attempts to avoid them can result in***

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***serious athletes gradually painting themselves into the most peculiar life-style corners. Faster is a book about why cyclists do what they do, about what the riders, their coaches and the boffins get up to behind the scenes, and about why the whole idea of going***

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***faster is such an appealing, universal instinct for all of us. Become a better performance driver with Speed Secrets With the promise of autonomous vehicles in our near future, and current cars equipped with all sorts of mind-boggling "driver aides," many feel***

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Mastering The Art  
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***that the art (and science) of performance driving has been lost - or will be. But no! For every device designed to take the act of driving out of our hands, the desire to actively participate in the control of a car becomes even stronger for driving***



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***enthusiasts. One  
only needs to look  
at the number of  
performance cars  
available today to  
see that the desire  
to truly drive is still  
in strong demand. In  
Speed Secrets: The  
Lost Art of  
Performance  
Driving, Ross  
Bentley explains in  
plain language how***

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***you can become an even better perform  
ance-oriented driver, whether it's to enjoy  
a twisty mountain highway, to take that  
secret back-road route to work, or to  
participate in a track day on a racing  
circuit. From how best to use your  
car's controls, to cornering, to dealing***

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Of Race Driving

***with adverse driving conditions, this***

***book will make you a better***

***performance driver.***

***Along the way, you'll***

***learn what ABS,***

***traction and stability***

***control, self-braking***

***systems, and semi-***

***automatic***

***transmissions do***

***and how best to***

***incorporate them***

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*into your driving.*

***Speed Secrets: The  
Lost Art of  
Performance Driving  
will help you  
understand your car  
well and be an even  
better, faster driver.  
Most importantly, it  
will fuel your  
passion for driving!  
Forget the 10,000  
hour rule— what if  
it's possible to learn***

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Of Race Driving

***the basics of any new skill in 20 hours or less? Take a moment to consider how many things you want to learn to do. What's on your list? What's holding you back from getting started? Are you worried about the time and effort it takes to acquire new skills—time you***

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***don't have and  
effort you can't  
spare? Research  
suggests it takes  
10,000 hours to  
develop a new skill.  
In this nonstop  
world when will you  
ever find that much  
time and energy? To  
make matters worse,  
the early hours of  
practicing  
something new are***

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Mastering The Art

*always the most frustrating. That's why it's difficult to learn how to speak a new language, play an instrument, hit a golf ball, or shoot great photos. It's so much easier to watch TV or surf the web . . . In The First 20 Hours, Josh Kaufman offers a systematic*

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***approach to rapid skill acquisition—how to learn any new skill as quickly as possible. His method shows you how to deconstruct complex skills, maximize productive practice, and remove common learning barriers. By completing just 20 hours of focused,***



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***deliberate practice  
you'll go from  
knowing absolutely  
nothing to  
performing  
noticeably well.  
Kaufman personally  
field-tested the  
methods in this  
book. You'll have a  
front row seat as he  
develops a personal  
yoga practice, writes  
his own web-based***

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***computer programs, teaches himself to touch type on a nonstandard keyboard, explores the oldest and most complex board game in history, picks up the ukulele, and learns how to windsurf. Here are a few of the simple techniques he teaches: Define your***

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***target performance level: Figure out what your desired level of skill looks like, what you're trying to achieve, and what you'll be able to do when you're done. The more specific, the better. Deconstruct the skill: Most of the things we think of as skills are actually***

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***bundles of smaller  
subskills. If you  
break down the  
subcomponents,  
it's easier to figure  
out which ones are  
most important and  
practice those first.  
Eliminate barriers to  
practice: Removing  
common  
distractions and  
unnecessary effort  
makes it much***

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***easier to sit down  
and focus on  
deliberate practice.  
Create fast feedback  
loops: Getting accurate,  
real-time  
information about  
how well you're  
performing during  
practice makes it  
much easier to  
improve. Whether  
you want to paint a  
portrait, launch a***

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***start-up, fly an  
airplane, or juggle  
flaming chainsaws,  
The First 20 Hours  
will help you pick up  
the basics of any  
skill in record time .  
. . and have more  
fun along the way.  
A Tour of Statistical  
Software Design  
Porsche High-  
Performance Driving  
Handbook***

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***The Art of Coaching  
Thanks for the  
Feedback***

