

The Energy Bus 10 Rules To Fuel Your Life Work And Team With Positive Energy

Now includes Worked Examples for lecturers in a companion pdf! The fourth edition of this volume presents design principles and practical guidance for key hydraulic structures. Fully revised and updated, this new edition contains enhanced texts and sections on: environmental issues and the World Commission on Dams partially saturated soils, small amenity dams, tailing dams, upstream dam face protection and the rehabilitation of embankment dams RCC dams and the upgrading of masonry and concrete dams flow over stepped spillways and scour in plunge pools cavitation, aeration and vibration of gates risk analysis and contingency planning in dam safety small hydroelectric power development and tidal and wave power wave statistics, pipeline stability, wave–structure interaction and coastal modelling computational models in hydraulic engineering. The book's key topics are explored in two parts - dam engineering and other hydraulic structures – and the text concludes with a chapter on models in hydraulic engineering. Worked numerical examples supplement the main text and extensive lists of references conclude each chapter. Hydraulic Structures provides advanced students with a solid foundation in the subject and is a useful reference source for researchers, designers and other professionals.

Bill Bradley, a New York Knick pro-basketball player in the '60s and '70s and a United States Senator from New Jersey from 1982 until 2000 (among his many other accomplishments) writes here about his love of basketball from the root on up--from a simple game in an empty court where there is nothing but you and the sound of your Converse on the shiny, wooden floor to the euphoric high that is possible and that any athlete knows when a team moves together as a cohesive whole. Bradley's writing here is wholly accessible and for those not interested in basketball, there are lessons to be gleaned here about life, teamwork and leadership. Bradley's style is simple and stays on track, creating a slim philosophical treatise that all of us can benefit from and relate to. Here is a book about life, memory, experience, and the filtering of our experience and what it means to us. An enjoyable and unforgettable read for all readers.

A thirty-day program for increasing physical, mental, and spiritual energy shares such recommendations as taking short walks and substituting green tea for coffee as a means of enabling personal rejuvenation. By the author of Energy Addict. Reprint. 40,000 first printing.

Build a stronger team with this illustrated fable From bestselling author Jon Gordon and coauthor Kate Leavell, Stick Together delivers a crucial message about the power of belief, ownership, connection, love, inclusion, consistency, and hope. The authors guide individuals and teams on an inspiring journey to show them how to persevere through challenges, overcome obstacles, and create success together. Stick Together follows Coach David, a high school basketball coach looking to motivate his team for the new season. The team members are given sticks with words written on them and tasked with a number of missions: To find another player with the same word written on their stick To explain why that word is important for a team to be their best To render their sticks unbreakable As the players work together to complete their tasks, they discover how to make their team stronger and create an unbreakable bond. Perfect for student athletes and teams in all industries including business, education, healthcare, and nonprofit, and for readers of all ages, Stick Together will resonate with anyone looking to improve their team performance and excel in a group environment.

More than five years have passed since South Korea fell prey to the Asian financial crisis. Bringing together experts from Korea and a variety of other countries, this book aims to better understand the three stages of the Korean crisis: the onset, the policy reaction, and the economic response. Providing an integrated analysis of the event and its consequences, the chapters in the book consider the causes of the crisis, the response of the US government and International Monetary Fund, adjustments in the Korean monetary and fiscal policies, and the success of financial and corporate restructuring. The concluding chapters bring the story up-to-date, describing the aftermath of the crisis and assessing whether there has been sufficient reform to facilitate the country's recovery and growth. International and also Asian economists will find this a thoroughly accessible and illuminating book, as will specialists on Korea, political scientists and political economists.

