

A Mind For Numbers

A Mind For Numbers

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A Mind for Numbers

How to Excel at Math and Science (even If You Flunked Algebra) *TarcherPerigree*

An engineering professor who started out doing poorly in mathematical and technical subjects in school offers tools, tips and techniques to learning the creative and analytical thought processes that will lead to achievement in math and science. Original.

A Mind For Numbers

How to Excel at Math and Science (Even If You Flunked Algebra) *Penguin*

The companion book to COURSERA®'s wildly popular massive open online course "Learning How to Learn" Whether you are a student struggling to fulfill a math or science requirement, or you are embarking on a career change that requires a new skill set, A Mind for Numbers offers the tools you need to get a better grasp of that intimidating material. Engineering professor Barbara Oakley knows firsthand how it feels to struggle with math. She flunked her way through high school math and science courses, before enlisting in the army immediately after graduation. When she saw how her lack of mathematical and technical savvy severely limited her options—both to rise in the military and to explore other careers—she returned to school with a newfound determination to re-tool her brain to master the very subjects that had given her so much trouble throughout her entire life. In A Mind for Numbers, Dr. Oakley lets us in on the secrets to learning effectively—secrets that even dedicated and successful students wish they’d known earlier. Contrary to popular belief, math requires creative, as well as analytical, thinking. Most people think that there’s only one way to do a problem, when in actuality, there are often a number of different solutions—you just need the creativity to see them. For example, there are more than three hundred different known proofs of the Pythagorean Theorem. In short, studying a problem in a laser-focused way until you reach a solution is not an effective way to learn. Rather, it involves taking the time to step away from a problem and allow the more relaxed and creative part of the brain to take over. The learning strategies in this book apply not only to math and science, but to any subject in which we struggle. We all have what it takes to excel in areas that don't seem to come naturally to us at first, and learning them does not have to be as painful as we might think.

A Mind for Numbers

How to Excel at Math and Science (Even If You Flunked Algebra) *Penguin*

The companion book to COURSERA®'s wildly popular massive open online course "Learning How to Learn" Whether you are a student struggling to fulfill a math or science requirement, or you are embarking on a career change that requires a new skill set, A Mind for Numbers offers the tools you need to get a better grasp of that intimidating material. Engineering professor Barbara Oakley knows firsthand how it feels to struggle with math. She flunked her way through high school math and science courses, before enlisting in the army immediately after graduation. When she saw how her lack of mathematical and technical savvy severely limited her options—both to rise in the military and to explore other careers—she returned to school with a newfound determination to re-tool her brain to master the very subjects that had given her so much trouble throughout her entire life. In A Mind for Numbers, Dr. Oakley lets us in on the secrets to learning effectively—secrets that even dedicated and successful students wish they’d known earlier. Contrary to popular belief, math requires creative, as well as analytical, thinking. Most people think that there’s only one way to do a problem, when in actuality, there are often a number of different solutions—you just need the creativity to see them. For example, there are more than three hundred different known proofs of the Pythagorean Theorem. In short, studying a problem in a laser-focused way until you reach a solution is not an effective way to learn. Rather, it involves taking the time to step away from a problem and allow the more relaxed and creative part of the brain to take over. The learning strategies in this book apply not only to math and science, but to any subject in which we struggle. We all have what it takes to excel in areas that don't seem to come naturally to us at first, and learning them does not have to be as painful as we might think.

A Brain for Numbers

The Biology of the Number Instinct *MIT Press*

How our intuitive understanding of numbers is deeply rooted in our biology, traceable through both evolution and development. Humans' understanding of numbers is intuitive. Infants are able to estimate and calculate even before they learn the words for numbers. How have we come to possess this talent for numbers? In A Brain for Numbers, Andreas Nieder explains how our brains process numbers. He reports that numerical competency is deeply rooted in our biological ancestry; it can be traced through both the evolution of our species and the development of our individual minds. It is not, as it has been traditionally explained, based on our ability to use language. We owe our symbolic mathematical skills to the nonsymbolic numerical abilities that we inherited from our ancestors. The principles of mathematics, Nieder tells us, are reflections of the innate dispositions wired into the brain. Nieder explores how the workings of the brain give rise to numerical competence, tracing flair for numbers to dedicated “number neurons” in the brain. Drawing on a range of methods including brain imaging techniques, behavioral experiments, and twin studies, he outlines a new, integrated understanding of the talent for numbers. Along the way, he compares the numerical capabilities of humans and animals, and discusses the benefits animals reap from such a capability. He shows how the neurobiological roots of the brain's nonverbal quantification capacity are the evolutionary foundation of more elaborate numerical skills. He discusses how number signs and symbols are represented in the brain; calculation capability and the “neuromythology” of mathematical genius; the “start-up tools” for counting and developmental of dyscalculia (a number disorder analogous to the reading disorder dyslexia); and how the brain processes the abstract concept of zero.

