

Creativity Inc By Ed Catmull A 30 Minute Summary

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One Nation by Ben Carson M.D and Candy Carson - A 30-minute Summary The Big Fat Surprise by Nina Teicholz - A 30-minute Instaread Summary The Gifts of Imperfection by Brene Brown | A 30-minute Summary No Place to Hide: A 30-minute Summary of Glenn Greenwald's book Me Before You by JoJo Moyes - A 30-minute Instaread Summary Flash Boys by Michael Lewis - A 30 Minute Summary Federal Communications Commission Reports. V. 1-45, 1934/35-1962/64; 2d Ser., V. 1- July 17/Dec. 27, 1965-. Federal Communications Commission Reports Bonnybell Mathematical and physical papers The Werner Arithmetic, Oral and Written The Lancet The Science Reports of the Research Institute, Tōhoku University International Record of Medicine and General Practice Clinics Textile Manufacturer Annual Report of the Superintendent of Soldiers' Orphans of Pennsylvania for the Year Proceedings of the Association of Official Seed Analysts American Aviation Locomotive Cyclopedia of American Practice The United Service Instaread Summaries Instaread Summaries Instaread Summaries Instaread Summaries Instaread Summaries United States. Federal Communications Commission United States. Federal Communications Commission Emma C. Vogelgesang Frank H. Hall Edward Swift Dunster Pennsylvania. Superintendent of Soldiers' Orphans Association of Official Seed Analysts. Annual Meeting

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Summaries United States. Federal Communications Commission United States. Federal Communications Commission Emma C. Vogelgesang Frank H. Hall Edward Swift Dunster Pennsylvania. Superintendent of Soldiers' Orphans Association of Official Seed Analysts. Annual Meeting

please note this is a summary of the book and not the original book one nation by ben carson m d and candy carson a 30 minute summary inside this instaread summary overview of the entire book introduction to the important people in the book summary and analysis of all the chapters in the book key takeaways of the book a reader's perspective preview of this summary chapter 1 to secure the future for the next generation americans need to take quick decisive and prayerful action problems facing the u s today include lack of education bigotry elitism moral issues that have divided the people and financial issues the nation's leaders need to return to morality common sense and manners in order to work together and find solutions individuals should educate themselves and their children hold their political officials accountable learn how to compromise and pray for wisdom bullying seems to be on the rise in the nation's schools children are learning to be bullies by watching the adults in their lives in order to put an end to the bullying problem in the schools adults need to set a good example by working harder to see things from the other person's perspective ignoring the rules of political correctness and engaging in intelligent discussions in addition to common sense and manners people need to be educated a good education gives a person power courage is also required to stand up to secular progressives and other bad influences who want to lead the u s away from the values set up by the founding fathers in the constitution if individuals take action on their own collectively they can pass on to the next generation a country they can be proud of

please note this is a summary of the book and not the original book the big fat surprise by nina teicholz a 30 minute instaread summary inside this instaread summary overview of the entire book introduction to the important people in the book summary and analysis of all the chapters in the book key takeaways of the book a reader's perspective preview of this summary introduction the author had the luxury of approaching the nutritional science field as an open minded individual with no affiliation or funding from any institutions or persons with deeply entrenched views the result is some alarming information about the ways that nutrition has been misinterpreted for decades the supposed health hazards of saturated fats found in butter eggs and meat have not been substantiated by reliable science science supports the fact that the body is healthiest on a diet rich in fat chapter 1 vilhjalmur stefansson was an anthropologist who lived with the canadian arctic inuit in 1906 eating almost nothing but meat for an entire year he later wrote the controversial book not by

