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[The Secret](#) - Rhonda Byrne 2011-07-07

The tenth-anniversary edition of the book that changed lives in profound ways, now with a new foreword and afterword. In 2006, a groundbreaking feature-length film revealed the great mystery of the universe—The Secret—and, later that year, Rhonda Byrne followed with a book that became a worldwide bestseller. Fragments of a Great Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of The Secret come together in an incredible revelation that will be life-transforming for all who experience it. In this book, you'll learn how to use The Secret in every aspect of your life—money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your life. The Secret contains wisdom from modern-day teachers—men and women who have used it to achieve health, wealth, and happiness. By applying the knowledge of The Secret, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving what many would regard as impossible.

[Absorption and Theatricality](#) - Michael Fried 1988-09-15

With this widely acclaimed work, Michael Fried revised the way in which eighteenth-century French painting and criticism are viewed and

understood. Analyzing paintings produced between 1753 and 1781 and the comments of a number of critics who wrote about them, especially Dennis Diderot, Fried discovers a new emphasis in the art of the time, based not on subject matter or style but on values and effects.

Multiply - Francis Chan 2012-11-01

Jesus gave his followers a command: "Follow me." And a promise: "And I will equip you to find others to follow me." We were made to make disciples. Designed for use in discipleship relationships and other focused settings, Multiply will equip you to carry out Jesus's ministry. Each of the twenty-four sessions in the book corresponds with an online video at www.multiplymovement.com, where New York Times bestselling author David Platt joins Francis in guiding you through each part of Multiply. One plus one plus one. Every copy of Multiply is designed to do what Jesus did: make disciples who make disciples who make disciples.... Until the world knows the truth of Jesus Christ.

The Attributes of God - Arthur W. Pink 2019-07-18

The foundation of our knowledge of God rests upon knowing what he is like. Without understanding God's attributes, we have a skewed perception of him—often one cast in our own image. We need more than just a theoretical knowledge of God in order to worship him as he desires. This classic work of A.W. Pink invites readers to discover the truth about seventeen attributes of God, including his sovereignty,

immutability, patience, love, faithfulness, and much more. Pink shows readers a God who is alive, all-powerful, and active in his creation. The perfect introductory text, 'The Attributes of God' also has enough depth and meat to satisfy the more experienced reader.

Dressing Modern Frenchwomen - Mary Lynn Stewart 2020-03-03

At a glance, high fashion and feminism seem unlikely partners. Between the First and Second World Wars, however, these forces combined femininity and modernity to create the new, modern French woman. In this engaging study, Mary Lynn Stewart reveals the fashion industry as an integral part of women's transition into modernity. Analyzing what female columnists in fashion magazines and popular women novelists wrote about the "new silhouette," Stewart shows how bourgeois women feminized the more severe, masculine images that elite designers promoted to create a hybrid form of modern that both emancipated women and celebrated their femininity. She delves into the intricacies of marketing the new clothes and the new image to middle-class women and examines the nuts and bolts of a changing industry—including textile production, relationships between suppliers and department stores, and privacy and intellectual property issues surrounding ready-to-wear couture designs. *Dressing Modern Frenchwomen* draws from thousands of magazine covers, advertisements, fashion columns, and features to uncover and untangle the fascinating relationships among the fashion industry, the development of modern marketing techniques, and the evolution of the modern woman as active, mobile, and liberated.

A Century of Artists Books - Riva Castleman 1997-09-01

Published to accompany the 1994 exhibition at The Museum of Modern Art, New York, this book constitutes the most extensive survey of modern illustrated books to be offered in many years. Work by artists from Pierre Bonnard to Barbara Kruger and writers from Guillaume Apollinaire to Susan Sontag. An important reference for collectors and connoisseurs. Includes notable works by Marc Chagall, Henri Matisse, and Pablo Picasso.