An illustrated business fable that gives you the faith, courage and confidence to win in today's tough economic climate Fear and uncertainty are staples of daily life in today's struggling economy. As bad as things can be, economic downturns also lead to new opportunities. It's easy to worry, give up and let fear paralyze you. However, you have more control than you think you do and how you handle adversity is your choice--and the only choice that matters. In fact, study history and you'll find that a lot of people and organizations made a name for themselves and grew their businesses during recessions and downturns. These successful people and organizations all shared similar characteristics and took similar actions to thrive while others merely tried to survive. You can do the same. In The Shark and the Goldfish, Jon Gordon shares an inspiring fable about Gordy, a pampered goldfish who gets swept out to sea. Desperate for food, Gordy meets a kind shark who teaches him the ultimate lesson-Goldfish wait to be fed. Sharks go find food. Gordy also learns that the difference between a full and empty stomach is our faith, beliefs and actions. In the face of adversity and lean times, this is a business fable that reinforces a proven truth: You can't control the events in your life. But you can control how you respond and in turn this determines the outcome. A business fable that teaches valuable lessons on the importance of working hard, maintaining a locus of control and focusing on positive choices instead of negative voices, Written by Jon Gordon, bestselling author of The Energy Bus and The No Complaining Rule Reveals how change is inevitable-but that you can make it your friend or foe. Provides an action plan filled with tips and strategies to thrive during change and adversity If you're facing tough economic times, The Shark and the Goldfish will motivate you, inspire you, and give you the confidence you need to thrive during changing times.

NFL head coach Mike Smith lead one of the most remarkable turnarounds in NFL history. In the season prior to his arrival in 2008, the Atlanta Falcons had a 4–12 record and the franchise had never before achieved back-to-back winning seasons. Under Smith's leadership, the Falcons earned an 11–5 record in his first season and would go on to become perennial playoff and Super Bowl contenders earning Smith AP Coach of year in 2008 and voted Coach of Year by his peers in 2008, 2010 and 2012. You Win in the Locker Room First draws on the extraordinary experiences of Coach Mike Smith and Jon Gordon—consultant to numerous college and professional teams—to explore the seven powerful principles that any business, school, organization, or sports team can adopt to revitalize their organization. Step by step, the authors outline a strategy for building a thriving organization and provide a practical framework that give leaders the

tools they need to create a great culture, lead with the right mindset, create strong relationships, improve teamwork, execute at a higher level, and avoid the pitfalls that sabotage far too many leaders and organizations. In addition to sharing what went right with the Falcons, Smith also transparently shares what went wrong his last two seasons and provides invaluable lessons leaders can take away from his victories, success, failures and mistakes. Whether it's an executive leadership team of a Fortune 500 company, a sports team, an emergency room team, military team, or a school team successful leaders coach their team and develop, mentor, encourage, and guide them. This not only improves the team, it improves the leaders and their relationships, connections, and organization. You Win in the Locker Room First offers a rare behind-the-scenes look at one of the most pressure packed leadership jobs on the planet and what leaders can learn from these experiences in order to build their own winning team.

A hilarious picture book about surviving the school bus and the first day of school. * "Outrageously humorous." —School Library Journal, starred review * "Worthy of being shelved next to Jon Scieszka's funniest." —Kirkus Reviews, starred review Kyle is dreading his first trip on the school bus. Luckily, his big brother, James, is a school-bus expert. James gives Kyle ten rules for riding the bus that he absolutely, positively must obey if he wants to avoid getting laughed at, yelled at, pushed around, or even pounded. On his fateful first ride, Kyle struggles to remember and follow each of his brother's rules, but along the way, he learns the school bus isn't so bad after all—and he may even have a thing or two to teach his brother.

We are overstressed, overworked and overtired – and things aren't getting any easier. The days are getting shorter while our to-do lists are getting longer. The pace of life gets faster and the demands increase. We attempt to fight back with caffeinated drinks and candy bars hoping to get it all done before we crash. This is false energy...but Jon Gordon gives us the real thing. Gordon encourages us to become Energy Addicts using a few or all of the simple, effective physical, mental, and spiritual strategies in this book, including: Eat early and well, hydrate, exercise, nap, connect with nature Neutralize energy vampires, master the flow of money, embrace the energy of silence Connect (with others and yourself), lead with your heart, learn to love and challenge life Practical, common-sense, sometimes counterintuitive, Jon Gordon shows how we can become addicted to positive energy and habits, making small changes in our lives that will produce big results.