Learning How to Learn

How to Succeed in School Without Spending All Your Time Studying; A Guide for Kids and Teens *Penguin*

A surprisingly simple way for students to master any subject--based on one of the world's most popular online courses and the bestselling book A Mind for Numbers A Mind for Numbers and its wildly popular online companion course "Learning How to Learn" have empowered more than two million learners of all ages from around the world to master subjects that they once struggled with. Fans often wish they'd discovered these learning strategies earlier and ask how they can help their kids master these skills as well. Now in this new book for kids and teens, the authors reveal how to make the most of time spent studying. We all have the tools to learn what might not seem to come naturally to us at first--the secret is to understand how the brain works so we can unlock its power. This book explains:

- Why sometimes letting your mind wander is an important part of the learning process
- How to avoid "rut think" in order to think outside the box
- Why having a poor memory can be a good thing
- The value of metaphors in developing understanding
- A simple, yet powerful, way to stop procrastinating

Filled with illustrations, application questions, and exercises, this book makes learning easy and fun.

Mindshift

Break Through Obstacles to Learning and Discover Your Hidden Potential *Penguin*

Mindshift reveals how we can overcome stereotypes and preconceived ideas about what is possible for us to learn and become. At a time when we are constantly being asked to retrain and reinvent ourselves to adapt to new technologies and changing industries, this book shows us how we can uncover and develop talents we didn’t realize we had—no matter what our age or background. We’re often told to “follow our passions.” But in Mindshift, Dr. Barbara Oakley shows us how we can broaden our passions. Drawing on the latest neuroscientific insights, Dr. Oakley shepherds us past simplistic ideas of “aptitude” and “ability,” which provide only a snapshot of who we are now—with little consideration about how we can change. Even seemingly “bad” traits, such as a poor memory, come with hidden advantages—like increased creativity. Profiling people from around the world who have overcome learning limitations of all kinds, Dr. Oakley shows us how we can turn perceived weaknesses, such as impostor syndrome and advancing age, into strengths. People may feel like they’re at a disadvantage if they pursue a new field later in life; yet those who change careers can be fertile cross-pollinators: They bring valuable insights from one discipline to another. Dr. Oakley teaches us strategies for learning that are backed by neuroscience so that we can realize the joy and benefits of a learning lifestyle. Mindshift takes us deep inside the world of how people change and grow. Our biggest stumbling blocks can be our own preconceptions, but with the right mental insights, we can tap into hidden potential and create new opportunities.

Learn Like a Pro

Science-Based Tools to Become Better at Anything *St. Martin's Essentials*

A book for learners of all ages containing the best and most updated advice on learning from neuroscience and cognitive psychology. Do you spend too much time learning with disappointing

results? Do you find it difficult to remember what you read? Do you put off studying because it's boring and you're easily distracted? This book is for you. Dr. Barbara Oakley and Olav Schewe have both struggled in the past with their learning. But they have found techniques to help them master any material. Building on insights from neuroscience and cognitive psychology, they give you a crash course to improve your ability to learn, no matter what the subject is. Through their decades of writing, teaching, and research on learning, the authors have developed deep connections with experts from a vast array of disciplines. And it's all honed with feedback from thousands of students who have themselves gone through the trenches of learning. Successful learners gradually add tools and techniques to their mental toolbox, and they think critically about their learning to determine when and how to best use their mental tools. That allows these learners to make the best use of their brains, whether those brains seem "naturally" geared toward learning or not. This book will teach you how you can do the same.

Uncommon Sense Teaching

Practical Insights in Brain Science to Help Students Learn *Penguin*

Top 10 Pick for Learning Ladders' Best Books for Educators Summer 2021 A groundbreaking guide to improve teaching based on the latest research in neuroscience, from the bestselling author of *A Mind for Numbers*. Neuroscientists and cognitive scientists have made enormous strides in understanding the brain and how we learn, but little of that insight has filtered down to the way teachers teach. *Uncommon Sense Teaching* applies this research to the classroom for teachers, parents, and anyone interested in improving education. Topics include: • keeping students motivated and engaged, especially with online learning • helping students remember information long-term, so it isn't immediately forgotten after a test • how to teach inclusively in a diverse classroom where students have a wide range of abilities Drawing on research findings as well as the authors' combined decades of experience in the classroom, *Uncommon Sense Teaching* equips readers with the tools to enhance their teaching, whether they're seasoned professionals or parents trying to offer extra support for their children's education.