***MONEY Master the  
Game***

***The Path from  
Cause to Effect  
Faster***

*In 2006, a nearly  
fifty-year-old Russ  
Rosenberg had an  
epiphany. For  
years, he had*

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*been searching for a hobby that would hold his interest. After trying Guitar lessons, shooting sports and fly fishing, Russ tapped into his lifelong passion for cool cars. A short time later, he bought a used*



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*Miata, signed up for autocross school, and eventually began road racing. In a comprehensive guide, Russ relies on his experiences as an amateur racer to provide a roadmap for beginner racers*

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*that offers time-tested wisdom on how to start in the sport, avoid costly mistakes, and secure a logical path to success. He includes valuable insight into how to choose the right car and the true cost of*

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*racing as well as  
entertaining  
racing stories for  
the over-forty  
crowd, photos,  
resources, and an  
honest opinion on  
the sport from his  
wife, Lisa. " ... A  
must read for  
anyone who is  
considering  
getting involved*

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*in racing ..."*

*-Tony Parella,  
CEO, Sportscar  
Vintage Racing  
Association*

*How to drive to a  
car's full potential  
on road and  
track. Controlling  
weight transfer,  
following lines,  
and more.*

*This invaluable*

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*handbook on the structural design and science behind the race car chassis includes sections on materials and structures, structural loads, a brief overview of suspension and chassis design, multi-tube and*

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*space frame  
chassis, joining  
ferrous metals,  
stressed skin  
construction, and  
joining light  
alloys.*

*Take pole position  
to learn the  
ground rules,  
techniques and  
procedures of  
driving perception*

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*and evaluation.*  
Of Race Driving  
*Racing*

*professional  
Carroll Smith  
delivers current  
state-of-the-art  
techniques for  
working with your  
crew to develop  
and set up your  
car so that you'll  
have a  
competitive tool*

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*with which to  
practice the art of  
driving.*

*How to Get the  
Most Out of Your  
Modern  
Performance Car  
Mastering the Art  
of Success  
Design,  
Structures and  
Materials for  
Road, Drag and*



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*Circle Track  
Open- and Closed-  
Wheel Chassis  
Real World  
Instruction and  
Advice from  
Hollywood's Top  
Driver  
Optimum Drive  
Driving On The  
Edge  
Essential Guide to  
Race Driving*

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'Machiavelli has a new rival, and Sun-tzu had better watch his back' - New York Times Robert Greene's laws are now famous: Law 1: Never outshine the master. Law 2: Never put too much trust in

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friends; learn how  
to use enemies.

Law 3: Conceal  
your intentions.

Law 4: Always say  
less than  
necessary. At  
work, in  
relationships, on  
the street or on the  
6 o'clock News:  
the 48 Laws apply

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everywhere. For anyone with an interest in conquest, self-defence, wealth, power or simply being an educated spectator, The 48 Laws of Power is one of the most useful and entertaining books

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ever; it 'teaches you how to cheat, dissemble, feign, fight and advance your cause in the modern world.'

(Independent on Sunday). Robert Greene will teach you the distilled wisdom of the masters -

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illustrated through  
the tactics,  
triumphs and  
failures from  
Elizabeth I to  
Henry Kissinger on  
how to get to the  
top and stay there.  
Wry, ironic and  
clever, this is an  
indispensable and  
witty guide to

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power. The perfect gift book for the power-hungry (and who doesn't want power?); this is the Concise Edition of an international bestseller. From the internationally bestselling author of Mastery, The Art Of Seduction, and

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The 33 Strategies  
Of War.

A lot of books on driving are written by professional racers who assume you too want to be a professional racer. Not this book. It's written by a hobbyist who



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suggests you keep your day job.

Besides, it's much more fun being an enthusiastic amateur than a jaded professional (just ask someone in the sex industry). This book is designed to help the

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average driver  
make the transition  
from commuter to  
safe road racer in  
as few pages as  
possible. I wrote  
this book because  
it's what I would  
have wanted to  
read when I first  
became interested  
in track driving:

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succinct, nerdy,  
practical, and  
occasionally  
diverting. It is not  
intended as a  
definitive tome or a  
work of art. It's  
more like a  
sandwich:  
convenient and  
nourishing.

Written by a

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professional,  
Driving on the  
Edge covers the  
basic skills and  
reveals the latest  
advanced  
techniques for  
driving a racing car  
on the limit.