A Course in Miracles - Foundation for Inner Peace 1976

Offers ecumenical meditations on love, perception, forgiveness, eternal

life, and theoretical concepts in theology

Decolonizing Science in Latin American Art - Joanna Page 2021-04-15

Projects that bring the 'hard' sciences into art are increasingly being exhibited in galleries and museums across the world. In a surge of publications on the subject, few focus on regions beyond Europe and the Anglophone world. *Decolonizing Science in Latin American Art* assembles a new corpus of art-science projects by Latin American artists, ranging from big-budget collaborations with NASA and MIT to homegrown experiments in artists' kitchens. While they draw on recent scientific research, these art projects also 'decolonize' science. If increasing knowledge of the natural world has often gone hand-in-hand with our objectification and exploitation of it, the artists studied here emphasize the subjectivity and intelligence of other species, staging new forms of collaboration and co-creativity beyond the human. They design technologies that work with organic processes to promote the health of ecosystems, and seek alternatives to the logics of extractivism and monoculture farming that have caused extensive ecological damage in Latin America. They develop do-it-yourself, open-source, commons-based practices for sharing creative and intellectual property. They establish critical dialogues between Western science and indigenous thought, reconnecting a disembodied, abstracted form of knowledge with the cultural, social, spiritual, and ethical spheres of experience from which it has often been excluded. *Decolonizing Science in Latin American Art* interrogates how artistic practices may communicate, extend, supplement, and challenge scientific ideas. At the same time, it explores broader questions in the field of art, including the relationship between knowledge, care, and curation; nonhuman agency; art and utility; and changing approaches to participation. It also highlights important contributions by Latin American thinkers to themes of global significance, including the Anthropocene, climate change and environmental justice.

When God Doesn't Make Sense - James C. Dobson 2012-10-17

With more than one million copies sold, *When God Doesn't Make Sense* is an immensely practical book for those who are struggling with trials

and heartaches they can't understand. Why does disease, natural disaster, divorce, rejection, death, or some other sorrow seep into our lives when we are trying to serve the Lord? It just doesn't seem fair! This book deals unflinchingly with life's most troubling question—"Why?" Drawing on his long experience as a Christian psychologist and family counselor, Dr. Dobson brings hope to those who have almost given up. When God Doesn't Make Sense also helps believers avoid the "betrayal barrier"—the sense that God is abandoning them amid the storms of life. Now with a new foreword by R. T. Kendall.

Laudato Si' - Pope Francis 2020-10-06

Laudato Si' is Pope Francis' second encyclical which focuses on the theme of the environment. In fact, the Holy Father in his encyclical urges all men and women of good will, the rulers and all the powerful on earth to reflect deeply on the theme of the environment and the care of our planet. This is our common home, we must take care of it and love it - the Holy Father tells us - because its end is also ours.

Down to Earth - Bruno Latour 2018-11-26

The present ecological mutation has organized the whole political landscape for the last thirty years. This could explain the deadly cocktail of exploding inequalities, massive deregulation, and conversion of the dream of globalization into a nightmare for most people. What holds these three phenomena together is the conviction, shared by some powerful people, that the ecological threat is real and that the only way for them to survive is to abandon any pretense at sharing a common future with the rest of the world. Hence their flight offshore and their massive investment in climate change denial. The Left has been slow to turn its attention to this new situation. It is still organized along an axis that goes from investment in local values to the hope of globalization and just at the time when, everywhere, people dissatisfied with the ideal of modernity are turning back to the protection of national or even ethnic borders. This is why it is urgent to shift sideways and to define politics as what leads toward the Earth and not toward the global or the national. Belonging to a territory is the phenomenon most in need of rethinking and careful redescription; learning new ways to inhabit the Earth is our

biggest challenge. Bringing us down to earth is the task of politics today. Codex Espangliensis - Guillermo Gomez-Pena 2000-06