The Math Gene

How Mathematical Thinking Evolved And Why Numbers Are Like Gossip *Basic Books*

Why is math so hard? And why, despite this difficulty, are some people so good at it? If there's some inborn capacity for mathematical thinking—which there must be, otherwise no one could do it—why can't we all do it well? Keith Devlin has answers to all these difficult questions, and in giving them shows us how mathematical ability evolved, why it's a part of language ability, and how we can make better use of this innate talent. He also offers a breathtakingly new theory of language development—that language evolved in two stages, and its main purpose was not communication—to show that the ability to think mathematically arose out of the same symbol-manipulating ability that was so crucial to the emergence of true language. Why, then, can't we do math as well as we can speak? The answer, says Devlin, is that we can and do—we just don't recognize when we're using mathematical reasoning.

Evil Genes

Why Rome Fell, Hitler Rose, Enron Failed, and My Sister Stole My Mother's Boyfriend *Prometheus Books*

Have you ever heard of a person who left you wondering, "How could someone be so twisted? So evil?" Prompted by clues in her sister's diary after her mysterious death, author Barbara Oakley takes the reader inside the head of the kinds of malevolent people you know, perhaps all too well, but could never understand. Starting with psychology as a frame of reference, Oakley uses cutting-edge images of the working brain to provide startling support for the idea that "evil" people act the way they do mainly as the result of a dysfunction. In fact, some deceitful, manipulative, and even sadistic behavior appears to be programmed genetically—suggesting that some people really are born to be bad. Oakley links the latest findings of molecular research to a wide array of seemingly unrelated historical and current phenomena, from the harems of the Ottomans and the chummy jokes of "Uncle Joe" Stalin, to the remarkable memory of investor Warren Buffett. Throughout, she never loses sight of the personal cost of evil genes as she unravels the mystery surrounding her sister's enigmatic life—and death. *Evil Genes* is a tour-de-force of popular science writing that brilliantly melds scientific research with intriguing family history and puts both a human and scientific face to evil.

How Not to be Wrong

The Power of Mathematical Thinking

The columnist for Slate's popular "Do the Math" celebrates the logical, illuminating nature of math in today's world, sharing in accessible language mathematical approaches that demystify complex and everyday problems.

Book of Numbers

A Novel *Random House*

NATIONAL BESTSELLER • "More impressive than all but a few novels published so far this decade . . . a wheeling meditation on the wired life, on privacy, on what being human in the age of binary code might mean . . . [Joshua] Cohen, all of thirty-four, emerges as a major American writer."—The New York Times NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY VULTURE AND ONE OF THE BEST BOOKS OF THE YEAR BY NPR AND THE WALL STREET JOURNAL "Book of Numbers . . . is shatteringly powerful. I cannot think of anything by anyone in [Cohen's] generation that is so frighteningly relevant and composed with such continuous eloquence. There are moments in it that seem to transcend our impasse."—Harold Bloom The enigmatic billionaire founder of Tetration, the world's most powerful tech company, hires a failed novelist, Josh Cohen, to ghostwrite his memoirs. The mogul, known as Principal, brings Josh behind the digital veil, tracing the rise of Tetration, which started in the earliest days of the Internet by revolutionizing the search engine before venturing into smartphones, computers, and the surveillance of American citizens. Principal takes Josh on a mind-bending world tour from Palo Alto to Dubai and beyond, initiating him into the secret pretext of the autobiography project and the life-or-death stakes that surround its publication. Insider tech exposé, leaked memoir-in-progress, international thriller, family drama, sex comedy, and biblical allegory, *Book of Numbers* renders the full range of modern experience both online and off. Embodying the Internet in its language, it finds the humanity underlying the virtual. Featuring one of the most unforgettable characters in contemporary fiction, *Book of Numbers* is an epic of the digital age, a triumph of a new generation of writers, and one of those rare books that renew the idea of what a novel can do. Praise for *Book of Numbers* "The Great American Internet Novel is here. . . . Book of

Numbers is a fascinating look at the dark heart of the Web. . . . A page-turner about life under the veil of digital surveillance . . . one of the best novels ever written about the Internet."—Rolling Stone "A startlingly talented novelist."—The Wall Street Journal "Remarkable . . . dazzling . . . Cohen's literary gifts . . . suggest that something is possible, that something still might be done to safeguard whatever it is that makes us human."—Francine Prose, The New York Review of Books