From bestselling author Jon Gordon comes a spiritual fable about the power of faith, hope, and love Meet Jay and Kay. They're twins, and like many teenagers their age, they're dealing with stress and anxiety. One day on their way to school, they have a nice conversation with their old family friend and youth soccer coach, Mr. Erwin, who shows them a special garden he created in his backyard. The garden serves as both a place and a metaphor for Mr. Erwin to share a powerful paradigm and practical strategies to help the twins overcome their fear, stress, and anxiety. The Garden is an enlightening and encouraging spiritual fable that reveals the 5 D's that can sabotage us and a proven plan to help us overcome and win the battle in our mind. Rooted in Jon Gordon's faith tradition, this fable is a different kind of book than his previous business fables. However, in his familiar trademark style, he takes a complex subject and simplifies it to help people take action and improve their lives. Everyone will struggle with fear, anxiety, or stress at some point in their lives, and everyone will have to overcome these challenges to create the life they were meant to live. Given that there are many contributing factors that influence how we think and feel, Jon wrote this book to share how the power of love, encouragement, truth, faith, and belief can be part of the solution. Having worked with countless leaders, companies, sports teams, professional athletes, and high school students, Jon Gordon infuses this life-changing story with thought-provoking ideas, practical strategies, and a framework to overcome fear with faith. Whether you are dealing with fear, stress, and anxiety yourself, have a family member that struggles, or are a mental health expert that works with clients, if any of the ideas in this book can be useful to you or the people you love and care about, then it's worth a walk through The Garden with Jay, Kay, and Mr. Erwin to discover ways to persevere through life with the power of faith, hope, and love.

Buy now to get the main key ideas from Jon Gordon's The Energy Bus Positive people and positive teams manifest positive outcomes. The key ingredient? Positive energy. In The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy (2007), Jon Gordon explains how to cultivate positive energy in your life and career, which you then can share with your coworkers, customers, organization, team, friends, and family. Gordon uses the extended metaphor of a bus you are driving to make his points, hence the title. When you apply the 10 rules, you'll find more happiness, more success, better performance, inspired teamwork, and significant results. We are all members of a team, and the 10 simple, powerful rules shared by Gordon can benefit any member of the team, whether it's our work team, school team, sports team, family, or religious group.

Bestselling author Jon Gordon returns with his most inspiring book yet—filled with powerful lessons and the greatest success strategies of all. Michael wakes up in the hospital with a bandage on his head and fear in his heart. The stress of building a growing business, with his wife Sarah, caused him to collapse while on a morning jog. When Michael finds out the man who saved his life is a Carpenter he visits him and quickly learns that he is more than just a Carpenter; he is also a builder of lives, careers, people, and teams. As the Carpenter shares his wisdom, Michael attempts to save his business in the face of adversity, rejection, fear, and failure. Along the way he learns that there's no such thing as an overnight success but there are timeless principles to help you stand out, excel, and make an impact on people and the world. Drawing upon his work with countless leaders, sales people, professional and college sports teams, non-profit organizations and schools, Jon Gordon shares an entertaining and enlightening story that will inspire you to build a better life, career, and team with the greatest success strategies of all. If you are ready to create your masterpiece, read The Carpenter and begin the building process today.