Inspired by the pre-Hispanic codices that escaped immolation during colonial invasions, this artists' book opens out in accordion folds expanding to a length of over 21 feet. Rice has created a series of beautiful and jarring montages in which the mixture of languages, slang, poetry, and prose of Gomez-Pena's performance texts are woven through and around Chagoya's collages filled with pre-Hispanic drawings, colonial-era representations of New World natives, and comic book superheroes. Irreverent to the last, Gomez-Pena and Chagoya employ iconic figures and persistent stereotypes to overturn the fantasies of nationalism, ethnocentrism, and historical amnesia that cloud international relations. Rice's masterful typographic compositions orchestrate the text's many voices and views, offering a history of the Americas which must be read forward and backward, in fragments and in recurring episodes - in short, as history itself tends to unfold. About the Authors Guillermo Gomez-Pena was born in Mexico City in 1955 and came to the U.S. in 1978. His work, which includes performance art, poetry, journalism, criticism, and cultural theory, explores cross-cultural issues and North/South relations. He is the recipient of an American Book Award for *The New World Border (City Lights)* and a MacArthur Foundation Genius Award, among many other honors. Enrique Chagoya is a Mexican-born painter and printmaker who has been living and working in the U.S. since 1977. The recipient of two NEA Fellowships, his most recent show of paintings was at the DeYoung Museum in San Francisco. He currently teaches at Stanford University. Felicia Rice is a book artist, typographer, printer, and publisher whose work has earned her many honors. She lectures and exhibits internationally, and her books are represented in the collections of various museums and libraries. She currently directs the graphic design and production program at the University of California, Santa Cruz Extension.

Sophie's World - Jostein Gaarder 2007-03-20

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she

knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

Leaving the 20th Century - Christopher Gray 2014-09-09

The first Situationist text to be published in the UK in 1974, 'Leaving the 20th Century' was Chris Gray and the English situationists' attempt to capture and distil the vibrant anti-art, anti-capitalist energy of the original International Situationist texts (1957-74). With its loose translations and irreverent commentary, Gray and co. attempted to capture the "terrorism, wit and general megalomania" of the original publications, whilst faithfully reprinting the "photographs of girls, soldiers, bombings, comic-strip frames, maps of cities and diagrams of labyrinths, cathedrals and gardens." From the art/anti-art beginnings, to the role of the Situationists in the worker-student insurrection of May 68', 'Leaving the 20th Century' remains the definitive English pro-situ text.

THE GREAT GATSBY - F. SCOTT FITZGERALD 2022

THE GREAT GATSBY BY F. SCOTT FITZGERALD Key features of this book: * Unabridged with 100% of it's original content * Available in multiple formats: eBook, original paperback, large print paperback and hardcover * Easy-to-read 12 pt. font size * Proper paragraph formatting with Indented first lines, 1.25 Line Spacing and Justified Paragraphs * Properly formatted for aesthetics and ease of reading. * Custom Table of Contents and Design elements for each chapter * The Copyright page has been placed at the end of the book, as to not impede the content and flow of the book. Original publication: 1925 The Great Gatsby - The story of the mysteriously wealthy Jay Gatsby and his love for the beautiful Daisy Buchanan, This book is F. Scott Fitzgerald's third book and stands as the supreme achievement of his career. First published in 1925, this classic novel of the Jazz Age has been acclaimed by generations of readers which depicts the life of lavish parties on Long Island is an exquisitely crafted tale of America in the 1920s. This book is great for schools, teachers and students or for the casual reader, and makes a wonderful

addition to any classic literary library At Pure Snow Publishing we have taken the time and care into formatting this book to make it the best possible reading experience. We specialize in publishing classic books and have been publishing books since 2014. We now have over 500 book listings available for purchase. Enjoy!

The Notebook - Nicholas Sparks 2014-06-24

Every so often a love story captures our hearts and becomes more than just a story - it becomes an experience to treasure and to share. The Notebook is such a book. It is a celebration of a passion both ageless and timeless, a tale of laughter and tears, and makes us believe in true love all over again. At thirty-one, Noah Calhoun is rebuilding his life on the coast after the horrors of World War II, but he is haunted by images of the girl he lost more than a decade earlier. Allie Nelson is about to marry into wealth and security, but she cannot stop thinking about the boy who stole her heart years ago. And so begins an extraordinary tale of a love so strong it turns tragedy into strength and endures everything . . . 2014 marks the 10th anniversary of the film adaptation of The Notebook starring Ryan Gosling and Rachel McAdams. This new edition includes gorgeous colour photographs from the film, author Q & A, discussion questions and an exclusive chapter from The Longest Ride, the new Nicholas Sparks novel.