Adam Spencer's Big Book of Numbers

Everything you wanted to know about the numbers 1 to 100 *Brio Books*

How can a prime number be 'sexy' and 'safe' at the same time? Why shouldn't Aussie cricketers be scared of the number 87? And how many bacteria live in your pants ... All the answers and more are in Adam Spencer's *Big Book of Numbers*. This is a book for readers of all ages who love numbers, who want to love numbers, or who just love to laugh and learn about the wonderful world we live in. For 15 years Adam Spencer has been entertaining us. On triple j and ABC radio and television, he's established himself as Australia's funniest and most famous mathematician. And now, by popular demand, we have his *Big Book of Numbers*, a fascinating journey from 1 to 100. Praise for Adam Spencer's *Big Book of Numbers* 'If you find this book boring, you should be in a clinic.' John Cleese 'Funny yet with hidden depths, like its author. A brilliant introduction to the world of numbers.' Brian Cox 'Even the page numbers will start to look fascinating once you've read this book!' Amanda Keller 'This book will bring out the inner geek in anyone who knows how to count to 100.' Brian Schmidt, Winner, 2011 Nobel Prize in Physics 'Funny, informative and, even better for dummies like me, all the answers are in the back.' Wil Anderson 'Excellent. Can't wait to geek-out my dinner party guests with my new maths facts!' Maryanne Demasi, Catalyst, ABC Television

The Last Book in the Universe *Scholastic Inc.*

This fast-paced action novel is set in a future where the world has been almost destroyed. Like the award-winning novel *Freak the Mighty*, this is Philbrick at his very best. It's the story of an epileptic teenager nicknamed Spaz, who begins the heroic fight to bring human intelligence back to the planet. In a world where most people are plugged into brain-drain entertainment systems, Spaz is the rare human being who can see life as it really is. When he meets an old man called Ryter, he begins to learn about Earth and its past. With Ryter as his companion, Spaz sets off an unlikely quest to save his dying sister -- and in the process, perhaps the world.

Brainworks

The Mind-bending Science of how You See, what You Think, and who You are *National Geographic Books*

A companion book to the National Geographic TV series uses brain teasers and optical illusions to shed light on the workings of the amazing human brain.

Wonders of Numbers

Adventures in Mathematics, Mind, and Meaning *Oxford University Press*

Who were the five strangest mathematicians in history? What are the ten most interesting numbers? Jam-packed with thought-provoking mathematical mysteries, puzzles, and games, *Wonders of Numbers* will enchant even the most left-brained of readers. Hosted by the quirky Dr. Googol—who resides on a remote island and occasionally collaborates with Clifford Pickover—*Wonders of Numbers* focuses on creativity and the delight of discovery. Here is a potpourri of common and unusual number theory problems of varying difficulty—each presented in brief chapters that convey to readers the essence of the problem rather than its extraneous history. Peppered throughout with illustrations that clarify the problems, *Wonders of Numbers* also includes fascinating "math gossip." How would we use numbers to communicate with aliens? Check out Chapter 30. Did you know that there is a Numerical Obsessive-Compulsive Disorder? You'll find it in Chapter 45. From the beautiful formula of India's most famous mathematician to the Leviathan number so big it makes a trillion look small, Dr. Googol's witty and straightforward approach to numbers will entice students, educators, and scientists alike to pick up a pencil and work a problem.

The Man of Numbers

Fibonacci's Arithmetic Revolution *A&C Black*

The story of the medieval genius whose 1202 book changed the course of mathematics in the West and helped bring on the modern era.

Really Big Numbers

American Mathematical Soc.

In the American Mathematical Society's first-ever book for kids (and kids at heart), mathematician and author Richard Evan Schwartz leads math lovers of all ages on an innovative and strikingly illustrated journey through the infinite number system. By means of engaging, imaginative visuals and endearing narration, Schwartz manages the monumental task of presenting the complex concept of Big Numbers in fresh and relatable ways. The book begins with small, easily observable numbers before building up to truly gigantic ones, like a nonillion, a tredecillion, a googol, and even ones too huge for names! Any person, regardless of age, can benefit from reading this book. Readers will find themselves returning to its pages for a very long time, perpetually learning from and growing with the narrative as their knowledge deepens. *Really Big Numbers* is a wonderful enrichment for any math education program and is enthusiastically recommended to every teacher, parent and grandparent, student, child, or other individual interested in exploring the vast universe of numbers.