Essential reading  
for beginner and  
experienced driver

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alike, it will also interest race team engineers and car enthusiasts who want to peek behind the scenes to learn more about the challenging world of the racing driver.

Here's the ultimate

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guide to being the  
best—and  
safest—driver  
possible. And an  
absolute must for  
everyone with a  
learner's permit.  
Former Top Gear  
Stig and  
professional driver  
Ben Collins shares  
expert skills culled

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from a twenty year career as one of the best drivers in the world, famous for racing in the Le Mans series and NASCAR, piloting the Batmobile, and dodging bullets with James Bond. Refined over thousands of

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hours of elite-level performance in the physics of driving, his philosophy results in greater control and safer, more efficient and fun driving for all skill levels.

The Science and  
Art of Receiving  
Feedback Well



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The Lost Art of  
High Performance

Driving

The Art of R

Programming

Microstyle: The Art

of Writing Little

Cooking for Geeks

Bob Bondurant on

High Performance

Driving

Mastering 'Metrics

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Shave lap times or  
find a faster line  
through your  
favorite set of S-  
curves with  
professional race  
driver Ross  
Bentley as he  
shows you the  
quickest line from  
apex to apex! With  
tips and  
commentary from  
current race

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drivers, Bentley covers the vital techniques of speed, from visualizing lines to interpreting tire temps to put you in front of the pack. Includes discussion of practice techniques, chassis set-up, and working with your pit chief.

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In The Art of Split-Second Success, you will learn to push the limits of traditional thought and immediately tap into creativity you never knew you had- transforming your work and your life forever. Robert Channing, the world's greatest

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speed painter and mentalist, shares secrets only he could know after mentoring the nation's top corporations, startup businesses, athletes, and celebrities. In fact, as this book was going to press, Channing was winning accolades

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from legendary  
athlete Serena  
Williams-the  
world's #1  
women's tennis  
champion and  
Sports Illustrated  
Athlete of the Year.  
Serena knows  
what it's like to  
overcome  
insurmountable  
odds, so when  
Channing painted

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her portrait in less than 90 seconds- and presented it to her at an event hosted by Cigna Insurance-she cried out, "NO! STOP! That is INCREDIBLE. That's bananas. I LOVE IT! Robert, thank you so much! I'm going to put this up in my

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home!" You, too, hold in your hands the way to a successful life. Remember when you were a child and you believed life was magical? As it turns out, the magic of life IS real, and it's far more breathtaking, awe inspiring, and exciting than you



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ever imagined. You can be, do, or have anything you want by unleashing your creativity, calculating bold moves, and connecting with your childlike curiosity. If you can see it in your mind, you can and will have it in your hands. Take it from

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Robert Channing,  
one of the top  
thought leaders of  
the 21st century:  
Read this book and  
take action now.  
Think free and act  
fast. "If we did all  
the things we are  
capable of we  
would astound  
ourselves." Thomas  
Edison Predict  
your future by

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creating it today.  
This book was  
made for you and  
it's going to  
change your life. In  
this book Robert  
Channing promises  
to deliver three  
startling surprises:  
- Something you've  
never seen before -  
Something you'll  
never see again -  
And something you

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have to see to believe Take them to heart, and everything from your career to your personal and family life will take on a powerful new momentum and meaning. Use Robert Channing's proven process to recreate your life- starting with a

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blank canvas of  
infinite  
opportunities on  
which your own  
masterpiece will be  
painted.

“A work of pop  
linguistics . . .  
[that] synthesizes .  
. . . grammar,  
branding, cognitive  
science and Web  
theory . . . with  
intelligence and

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friendly  
wit.”—New York

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the age of the  
incredible  
shrinking message.  
Your guide to this  
new landscape,  
Christopher  
Johnson reveals  
the once-secret  
knowledge of  
poets, copywriters,  
brand namers,

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political  
speechwriters, and  
other professional  
verbal  
miniaturists. Each  
chapter discusses  
one tool that helps  
short messages  
grab attention,  
communicate  
instantly, stick in  
the mind, and roll  
off the tongue.  
Piled high with

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examples from  
corporate slogans  
to movie titles to  
product names,  
Microstyle shows  
readers how to say  
the most with the  
least, while  
offering a lively  
romp through the  
historic  
transformation of  
mass media into  
the media of the



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Fastest Cyclists