Mere Christianity - C.S. Lewis 2019-02-21

A revised and amplified edition, with a new introduction, of the three books "Broadcast Talks," "Christian Behaviour," and "Beyond Personality" by the acclaimed author of "The Chronicles of Narnia." [A Treatise on the True Devotion to the Blessed Virgin Mary](#) - Louis-Marie Grignon De Montfort 2020-09-08
The Original unedited 1863 edition translated from the French by Fr Faber, D.D. A Classic Devotional work with consecration to Jesus by Mary. St Louis De Montfort was Canonized on July 20, 1947. CONTENTS Translator's Preface 5 Preface to the French Edition 12 Introduction 16 PART I 23 On Devotion to Our Blessed Lady in General I. Excellence and Necessity of Devotion to Our Blessed Lady 23 II. Discernment of the True Devotion to Our Blessed Lady: Five

Fundamental Truths Presupposed 591. False Devotions to our Lady 902. True Devotion, Its Characters 100PART II 106On the Most Excellent Devotion to Our Blessed Lady, or the Perfect Consecration to Jesus by Mary 106Preliminary Observations on the Different Ways of Honouring Our Blessed LadyI. In What Consists the Perfect Consecration to Jesus Christ by Mary 112II. Its Motives 123Figure of this Consecration in the History of Jacob Receiving the Blessing of Isaac through the Offices of RebeccaIII. Admirable Effects of the Perfect Consecration to Jesus by Mary 193IV. Its Exterior 206and Interior Practices 228Manner of Practising this Devotion at Communion 237Formula of Consecration to Jesus by Mary 243Excerpt: It was on the 12th of May 1853, that the decree was pronounced at Rome, declaring his writings to be exempt from all error which could be a bar to his canonisation. In this very treatise on the veritable devotion to our Blessed Lady, he has recorded this prophecy. "I clearly foresee that raging brutes will come in fury to tear with their diabolical teeth this little writing, and him whom the Holy Ghost has made use of to write it; or at least to envelop it in the silence of a coffer, in order that it may not appear." Nevertheless, he prophesies both its appearance and its success. All this was fulfilled to the letter. The author died in 1716, and the treatise was found by accident by one of the priests of his congregation at St. Laurent-sur-Sevre, in 1842. The existing superior was able to attest the handwriting as being that of the venerable founder; and the autograph was sent to Rome, to be examined in the process of canonisation.All those who are likely to read this book love God, and lament that they do not love Him more; all desire something for His glory-the spread of some good work, the success of some devotion, the coming of some good time. One man has been striving for years to overcome a particular fault, and has not succeeded. Another mourns, and almost wonders while he mourns, that so few of his relations and friends have been converted to the faith. One grieves that he has not devotion enough; another that he has a cross to carry, which is a peculiarly impossible cross to him; while a third has domestic troubles and family unhappinesses, which feel almost incompatible with his salvation; and for all these things prayer appears to bring so little

remedy. But what is the remedy that is wanted? What is the remedy indicated by God Himself? If we may rely on the disclosures of the Saints, it is an immense increase of devotion to our Blessed Lady; but, remember, nothing short of an immense one.

Apuntes de invierno sobre impresiones de verano - Fiodor Mijailovich Dostoevskii 2017-04

En 1863 Dostoevski publicó Apuntes de invierno sobre impresiones de verano, una crónica plagada de ironía de su primer viaje por Europa, realizado el año anterior. Uno de los aspectos que más le impresionó fue la despersonalización que advirtió en las sociedades de Europa occidental, representadas principalmente por Londres y el París de Napoleón III. Dostoevski centra su crítica principalmente en la sociedad francesa, cuyas costumbres y maneras sedujeron a las clases cultas de la Rusia zarista. Al aluvión de modernidad que encarnaba esa sociedad, el novelista opone, con la ironía que le caracteriza, la «inocencia» del pueblo ruso. Como señala Nadiezhda Guennádievna en el esclarecedor epílogo del libro, se trata de «un boceto, preludeo, gemelo no idéntico, de Memorias del subsuelo», una de sus obras más aclamadas, que el filósofo Walter Kaufmann caracterizó como «la mejor obertura para el existencialismo jamás escrita», por lo que Apuntes de invierno sobre impresiones de verano ofrece al lector las pistas necesarias para conocerla en toda su extensión.