Mathematical Mindsets

Unleashing Students' Potential through Creative Math, Inspiring Messages and Innovative Teaching *John Wiley & Sons*

Banish math anxiety and give students of all ages a clear roadmap to success *Mathematical Mindsets* provides practical strategies and activities to help teachers and parents show all children, even those who are convinced that they are bad at math, that they can enjoy and succeed in math. Jo Boaler—Stanford researcher, professor of math education, and expert on math learning—has studied why students don't like math and often fail in math classes. She's followed thousands of students through middle and high schools to study how they learn and to find the most effective ways to unleash the math potential in all students. There is a clear gap between what research has shown to work in teaching math and what happens in schools and at home. This book bridges that gap by turning research findings into practical activities and advice. Boaler translates Carol Dweck's

concept of 'mindset' into math teaching and parenting strategies, showing how students can go from self-doubt to strong self-confidence, which is so important to math learning. Boaler reveals the steps that must be taken by schools and parents to improve math education for all. Mathematical Mindsets: Explains how the brain processes mathematics learning Reveals how to turn mistakes and struggles into valuable learning experiences Provides examples of rich mathematical activities to replace rote learning Explains ways to give students a positive math mindset Gives examples of how assessment and grading policies need to change to support real understanding Scores of students hate and fear math, so they end up leaving school without an understanding of basic mathematical concepts. Their evasion and departure hinders math-related pathways and STEM career opportunities. Research has shown very clear methods to change this phenomena, but the information has been confined to research journals—until now. Mathematical Mindsets provides a proven, practical roadmap to mathematics success for any student at any age.

The Birth of the Mind

How a Tiny Number of Genes Creates the Complexities of Human Thought *Basic Civitas Books*
A psychologist offers a detailed study of the genetic underpinnings of human thought, looking at the small number of genes that contain the instructions for building the vastly complex human brain to determine how these genes work, common misconceptions about genes, and their implications for the future of genetic engineering. 30,000 first printing.

Engaging Learners through Zoom

Strategies for Online Teaching Across Disciplines *John Wiley & Sons*
Many educators are frustrated with the perceived limitations of a video-conferencing platform like Zoom that was originally designed for corporate meetings. Yet Zoom offers tools that, with creativity and practice, can be used to more deeply engage students, reduce Zoom Fatigue, promote active learning, and achieve successful learning outcomes. Dr. Brennan has developed a collection of dozens of active, synchronous Zoom learning structures that can be used in any discipline, and at multiple levels of education. The resulting book, Engaging Learners through Zoom, will help educators leverage the latest research on active learning, engagement, learner motivation and cognitive neuroscience, to train them to be more effective as educators in distance learning, and to ensure that learners have the best possible opportunity to achieve their educational, career and life goals. This is especially important in ensuring equity in educational outcomes for students who are at greater risk of dropping out of high school, and who are the first in their families to attempt college. The goal for this book is to provide educators with a sizeable toolbox for improving distance learning experiences and results, primarily through synchronous learning. If educators use these tools with students, the author and his company, On Course, will achieve its goal of significantly increasing learner engagement and thus the opportunity for more students to achieve their educational goals.

Peak

How to Master Almost Anything *Penguin Canada*
For the first time in decades of groundbreaking research, the inventor of the 10,000-hour rule explains his techniques for developing mastery of any skill We live in a world full of people with extraordinary abilities. Consider what Roger Federer can do with a tennis ball, or Connor McDavid with a puck. There are chess grandmasters who can play several dozen different games simultaneously--while blindfolded--and a seemingly unending supply of young musical prodigies who would have astonished aficionados a century ago. We are dramatically better at just about everything than we were just a generation ago. We assume, though, that these peak performers are the lucky ones, the ones with a gift. That's only partly true. The fact is we are all lucky. We all have that gift. As Ericsson's whole career has shown, with the proper practice, we are all capable of extraordinary feats. On the surface, the techniques that chess players use to develop their skills seem quite different from the methods soccer players use to perfect their games, which in turn seem quite different from how pianists improve their playing. But at a deeper level, they are all variations on a single fundamental approach to learning, what Ericsson, a world-renowned researcher, has named "deliberate practice": a simple, yet powerful system for enhancing learning. This approach to expertise has the potential to revolutionize how we think about every sort of education and training. We are not limited by an endowment of natural talent. We create our own limits. Whether you want to step up your game at work or on the weekend, or help your kid achieve athletic or academic goals, Ericsson's revolutionary methods will show you how to master almost anything. From the Hardcover edition.

Teaching the Female Brain

How Girls Learn Math and Science *Corwin Press*
Discover how girls' sensory, physical, cognitive, and emotional characteristics affect performance and how you can tailor instruction to promote girls' learning in math, science, and other areas.