bread alone in which he explained that the eskimos seemed to be the healthiest people he had ever encountered despite their sedentary lifestyles and diets almost void of vegetables and carbohydrates in 1928 he and a co worker began a drastic experiment together they vowed to consume only meat and water for a year at the end of the year both men were said to be in perfect health in the early 1960 s doctor and professor of biochemistry george mann took a team from vanderbilt university to kenya to study the masai people who ate and drank nothing but meat blood and milk fat from animal sources was the source of 60 percent of their calories the blood pressure and weight of these warriors was 50 percent lower than men of the same age in the united states if american beliefs about animal fat were true mann should have seen an epidemic of heart disease among the masai however he found little evidence of heart disease among them for decades the american heart association aha the united states department of agriculture usda and other expert groups have recommended obtaining daily calories from fruits vegetables and whole grains the public has been advised to minimize animal fats and eliminate red meat from their diets despite mann s findings and similar evidence from other studies in the early 1900 s sir robert mccarrison was the director of nutrition research for the british government in the indian medical service he wrote in detail about the fact that the sikhs and the hunzas of northern india did not suffer from cancer appendicitis or ulcers like the western nations did he also noted that their great health stood in stark contrast to other groups in the southern part of india who lived on mainly white rice and little dairy or meat anthropologist ales hrdlicka studied the native americans of the southwest between 1898 and 1905 he observed that they ate mainly buffalo were extremely healthy and lived very long lives without suffering from malignant diseases a detail of these early studies often buried or overlooked is that humans today eat the muscle of the animal but this was not always the case early humans preferred the fat of the animal over its muscle meat these viscera are higher in saturated fat it is hard to even imagine eating this way when contemporary standards advise the public to do the opposite

please note this is a summary of the book and not the original book the gifts of imperfection by brene brown a 30 minute summary inside this instaread summary overview of the entire book introduction to the important people in the book summary and analysis of all the chapters in the book key takeaways of the book a reader s perspective preview of this summary chapter 1 it is necessary to practice courage compassion and connection on a daily basis in order to develop worthiness it is a mistake to try and win someone over because it means trading in the sense of self in search of approval from another by doing this people stop believing in their own worth the first step toward living wholeheartedly is for people to have the courage to reach out to others and to share their own stories of shame when in need of compassion people should reach out to the right

person someone who supports them whether they are feeling strong or whether they are struggling when people are willing to reveal that they are imperfect and real their relationships are strengthened they make a connection this is why courage compassion and connection are the gifts of imperfection courage is displayed when people are willing to speak honestly and openly about who they are what they are feeling and their experiences both good and bad courage is about being vulnerable it takes courage for someone to ask for what he or she needs and to risk disappointment when one person has courage it can create a ripple effect making others around that person a little braver compassion is a relationship between two equals it occurs when people recognize they share humanity with others the heart of compassion is acceptance by people of themselves and of others in order for compassion to occur people need to set boundaries and hold others accountable for their behavior the key to compassion is being able to separate people from their behaviors it is necessary to address what people do not who they are connection exists as the energy between people who feel they have been seen heard and valued without judgment people feel strengthened by this relationship and need connection to do well emotionally physically spiritually and intellectually connections happen when people both give and receive with an open heart chapter 2 love and belonging are necessary in people s lives in order for people to experience love and belonging they must believe they are worthy people who accept themselves for who they are and who stop worrying about what others think are worthy of love and belonging at the heart of wholeheartedness is that people have to believe they are worthy now as they are not if or when they become or do something in the future

please note this is a summary of the book and not the original book no place to hide a 30 minute summary of glenn greenwald s book inside this instaread summary overview of the entire book introduction to the important people in the book summary and analysis of all the chapters in the book key takeaways of the book a reader s perspective preview of this summary chapter 1 edward snowden first contacted glenn greenwald on december 1 2012 using the alias name cincinnatus snowden is a former senior advisor to the nsa a former field officer with the cia and a former lecturer for the united states defense intelligence agency he had confidential information he wanted to share with greenwald but would only do it if he knew their connection was secure greenwald is a journalist known for his reporting on the wrongdoings of the national security agency nsa snowden wanted greenwald to use pgp pretty good privacy encryption on his computer so that he could safely send him some information that he had gathered although greenwald considered adding these extra security measures to his computer he was very busy with other things and did not want to take the time to put the complicated software in place snowden sent him a guide on how to add