The Sovereignty of God - A.W. Pink 2016-11-13

When was the last time we truly paused to meditate and study the crucially important doctrine of the sovereignty of God? In this book A.W. Pink unpacks the theology of the sovereignty of God for us in a way few others have before or after him. Pink dives into Scripture not only to define the sovereignty of God; he goes on to help us apply the doctrine to various aspects of our lives. Pink passionately challenges us to wrestle with and accept a higher, deeper and broader view of our omniscient and omnipotent King.

Madness and Civilization - Michel Foucault 2013-01-30

Michel Foucault examines the archeology of madness in the West from 1500 to 1800 - from the late Middle Ages, when insanity was still

considered part of everyday life and fools and lunatics walked the streets freely, to the time when such people began to be considered a threat, asylums were first built, and walls were erected between the "insane" and the rest of humanity.

The Garden of Peace - Shalom Arush 2008

Animal Farm - George Orwell 2021-02-02

All animals are equal but some animals are more equal than others. It's just an ordinary farm - until the animals revolt. They get rid of the irresponsible farmer. The other animals are sure that life is improving, but as systems are replaced and half-truths are retold, a new hierarchy emerges . . . Orwell's tale of propaganda, power and greed has never felt more pertinent. With an exciting new cover and inside illustrations by superstar Chris Mould.

Everyday Life in the Modern World - Henri Lefebvre 2017-09-08

When Lefebvre's book first appeared in the 1960s it was considered a manifesto for a social movement that focused on the quality of life experienced by the individual--by the com-mon man and woman. His emphasis on the quality of life will have even more appeal to those currently living with the problems of inflation, unem-ployment, and dwindling natural resources. Basing his discussions on everyday life in France, Lefebvre shows the de-gree to which our lived-in world and our sense of it are shaped by decisions about which we know little and in which we do not participate. He evaluates the achievements and shortcomings of applying variousphilosophical perspectives such as Marxism and Structuralism to daily life, studies the impact of con-sumerism on society, and looks at effects on society of linguistic phenom-ena and various kinds of terrorism communicated through mass media. In his new introduction to this edition, Philip Wander evaluates Lefebvre's ideas by relating many of them to current contexts. He discusses the political and economic aspects of daily life in the 1980s, the work envi-ronment, communications, and the world of science and technology.

Light Bearers - Richard W. Schwarz 2000

The Urantia Book - Urantia Foundation 1955

This priceless and inexhaustible resource is the ultimate synthesis of "science, philosophy and truth, " of "reason, wisdom and faith, " and of "past, present and future."

Radical - David Platt 2010-05-04

New York Times bestseller What is Jesus worth to you? It's easy for American Christians to forget how Jesus said his followers would actually live, what their new lifestyle would actually look like. They would, he said, leave behind security, money, convenience, even family for him. They would abandon everything for the gospel. They would take up their crosses daily... But who do you know who lives like that? Do you? In *Radical*, David Platt challenges you to consider with an open heart how we have manipulated the gospel to fit our cultural preferences. He shows what Jesus actually said about being his disciple--then invites you to believe and obey what you have heard. And he tells the dramatic story of what is happening as a "successful" suburban church decides to get serious about the gospel according to Jesus. Finally, he urges you to join in *The Radical Experiment* -- a one-year journey in authentic discipleship that will transform how you live in a world that desperately needs the Good News Jesus came to bring.

The Age of Revolution - Eric J. Hobsbawm 1977-01

Quality Control Methods for Medicinal Plant Materials - World Health Organization 1998

A collection of test procedures for assessing the identity, purity, and content of medicinal plant materials, including determination of pesticide residues, arsenic and heavy metals. Intended to assist national laboratories engaged in drug quality control, the manual responds to the growing use of medicinal plants, the special quality problems they pose, and the corresponding need for international guidance on reliable methods for quality control. Recommended procedures - whether involving visual inspection or the use of thin-layer chromatography for the qualitative determination of impurities - should also prove useful to the pharmaceutical industry and pharmacists working with these

materials.