How We Learn

The Surprising Truth About When, Where, and Why It Happens *Random House*
In the tradition of The Power of Habit and Thinking, Fast and Slow comes a practical, playful, and endlessly fascinating guide to what we really know about learning and memory today—and how we can apply it to our own lives. From an early age, it is drilled into our heads: Restlessness, distraction, and ignorance are the enemies of success. We’re told that learning is all self-discipline, that we must confine ourselves to designated study areas, turn off the music, and maintain a strict ritual if we want to ace that test, memorize that presentation, or nail that piano recital. But what if almost everything we were told about learning is wrong? And what if there was a way to achieve more with less effort? In How We Learn, award-winning science reporter Benedict Carey sifts through decades of education research and landmark studies to uncover the truth about how our brains absorb and retain information. What he discovers is that, from the moment we are born, we are all learning quickly, efficiently, and automatically; but in our zeal to systematize the process we have ignored valuable, naturally enjoyable learning tools like forgetting, sleeping, and daydreaming. Is a dedicated desk in a quiet room really the best way to study? Can altering your routine improve your recall? Are there times when distraction is good? Is repetition necessary? Carey’s search for answers to these questions yields a wealth of strategies that make learning more a part of our everyday lives—and less of a chore. By road testing many of the counterintuitive techniques described in this book, Carey shows how we can flex the neural muscles that make deep learning possible. Along the way he reveals why teachers should give final exams on the first day of class, why it’s wise to

interleave subjects and concepts when learning any new skill, and when it’s smarter to stay up late prepping for that presentation than to rise early for one last cram session. And if this requires some suspension of disbelief, that’s because the research defies what we’ve been told, throughout our lives, about how best to learn. The brain is not like a muscle, at least not in any straightforward sense. It is something else altogether, sensitive to mood, to timing, to circadian rhythms, as well as to location and environment. It doesn’t take orders well, to put it mildly. If the brain is a learning machine, then it is an eccentric one. In How We Learn, Benedict Carey shows us how to exploit its quirks to our advantage.

The Satanic Verses

A Novel *Macmillan*
The explosion of a jetliner over India triggers an Apocalyptic battle that sweeps across the subcontinent. Reprint.

Undisruptable

A Mindset of Permanent Reinvention for Individuals, Organisations and Life *John Wiley & Sons*
Understand the barriers to change and cultivate a reinvention mindset that will make you impervious to disruption In our world of incessant change, we are all threatened by volatility, uncertainty, complexity, and ambiguity—at the individual and organizational levels. Undisruptable will give you a new lens through which to consider change as an opportunity rather than an obstacle. You’ll be inspired to consider the big questions of today: What does the future hold? What does the exponential growth of technology mean for the world of work? What does a changing job market mean for future generations? What do waves of disruption mean for business leaders? Society is evolving at breakneck speed. What does this mean for all of us? Read Undisruptable to bridge the chaos and build the resilience you need to move forward. While we cannot see into the future, there are repeatable patterns that we can understand. Undisruptable demystifies the principles of change through a blend of analogies, innovation frameworks and exemplars of change such as Fujifilm and Arnold Schwarzenegger. The first step to becoming undisruptable is to realize that evolution is a natural part of life, and nature provides many examples. Undisruptable will help you to: Understand the principles of change Overcome the barriers to change See change as an opportunity and not an obstacle Utilize simple frameworks and examples to guide you on your transformation By the end of this book, you will have the essential tools and techniques to foster a reinvention mindset that will help you and your organization to become Undisruptable. This book is part of a 3-part series. Part 2 looks at the biases and mental obstacles that prevent change. Part 3 examines the best ways to communicate change within an organization. PRAISE FOR UNDISRUPTABLE “Aidan McCullen has lived a fascinating life of major change. In his book, ‘Undisruptable’; he brings us a method for making sense of the external world, and an accessible and visual approach to letting go of the past, and welcoming the future with a mindset of permanent reinvention. It is a timely, thoughtful book, well worth reading.” – Dee Hock, founder and CEO Emeritus of VISA and author of One from Many: VISA and the Rise of Chaordic Organization “As the poet Paul Valery said, 'the future is not what is used to be'. Organizations across the board must come to grips with permanent reinvention as their needed way of being. Aidan McCullen's gifted storytelling will inspire you and get you on your way to permanent reinvention.” – Mark Johnson, co-founder Innosight and author Lead from the Future “This book teaches the mindset—the lens of clarity—that we all must develop in order to be undisruptable in a future of chilling disruption.” – Bob Johansen author Full-Spectrum Thinking, Distinguished Fellow, Institute for the Future “The snake may slough off its tail, but there's nothing to be sloughed off with this book. Former professional rugby player Aidan McCullen knows how not to be defeated by victory. He knows how to disrupt himself. He knows what it means to be Undisruptable.” – Whitney Johnson, author of Disrupt Yourself “Aidan McCullen shows us how to embrace a mindset of permanent reinvention. By reading this book, you will learn how to shed o