Why it matters who's stirring the pot Soup offers an inspirational business fable that explains the "recipe" you can use to create a winning culture and boost employee morale and engagement. The story follows Nancy, the newly anointed CEO of America's Favorite Soup Company. She has been brought in to reinvigorate the brand and bring success back to a company that has lost its flavor and profit and has fallen on hard times. Fatefully, while eating lunch at a local soup shop, Nancy discovers the key ingredients to unite, engage, and inspire her team and create a culture of greatness. From the bestselling author of The Energy Bus, The No Complaining Rule, and Training Camp Find out how culture drives behavior, behavior drives habits, and habits deliver results Create relationships that are the foundation upon which successful careers and winning teams are built Features quick takeaways you can use to invest in your people, build trust, create unity, and enhance engagement A turnaround tale like few others, Soup will inspire you to work in your own company to unleash the passion that delivers superior results.

The focus of this book is on increasing your level of energy, consciousness and health. It covers a broad range of topics from weight loss to addiction release, to experiencing states of flow,

states of bliss and beyond. Within you find numerous techniques and principles that have been tried and tested in more than 30 years of consciousness research by international author and speaker Frederick Dodson.

We all need more positivity in our lives—now more than ever! Five of bestselling author Jon Gordon's most powerful and timely books. Bestselling author and acclaimed speaker Jon Gordon is passionate about developing great leaders and high-performing teams. Celebrated for his engaging storytelling, invaluable insights, and proven real-world strategies, Gordon has helped millions of people around the world infuse positivity into every part of their personal and professional lives. His simple yet powerful books provide time-tested wisdom and practical guidance for overcoming challenges, achieving superior results, and bringing out the absolute best in yourself—and in everyone around you. The Jon Gordon Power of Positivity E-Book Collection brings together five of the author's most compelling books about harnessing the power of positivity in work, at home, and in all you do. This must-have collection includes: -The Energy Bus, the beloved international bestseller that reveals the ten secrets for turning negative energy into positivity and achievement, featuring an actionable plan for becoming a great leader and overcoming common life and work obstacles. -The Shark and the Goldfish, a business fable that strengthens the courage and confidence you need to overcome fear and uncertainty in difficult economic times—and thrive! Features charming illustrations and an action plan filled with practical tips and proven strategies. -The Positive Dog, a delightful story that shows you that we all have two dogs inside of us: one is positive, the other is negative. Learn how feeding your positive dog also nourishes those around you—to everyone's immense benefit! -The Power of Positive Leadership, a practical framework based on Jon Gordon's research on positive leaders throughout history, and his work with those who have transformed their organizations, won national championships, and are currently making positive change in the world. -Stay Positive, a unique collection of inspirational quotes and messages, co-written by Gordon's friend and colleague Daniel Decker. Your daily resource for encouragement, creating positivity in your life, and motivating others at work and home. The principles and strategies at the core of The Jon Gordon Power of Positivity E-Book Collection have driven great success for thousands of top-level leaders at Fortune 500 companies, school districts, hospitals, nonprofit organizations, the NFL and NBA, and numerous colleges and universities. Packed with motivational stories, meaningful insights, and effective strategies, this collection is the ideal resource for anyone seeking to fill their work and personal life with positivity, purpose, and achievement. *Note: Due to its unique format, Stay Positive may display differently on eReaders than the rest of the collection. For the best reading experience, decrease the font size on your eReader.

This is a book on Spectral Consciousness, Reality Creation, Levels of Energy and Emotion and your Relationship to Infinity. It is dedicated to the Spiritual Development of mankind. The premise of this book is that there are clearly definable, perceivable and achievable qualities or "levels" of energy and that each level corresponds with specific physical, mental and emotional realities.

Learn how to supercharge your life. We've all joked about being on the struggle bus, but now get ready to board the energy bus! The Energy Bus (2007) is your one-stop guide to supercharging your personal and professional life with energy, power, and success. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. DISCLAIMER: This book summary is meant as a summary and an analysis and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book published on QuickRead and want us to remove it, please contact us at hello@quickread.com.

