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Offers practical advice on vitamins, first aid, nutrition, exercise, cooking, interior design, child rearing, cleaning, investments, and vacations

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Psychology recognises no borders. The relationships between people and the groups they form are determined by similar principles no matter where in the world they come from. This book has been written to introduce students from all countries and backgrounds to the exciting field of social psychology. Recognising the limitations that come from studying the subject through the lens of any one culture, James Alcock and Stan Sadava have crafted a truly international social psychology book for the modern era. Based on classic and cutting-edge scholarship from across the world, An Introduction to Social Psychology encourages mastery of the basics as well as critical thinking. Incorporating relevant insights from social neuroscience, evolutionary theory and positive psychology, it offers: Chapters on crowd behaviour and applied social psychology Discussion of new means of social interaction, including social media Relevant insights from social neuroscience, evolutionary theory and positive psychology A companion website at study.sagepub.com/alcocksadava featuring extensive additional resources for students and instructors

Work faster, increase your efficiency, and have more fun with automation! Updated 11/21/2019 Now covers Catalina and Mojave! Looking for ways to work smarter and faster with your Mac? In this updated and expanded third edition of his popular guide to Mac automation, Joe Kissell shows how anyone, at any level of experience, can save time and effort, and avoid unnecessary errors, by using automation techniques that range from the simplest keyboard shortcut to the most complicated script. In this book, Joe teaches you how to automate routine tasks in a wide variety of ways. You can begin by making the most of productivity features such as Siri, Spotlight (for launching apps), and text replacement--and then move on to the more sophisticated automation tools built into macOS, such as Automator, AppleScript, services, and shell scripts. In addition, Joe gives extensive information about third-party automation apps that can make a huge difference to your work efficiency, such as Keyboard Maestro, TextExpander, OmniGraffle, and many more. As an extra bonus, the book includes coupons for discounts on 10 automation apps, adding up to more than \$100 in savings! Whether you're new to automation, you just need a refresher, or you're experienced with automation but want to go deeper, this book can teach you the skills you need to automate with ease. Take back your time, work more efficiently, and have more fun with your Mac, with Take Control of Automating Your Mac, Third Edition! With this book, you'll learn how to: • Get started with the built-in macOS automation tools, including Automator, AppleScript, and shell scripts • Take full advantage of input devices to save clicks • Customize toolbars and your Touch Bar to put hard-to-find controls at your fingertips • Use your voice to control your Mac with Siri, dictation, and Voice Control/Dictation Commands • Automate text expansion for faster, more consistent typing • Control the Finder with a launcher and by organizing files with Hazel • Supercharge your clipboard to remember and reformat previous copies • Write macros in Microsoft Office and Nisus Writer Pro • Create rules to file email automatically in Apple Mail and Outlook • Log in to websites faster with a password manager • Automate cloud services with IFTTT and Zapier • Set up automatic backup and syncing • Use Omni Automation for JavaScript-based automation tasks • Control nearly anything on your Mac with Keyboard Maestro BONUS: We've included discounts totaling over \$100 on 10 of the key apps Joe covers: 10\$ to 30\$ off on Keyboard Maestro, LaunchBar, Hazel, Nisus Writer Pro, Script Debugger, TextExpander, TextSoap, TypeIt4Me, Typinator, and UI Browser--look for coupons at the end of the book!

An investigative journalist exposes the many holes in today's bestselling behavioral science, and argues that the trendy, TED-Talk-friendly psychological interventions will never be enough to truly address social injustice and inequality. Through their viral TED Talks, bestselling books, and counterintuitive remedies for complicated problems, psychologists and allied social scientists have become leading thinkers of our time. "Power posing" and "grit," they say, can help individuals overcome entrenched inequality in schools and the workplace. Positive psychologists inspired the U.S. Army to spend hundreds of millions of dollars on an intervention geared toward preventing PTSD in its combat soldiers. The implicit association test swept the nation on the claim that it can reveal unconscious biases and reduce racism in police and human resources departments. But what if much of the science underlying these blockbuster ideas is dubious or fallacious? What if Americans' long-standing preference for simplistic self-help platitudes is exerting a pernicious influence on the way behavioral science is communicated and even funded, leading respected academics and the media astray? In The Quick Fix, Jesse Singal examines the most influential ideas of recent decades and the shaky science that supports them. He begins with the California legislator who introduced self-esteem into the nation's classrooms in the 1980s and the Princeton political scientist who warned of an epidemic of youthful "superpredators" in the 1990s. Both much-touted ideas had little basis in reality, but a massive impact. Then, turning to the explosive popularity of twenty-first-century social psychology, Singal examines the misleading appeal of entertaining lab results and critiques the idea that the subtle unconscious cues known as "primes" shape our behavior. As he shows, today's popular behavioral science emphasizes repairing, improving, and optimizing individuals rather than understanding and confronting the larger structural forces that drive social ills. The Quick Fix is a fresh and powerful indictment of the thought leaders and influencers who cut corners as they sell the public half-baked solutions to problems that deserve more serious treatment.

New York Times Bestseller Do you know the pinhole-finger trick for seeing without glasses? Did you realize that booking a hotel room with your phone is cheaper than doing it on your PC? Do you know how to get the last dregs of ketchup out of the bottle--in one second? In David Pogue's New York Times bestselling book Pogue's Basics: Tech, the author shared his essential tips and tricks for making all your gadgets seem easier, faster, and less of a hassle to use. In this new book, he widens his focus--to life itself. In these pages, you'll find more than 150 tricks, shortcuts, and cheats for everyday life: house and home, cars, clothing, travel, food, health, and more. This timeless reference book will shed light on priceless bits of advice and life hacks that already exist in the world around you--you just never knew! Tips include: Insider cheats for cheap air fare, how to read signs in other languages, the three-cent trick for staying awake behind the wheel, how to know which side of the highway your exit will be on, how to quench a spicy mouth on fire, and much much more!

Since antiquity, people have been asking themselves what it means to live a good life. How should I live? What constitutes a good life? What's the role of fate? What's the role of money? Is leading a good life a question of mindset, or is it more about reaching your goals? Is it better to actively seek happiness or to avoid unhappiness? Each generation poses these questions anew, and somehow the answers are always fundamentally disappointing. Why? Because we're constantly searching for a single principle, a single tenet, a single rule. Yet this holy grail--a single, simple path to happiness--doesn't exist. Rolf Dobelli--successful businessman, founder of the TED-style ideas conference Zurich Minds, bestselling author, and all-around seeker of big ideas--has made finding a shortcut to happiness his life's mission. He's synthesized the leading thinkers and the latest science in happiness to find the best shortcuts to satisfaction in The Art of the Good Life, his follow up to the international bestseller The Art of Thinking Clearly (which has sold more than 2.5 million copies in 40 languages all around the globe). The Art of the Good Life is a toolkit designed for practical living. Here you'll find fifty-two happiness hacks--from guilt-free shunning of technology to gleefully paying your parking tickets--that are certain to optimize your happiness. These tips may not guarantee you a good life, but they'll give you a better chance (and that's all any of us can ask for).

Learn how to make your company more efficient, increase customer value with less work and make better use of your organisation's resources by implementing a Lean management strategy. The Financial Times Guide to Lean is a guide to the tools that are used to implement Lean, showing you how to apply Lean practices fully into your organisation or company. This book offers a comprehensive and objective look at lean strategy and how it can be tailored for different companies.

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