How Math Explains the World

A Guide to the Power of Numbers, from Car Repair to Modern Physics *Harper Collins*
In How Math Explains the World, mathematician Stein reveals how seemingly arcane mathematical investigations and discoveries have led to bigger, more world-shaking insights into the nature of our world. In the four main sections of the book, Stein tells the stories of the mathematical thinkers who discerned some of the most fundamental aspects of our universe. From their successes and failures, delusions, and even duels, the trajectories of their innovations—and their impact on society—are traced in this fascinating narrative. Quantum mechanics, space-time, chaos theory and the workings of complex systems, and the impossibility of a "perfect" democracy are all here. Stein's book is both mind-bending and practical, as he explains the best way for a salesman to plan a trip, examines why any thought you could have is imbedded in the number p , and—perhaps most importantly—answers one of the modern world's toughest questions: why the garage can never get your car repaired on time. Friendly, entertaining, and fun, How Math Explains the World is the first book by one of California's most popular math teachers, a veteran of both "math for poets" and Princeton's Institute for Advanced Studies. And it's perfect for any reader wanting to know how math makes both science and the world tick.

Give and Take

Why Helping Others Drives Our Success *Penguin*
A groundbreaking look at why our interactions with others hold the key to success, from the bestselling author of Think Again and Originals For generations, we have focused on the individual drivers of success: passion, hard work, talent, and luck. But in today’s dramatically reconfigured world, success is increasingly dependent on how we interact with others. In Give and Take, Adam Grant, an award-winning researcher and Wharton’s highest-rated professor, examines the surprising forces that shape why some people rise to the top of the success ladder while others sink to the bottom. Praised by social scientists, business theorists, and corporate leaders, Give and Take opens up an approach to work, interactions, and productivity that is nothing short of revolutionary.

Hair of the Dog

Tales from Aboard a Russian Trawler
Barbara Oakley's riveting portrayal of espionage, lust, comic adventure, hard work - and harder drinking - brings to life a little-known episode of American history when two cold-warring nations got together to fish the north Pacific. The joint fishing venture saw a brief period of success during the 1980s when Americans caught fish within the two-hundred mile maritime limit, then passed them off

at sea to Russian processing trawlers. Oakley served as a translator aboard the processing ships, and Hair of the Dog is her true-life story of volatile Russian and American fishermen forced to work together. Barbara Oakley proved to be a resourceful translator - one who could silence the KGB with a squirt gun or handle a mob of drunken Russians seeking nirvana at K-Mart in downtown Portland. She is an equally imaginative author who has provided one of those rarest of book finds: a reflection upon an unknown world; and entertaining tale of adventure; and a thought-provoking examination of the intertwining consequences of fanaticism, greed, and opportunity.

e: The Story of a Number *Princeton University Press*

The interest earned on a bank account, the arrangement of seeds in a sunflower, and the shape of the Gateway Arch in St. Louis are all intimately connected with the mysterious number e. In this informal and engaging history, Eli Maor portrays the curious characters and the elegant mathematics that lie behind the number. Designed for a reader with only a modest mathematical background, this biography brings out the central importance of e to mathematics and illuminates a golden era in the age of science.

Magic Hour *Random House Large Print Publishing*

Reluctantly giving up her California practice working with troubled children, Julia Cates is forced to draw on all her skills to deal with a young mute girl found abandoned and terrified in her Pacific Northwest hometown and joins forces with Max Cerasin, a handsome physician with a mysterious past, to help the young girl. (General Fiction)

The Great Mental Models: General Thinking Concepts

The old saying goes, "To the man with a hammer, everything looks like a nail." But anyone who has done any kind of project knows a hammer often isn't enough. The more tools you have at your disposal, the more likely you'll use the right tool for the job - and get it done right. The same is true when it comes to your thinking. The quality of your outcomes depends on the mental models in your head. And most people are going through life with little more than a hammer. Until now. The Great Mental Models: General Thinking Concepts is the first book in The Great Mental Models series designed to upgrade your thinking with the best, most useful and powerful tools so you always have the right one on hand. This volume details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making, productivity, and how clearly you see the world. You will discover what forces govern the universe and how to focus your efforts so you can harness them to your advantage, rather than fight with them or worse yet- ignore them. Upgrade your mental toolbox and get the first volume today. AUTHOR BIOGRAPHY Farnam Street (FS) is one of the world's fastest growing websites, dedicated to helping our readers master the best of what other people have already figured out. We curate, examine and explore the timeless ideas and mental models that history's brightest minds have used to live lives of purpose. Our readers include students, teachers, CEOs, coaches, athletes, artists, leaders, followers, politicians and more. They're not defined by gender, age, income, or politics but rather by a shared passion for avoiding problems, making better decisions, and lifelong learning. AUTHOR HOME Ottawa, Ontario, Canada

If...