This step-by-step approach to physical and emotional health shows how to use the body's energy centers to speed healing. In Energy Work, Robert Bruce offers a, simple, easy-to-learn, approach to self-healing, based on his breakthrough system of Body Awareness Tactile Imaging energy work. Bruce explains how to use tactile imaging, based on one's sense of touch, rather than visualization, to stimulate the flow of vital energy throughout the body. This is a system that anyone can use, regardless of age, health, or previous experience. Readers learn how to awaken the body's energy centers and move healing, vital energy throughout the body. Energy Work offers exercises to: Improve immune system function Enhance vitality and self-healing ability Increase psychic and spiritual abilities Develop stronger and more intimate relationships Bruce provides easy-to-follow illustrations along with a series of exercises that encourage safe, rapid results. This is a valuable guide for anyone seeking to take charge of his or her health.

A business fable to help you discover your purpose in work and life New from Jon Gordon, the international and Wall Street Journal bestselling author of The Energy Bus, The Seed takes you on a quest for the meaning and passion behind work. Josh, an up-and-comer at his company, is disenchanted with his job. Challenged by his boss to take two weeks to decide if he really wants to work there, Josh takes off for the country, where he meets a wise farmer who gives him a seed and a promise: find the right place to plant the seed, and his purpose will be revealed. Through Josh's journey cross-country journey, you'll find surprising new sources of wisdom and inspiration in your own business and life. Nobody captures the deeper meaning of business like Jon Gordon, and The Seed is his most searching and significant book yet. Whatever your profession, take this insightful look at the purpose behind work, and plant The Seed of inspiration in your life!

An exploration of why people all over the world love to engage in pain on purpose—from dominatrices, religious ascetics, and ultramarathoners to ballerinas, icy ocean bathers, and sideshow performers Masochism is sexy, human, reviled, worshipped, and can be delightfully bizarre. Deliberate and consensual pain has been with us for millennia, encompassing everyone from Black Plague flagellants to ballerinas dancing on broken bones to competitive eaters choking down hot peppers while they cry. Masochism is a part of us. It lives inside workaholics, tattoo enthusiasts, and all manner of garden variety pain-seekers. At its core, masochism is about feeling bad, then better—a phenomenon that is long overdue for a heartfelt and hilarious investigation. And Leigh Cowart would know: they are not just a researcher and science writer—they're an inveterate, high-sensation seeking masochist. And they have a few questions: Why do people engage in masochism? What are the benefits and the costs? And what does masochism have to say about the human experience? By participating in many of these activities themselves, and through conversations with psychologists, fellow scientists, and people who seek pain for pleasure, Cowart unveils how our minds and bodies find meaning and relief in pain—a quirk in our programming that drives discipline and innovation even as it threatens to swallow us whole.

The gripping first installment in New York Times bestselling author Tahereh Mafi's Shatter Me series. One touch is all it takes. One touch, and Juliette Ferrars can leave a fully grown man gasping for air. One touch, and she can kill. No one knows why Juliette has such incredible power. It feels like a curse, a burden that one person alone could never bear. But The Reestablishment sees it as a gift, sees her as an opportunity. An opportunity for a deadly weapon. Juliette has never fought for herself before. But when she's reunited with the one person who ever cared about her, she finds a strength she never knew she had. And don't miss Defy Me, the shocking fifth book in the Shatter Me series!

Enjoy the ride of your life with the Wall Street Journal bestseller None of us can expect to get through life without any challenges. Life isn't always a constant daydream of unbridled pleasure and happiness. But that doesn't mean you can't approach everything with some zing – a big dose of positive energy is what you need to feel great, be successful and love life! And the international bestselling The Energy Bus can help you live your life in a positive, forward-thinking way. Learn the 10 secrets that will help you overcome adversity and harness the power of positive, infectious energy, so that you can create your own success. International bestselling author Jon Gordon draws on his experience of working with thousands of leaders and teams to provide insights, actionable strategies and positive energy. The Energy Bus: Shows you how to ditch negativity and infuse your life with positive energy Provides tools to build a positive team and culture Contains insights from working with some of the world's largest companies Foreword by Ken Blanchard, co-author of The One-Minute Manager