The Eve of Spain - Patricia E. Grieve 2009-04-20

Finally, Grieve focuses on the misogynistic elements of the story and asks why the fall of Spain is figured as a cautionary tale about a woman's sexuality.

Print Culture in Early Modern France - Carl Goldstein 2012-02-13

In this book, Carl Goldstein examines the print culture of seventeenth-century France through a study of the career of Abraham Bosse, a well-known printmaker, book illustrator, and author of books and pamphlets on a variety of technical subjects. The consummate print professional, Bosse persistently explored the endless possibilities of print - single-sheet prints combining text and image, book illustration, broadsides, placards, almanacs, theses, and pamphlets. Bosse had a profound understanding of print technology as a fundamental agent of change. Unlike previous studies, which have largely focused on the printed word, this book demonstrates the extent to which the contributions of an individual printmaker and the visual image are fundamental to understanding the nature and development of early modern print culture.

Minima Moralia - Theodor Adorno 2018-07-10

A reflection on everyday existence in the 'sphere of consumption of late Capitalism', this work is Adorno's literary and philosophical masterpiece. Built from aphorisms and reflections, he shifts in register from personal experience to the most general theoretical problems.

The Prophet - Kahlil Gibran 2021-01-08

The Prophet is a book of 26 prose poetry fables written in English by the Lebanese-American poet and writer Kahlil Gibran. It was originally published in 1923 by Alfred A. Knopf. It is Gibran's best known work. The Prophet has been translated into over 100 different languages, making it one of the most translated books in history, and it has never been out of print. The prophet, Al Mustafa, has lived in the city of Orphalese for 12 years and is about to board a ship which will carry him home. He is stopped by a group of people, with whom he discusses topics such as life and the human condition. The book is divided into chapters dealing with

love, marriage, children, giving, eating and drinking, work, joy and sorrow, houses, clothes, buying and selling, crime and punishment, laws, freedom, reason and passion, pain, self-knowledge, teaching, friendship, talking, time, good and evil, prayer, pleasure, beauty, religion, and death. Among the most significant works Kahlil Gibran: "Broken Wings", "The Madman", "The Earth Gods", "The Garden of the Prophet".

The Global Theme Park Industry - Salvador Anton Clavé 2007

Since the 1980s, the theme park industry has developed into a global phenomenon, with everything from large, worldwide theme parks to countless smaller ventures. From the first pleasure gardens to the global theme park companies, this book provides an understanding of the nature and function of theme parks as spaces of entertainment. Illustrated throughout by worldwide case studies, empirical data and practical examples, the book portrays the impacts of theme park as global competitive actors, agents of global development and cultural symbols, particularly in the context of their role in the developing experience economy. In conclusion, this book is a practical guide to the planning and development of theme parks.

Smith's General Urology - Donald Ridgeway Smith 2004

This indispensable and concise guide covers both the basic science and clinical knowledge needed to diagnose and treat urologic diseases. Thoroughly revised and updated, the text focuses on the anatomy and embryology of the genitourinary system, physical and diagnostic examination, and specific disorders of the genitourinary system, including bacterial infections, STDs, neoplasms of the prostate gland, kidney disease, and renal failure. Features over 400 illustrations including CT scans, radionuclide imaging scans, and x-rays, and more.

[The Wheel of Life](#) - Elisabeth Kübler-Ross 1997

Autobiography of the world's foremost expert on death, dying and life after death.

Think And Grow Rich - Napoleon Hill 2007-12

Signs & Symbols - Clare Gibson 2001

This wide-ranging compendium traces symbolism to its ancient roots,

examining a vast variety of symbolic images.

The Woody Plant Seed Manual - United States. Forest Service 2008

The 5AM Club - Robin Sharma 2018-12-04

Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their

secret mentor, The 5am Club will walk you through: How great geniuses, business titans and the world's wisest people start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed "Insider-only" tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, The 5am Club is a work that will transform your life. Forever.