Imagine if you could condense all 3.5 billion years of life on Earth into just one hour. If you did, the dinosaurs wouldn't show up until 56 minutes into the hour, and they'd be gone three minutes later. Modern humans (the ones we are related to) would amble into view at the very end of the hour, with just 0.2 seconds to spare.

Girls Get Curves

Geometry Takes Shape *Penguin*

New York Times bestselling author Danica McKellar makes it a breeze to excel in high school geometry! Hollywood actress and math whiz Danica McKellar has completely shattered the “math nerd” stereotype. For years, she’s been showing girls how to feel confident and ace their math classes—with style! With Girls Get Curves, she applies her winning techniques to high school geometry, giving readers the tools they need to feel great and totally “get” everything from congruent triangles to theorems, and more. Inside you’ll find: • Time-saving tips and tricks for homework and tests • Illuminating practice problems (and proofs!) with detailed solutions • Totally relateable real-world examples • True stories from Danica’s own life as an actress and math student • A Troubleshooting Guide, for getting unstuck during even the trickiest proofs! With Danica as a

coach, girls everywhere can stop hiding from their homework and watch their scores rise!

The Probability Of God

A Simple Calculation That Proves The Ultimate Truth *Crown Forum*

A thoughtful approach to justifying religion using scientific principles reveals how a two-hundred-year-old mathematical equation, developed by European philosopher Thomas Bayes, can be used to prove the probability of God's existence. Reprint. 10,000 first printing.

Spurious Correlations *Hachette Books*

"Spurious Correlations ... is the most fun you'll ever have with graphs."--Bustle Military intelligence analyst and Harvard Law student Tyler Vigen illustrates the golden rule that "correlation does not equal causation" through hilarious graphs inspired by his viral website. Is there a correlation between Nic Cage films and swimming pool accidents? What about beef consumption and people getting struck by lightning? Absolutely not. But that hasn't stopped millions of people from going to tylervigen.com and asking, "Wait, what?" Vigen has designed software that scours enormous data sets to find unlikely statistical correlations. He began pulling the funniest ones for his website and has since gained millions of views, hundreds of thousands of likes, and tons of media coverage. Subversive and clever, Spurious Correlations is geek humor at its finest, nailing our obsession with data and conspiracy theory.

Taking the Stress Out of Homework

Organizational, Content-Specific, and Test-Prep Strategies to Help Your Children Help Themselves *Penguin*

"As a mother of three, this book's practical road map for helping our kids learn independently is invaluable. This should be a must-read for all parents." --Jenna Bush Hager Drawing on extensive experience as classroom teachers and the directors of their highly regarded tutoring business, Abby and Brian address a range of common frustrations caused by homework. They answer the most pressing questions on every parent's mind: How much should I get involved, what does constructive help look like, and how can I help my child work independently? Taking the Stress out of Homework breaks down for parents exactly when and how to offer homework support. Whether your child's stress point is executive functioning--the ability to plan or organize--or a subject-specific struggle in math, reading, writing, or standardized test-preparation, Abby and Brian use real-life stories to provide individualized, actionable advice. At the center of Abby and Brian's philosophy is encouraging students to break free of the "let's get to the answer already so that we can be done with the assignment" mindset; they focus instead on a process-oriented approach that fosters engagement and self-sufficiency both in and out of school. Filled with expert tips about how to build executive functioning and content skills, Abby and Brian share stress-reducing best practices so homework not only supports what kids are learning, but also helps build confidence and skills that last a lifetime.

Plan B *Random House Australia*

Change can turn our plans, our lives and our dreams upside down. Whether you have faced a redundancy, dealt with a break-up, been in an accident, lost a loved one, had a health scare, or been impacted by an economic downturn, your ability to navigate through the change process and create an alternative plan will be the key to your future happiness. Shannah Kennedy, bestselling author of The Life Plan, has created a simple yet powerful four-part guide that is designed to give you the confidence to accept, heal, grow and adapt. Full of practical tips and exercises to help you process your emotions, restore and recover, shift your mindset, set clear goals and take control, Plan B is your roadmap to finding happiness once again.

You're Broke Because You Want to be

How to Stop Getting by and Start Getting Ahead *Penguin*

A no-holds-barred guide to prosperity by a host of Big Spender describes his disadvantaged youth and experience with bankruptcy, sharing his philosophies about personal accountability that enabled him to become a multi-millionaire.

Alex's Adventures in Numberland *A&C Black*

A hugely enjoyable, brilliantly researched explanation of the basic principles of maths.