Fuel yourself and others with positive energy—inspirational quotes and encouraging messages to live by from bestselling author, Jon Gordon. Ever since he wrote the mega bestseller The Energy Bus, Jon Gordon has been sharing inspirational messages and encouragement via his talks, books, and social media posts. After many requests to create a collection of his quotes, Jon teamed up with his long-time friend, Daniel Decker, to create Stay Positive. Stay Positive is more than a book of positive quotes. This book is a resource you can turn to each day for encouragement to help you take on your daily challenges, pursue your goals and dreams, and create positive momentum in your life. The power of positive thoughts is not about being Pollyanna Positive; it's the real stuff that makes a proven difference in your perspective and life. After all, we don't give up because it's hard; we give up because we get discouraged. By fueling yourself with encouragement and positive energy, you'll have greater power to overcome negativity, neutralize the naysayers, and conquer adversity. Stay Positive is more than a phrase. It's an approach to life that says when you get knocked down, you'll get back up and find a way forward one faithful step and optimistic day at a time. Start your day with a message from the book, or pick it up anytime you need a mental boost. You can start from the beginning, or open the book to any page and find a message that speaks to you. However you decide to use Stay Positive, it's a go-to resource for anyone wanting to inject a healthy dose of positivity into their life.

Discover the benefits of being positive. We all have two dogs inside of us. One dog is positive, happy, optimistic, and hopeful. The other dog is negative, mad, sad, pessimistic, and fearful. These two dogs often fight inside us, but guess who wins the fight? The one you feed the most. So begins the story about a negative mutt named Matt and a big dog named Bubba who teaches him how to feed himself with positivity each day and in the process Matt transforms his own life and the shelter they call home. The Positive Dog is an inspiring, heartwarming story that not only reveals the strategies and benefits of being positive but also an essential truth for humans: Being positive doesn't just make you better. It makes everyone around you better. Learn the rules of life to conquer any challenge, manage unpredictable ups and downs, and become a satisfied and well-adjusted person. We all know the feeling: In the game of life, why am I the only one who doesn't know how to play? But now, help is at hand, because this wonderful little book will teach you the rules so that you can conquer life's challenges and manage its unpredictable ups and downs. For one of her workshops several years ago, Chérie Carter-Scott, a corporate trainer and consultant, composed a list of basic truths about life, which she named "The Ten Rules for Being Human." Right away, the Rules resonated with her clients, who photocopied and passed the list to friends and relatives. Within months, Chérie's Rules were in thousands of homes all over the country, and eventually, they were published in Chicken Soup for the Soul and have also appeared in Ann Landers' column. Although there's no formula to help you win the game of life, Chérie's Rules convey a universal wisdom that, once understood and embraced, can contribute to meaningful relationships with ourselves and others, at work and in the home. In If Life Is a Game, These Are the Rules, Chérie shares that there are no mistakes in life, only lessons that are repeated. In thoughtful, inspirational essays illustrated with encouraging personal anecdotes, she includes the lessons that can be learned from each of the Rules and offers insights on self-esteem, respect, acceptance, forgiveness, ethics, compassion, humility, gratitude, and courage. Best of all, Chérie shows that wisdom lies inside each one of us and that by putting the Ten Rules for Being Human into action we can create a more fulfilling life.

Learn to live and lead with enthusiasm and optimism, impact your team, and transform your culture In Row the Boat, Minnesota Golden Gophers Head Coach P.J. Fleck and bestselling author Jon Gordon deliver an inspiring message about what you can achieve when you approach life with a never-give-up philosophy. The book shows you how to choose enthusiasm and optimism as your guiding lights instead of being defined by circumstances and events outside of your control. Discover how to put the three key components of row the boat into practice in your life: The Oar: The energy. Only you can dictate whether your oar is in the water or whether you take it out and decide not to use it. The Boat: The sacrifice. The more you give, serve, and make your life about helping others, the better and more fulfilled your life will be, and the bigger your boat gets. The Compass: The direction. The vision you have for your life and the people you surround yourself with help create the dream of where you want to go. Perfect for athletes, coaches, business leaders, and anyone else who hopes to squeeze a little more enjoyment and productivity out of life, Row the Boat will propel leaders, teams, and organizations to greater heights than they have ever reached before.

Audrey "Sunshine" Monke, mother of five and camp owner-director, shares nine powerful parenting techniques-inspired by the research-based practices of summer camp-to help kids thrive and families become closer. Research has proven that kids are happier and gain essential social and emotional skills at camp. A recognized parenting expert, Audrey Monke distills what she's learned from thousands of interactions with campers, camp counselors, and parents, and from her research in positive psychology, to offer intentional strategies parents can use to foster the benefits of camp at home. Our screen-obsessed, competitive society makes it harder than ever to raise happy, thriving kids. But there are tried-and-true methods that can help. Instead of rearing a generation of children who are overwhelmed, anxious, depressed, and who struggle to become independent, responsible adults, parents can create a culture that promotes the growth of important character traits and the social skills kids need for meaningful, successful lives. Thousands of parents attest to the "magical" benefits of summer camp for their kids, noting

their children return more joyful, positive, confident, and resilient after just a few weeks. But you can learn exactly what it takes to promote these benefits at home. Complete with specific ideas to implement the most effective summer camp secrets, HAPPY CAMPERS is a one of a kind resource for raising happy, socially intelligent, successful kids.

Great teammates don't just impact you today; they impact you for the rest of your life. From the moment Jon Gordon heard about George Boiardi and the Hard Hat he was intrigued and captivated. Over the years he visited George's coaches, attended several "21 Dinners" held in his honor, met his family, talked to his teammates and observed how he inspired all who knew him. The Hard Hat is an unforgettable true story about a selfless, loyal, joyful, hard-working, competitive, and compassionate leader and teammate, the impact he had on his team and program and the lessons we can learn from him. The book features: A True Story about George Boiardi, his Team and their Legacy. 21 Lessons to be a Great Teammate Insights from George's Teammates and Coaches that Bring the Lessons to Life. 21 Exercises to help you Build a Great Team Infused with practical insights and life changing lessons, The Hard Hat will inspire you to be the best teammate you can be and to build a great team. *100% of author's royalties go to support the Mario St. George Boiardi Foundation

A Road Map for living and implementing the 10 Principles of The Energy Bus The Energy Bus Field Guide is your roadmap to fueling your life, work and team with positive energy. The international bestseller The Energy Bus has helped millions of people from around the world shift to a more positive outlook; the story of George and Joy bus driver has resonated with people from all walks of life, each with their own individual vision of "success." This guide is designed as a practical companion to help you live and share the ten principles every day, with real, actionable steps you can immediately put into practice in your life, work, team and organization. Navigate the twists and turns that sabotage success. Cultivate positive energy and bring out the best in your team. Create a compelling vision for your life and team. Cultivate positivity and remove negativity from your life and organization. Learn how every day people and organizations utilized the Energy Bus to create amazing success and results. Filled with insightful questions, practical action steps, best practices and inspiring case studies you'll be equipped to energize yourself and your team in new and powerful ways. Whether it's a family team, work team, sports team, or school team, everyone benefits from getting on the bus.

A book about teams to help teams become more positive, united and connected. Worldwide bestseller — the author of The Energy Bus and The Power of Positive Leadership shares the proven principles and practices that build great teams - and provides practical tools to help teams overcome negativity and enhance their culture, communication, connection, commitment and performance. Jon Gordon doesn't just research the keys to great teams, he has personally worked with some of the most successful teams on the planet and has a keen understanding of how and why they became great. In The Power of a Positive Team, Jon draws upon his unique team building experience as well as conversations with some of the greatest teams in history in order to provide an essential framework, filled with proven practices, to empower teams to work together more effectively and achieve superior results. Utilizing examples from the writing team who created the hit show Billions, the National Champion Clemson Football team, the World Series contending Los Angeles Dodgers, The Miami Heat and the greatest beach volleyball team of all time to Navy SEAL's, Marching bands, Southwest Airlines, USC and UVA Tennis, Twitter, Apple and Ford, Jon shares innovative strategies to transform a group of individuals into a united, positive and powerful team. Jon not only infuses this book with the latest research, compelling stories, and strategies to maintain optimism through adversity... he also shares his best practices to transform negativity, build trust (through his favorite team building exercises) and practical ways to have difficult conversations—all designed to make a team more positive, cohesive, stronger and better. The Power of a Positive Team also provides a blueprint for addressing common pitfalls that cause teams to fail—including complaining, selfishness, inconsistency, complacency, unaccountability—while offering solutions to enhance a team's creativity, grit, innovation and growth. This book is meant for teams to read together. It's written in such a way that if you and your team read it together, you will understand the obstacles you will face and what you must do to become a great team. If you read it together, stay positive together, and take action together you will accomplish amazing things TOGETHER.

An illustrated adaptation of the bestselling business fable, The Energy Bus, teaches children the benefits of staying positive In this illustrated adaptation of the bestselling fable, The Energy Bus, author Jon Gordon shows children how to overcome negativity, bullies and everyday challenges to be their best. The Energy Bus For Kids is a story that will teach kids how to find their inner motivation and pass on that positive energy to others. The Energy Bus For Kids presents five rules for the "Ride of Your Life" Teaches kids how to fuel your ride with positive energy Shares with kids how to love the people you share your journey with and how to enjoy the ride Positive kids become positive adults. So get kids on the Energy Bus and infuse their lives with a newfound vision, attitude, and positivity.

The Energy Bus 10 Rules to Fuel Your Life, Work, and Team with Positive Energy John Wiley & Sons

Since 2003 climate change and overuse of water resources have emerged as major challenges for the environmental legal system. The second edition of Australian Environmental Law addresses these issues. It remains a principles-based text on environmental law and policy which examines Australia's environmental system from a doctrinal and instrumental perspective. Relevant legislation and case law have been updated throughout and the book has been restructured to reflect ever-increasing levels of social, political and academic interest in sustainable development and environmental planning. The chapters on ecologically sustainable development and the instruments of environmental law have been rewritten, restructured and relocated, and a new chapter on the emerging challenges for environmental law has been added, including discussion of climate change and water resources management.

Training Camp is an inspirational story filled with invaluable lessons and insights on bringing out the best in yourself and your team. The story follows Martin, an un-drafted rookie trying to make it in the NFL. He's spent his entire life proving to the critics that a small guy with a big heart can succeed against all odds. After spraining his ankle in the pre-season, Martin thinks his dream is lost when he happens to meet a very special coach who shares eleven life-changing lessons that keep his dream alive—and might even make him the best of the best. If you want to be your best—Training Camp offers an inspirational story and real-world wisdom on what it takes to reach true excellence and how you and your team (your work team, school team, church team and family team) can achieve it.

One Word is a simple concept that delivers powerful life change! In 1999, the authors discovered a better way to become their best and live a life of impact. Instead of creating endless goals and resolutions, they found one word that would be their driving force for the year. No goals. No wish lists. Just one word. Best of all . . . anyone, anytime can discover their word for the year. One Word that will Change Your Life will inspire you to simplify your life and work by focusing on just one word for this year. That's right! One Word creates clarity, power, passion and life-change. The simple power of One Word is that it impacts all six dimensions of your life – mental, physical, emotional, relational, spiritual, and financial. Simply put, One Word sticks. There is a word meant for you and when you find it, live it, and share it, your