the encryption but greenwald still took no action snowden offered to find someone who could help greenwald install the system without positive proof that the information snowden had was really newsworthy greenwald did not feel motivated to take the steps necessary to install the pgp encryption however without a secure form of communication in place snowden was unwilling to risk sharing the information he had with greenwald this communication between the two took place over several weeks and then came to a standstill on april 18 laura poitras contacted greenwald laura poitras is a documentary filmmaker who is known for fearlessly taking risks in making her films she made three films about the conduct of the united states during the war on terror which made her a target of government officials whenever she entered or left the country poitras wanted to talk to greenwald about something but would only do it in person and in private in a secure location

please note this is a summary of the book and not the original book me before you by jojo moyes a 30 minute instaread summary inside this instaread summary overview of the entire book introduction to the important people in the book summary and analysis of all the chapters in the book key takeaways of the book a reader s perspective preview of this summary chapter 1 louisa lou clark a member of a working class family in a small english village has just lost her job although both lou s father bernard and her sister treena work neither makes enough money to help the family make ends meet without lou s income for this reason it is decided that lou should apply for a new job at the job centre as soon as possible the next day lou goes to the gym to see her boyfriend patrick he sees lou s lost job as an opportunity for her to improve herself and find something better the counselor at the job centre suggests lou apply as a care assistant for a man in a wheelchair she is not interested in this job but she is running out of options she agrees to go for the interview chapter 2 lou usually wears odd eccentric clothes for the job interview josie her mother insists she wear a business suit lou goes to granta house an elegant and expensive home next to the local tourist attraction stortfold castle she is interviewed by camilla traynor camilla is will traynor s mother will became a quadriplegic after being hit by a motorcycle he already has a nurse named nathan to take care of his personal and medical needs camilla wants to hire someone to be a companion for will and to stay with him during the day when no one else can be there lou thinks the interview goes badly therefore she is surprised when camilla offers her the job with a six month contract and generous pay chapter 3 lou reports for work at granta house the following morning camilla shows her around the annexe a space that was once stables but was turned into guest quarters this is where will lives now that he is confined to a wheelchair camilla explains her duties to lou she makes it clear that lou is not to leave will alone and unattended for more than 15 minutes at any one time camilla

introduces lou to will and nathan will's nurse nathan explains will's medications to lou and tells her she is there to cheer will nathan leaves and lou and will are left to get to know each other it does not go well will is sullen quiet and talks very little she keeps herself busy with cleaning and household chores to fill in the time lou is unhappy about the first day at her new job she talks to her sister treena about it treena asks her to stick with the job because she has decided to quit her job and go back to college she has received a grant to help pay her tuition but will have to quit her job lou feels this puts more pressure on her to earn an income

please note this is a summary of the book and not the original book flash boys by michael lewis a 30 minute instaread summary inside this instaread summary overview of the entire book introduction to the important people in the book summary and analysis of all the chapters in the book key takeaways of the book a reader's perspective preview of this summary chapter 1 in 2007 stock brokers were frustrated by the varying speed of communication between the chicago mercantile exchange and the data center beside the nasdaq stock exchange in carteret new jersey a former stock broker dan spivey researched the situation and discovered that most fiber optics buried between the two cities followed train tracks and major cities the problem lay in the fact that this route was not straight as was ideal for speed of communication but made many twists and turns spivey studied maps and found a route following small paved roads and dirt roads that were straighter spivey traveled the route with a construction man looking for obstacles they were unable to find any spivey founded a company with jim barskdale the former ceo of netscape communications called spread networks through this company they began the complicated process of laying the fiber this included more than four hundred deals that had to be arranged with the many towns the route transected spivey contacted construction engineer steve williams and asked him to supervise the laying of fifty miles of fiber starting in cleveland williams did such a good job spivey and barskdale hired him to supervise the complete installation williams and spivey disagreed on the route on many occasions spivey was frustrated with williams attempts to avoid obstacles by deviating from the route and williams did not understand why the straight route was so important a full year after spread began burying the fiber their project remained a secret even their workers were kept in the dark to protect the project from being blown out of the water by unwanted competition then it was time to begin selling the line to wall street unfortunately it was difficult to prove the value of their product let alone prove that it existed to solve this spivey went to sales meetings with a large map that showed the route of the fiber as well as pictures of the amplifiers built inside maximum security bunkers along the route the reception was not always good many disliked the language of the contract spread wanted them to sign especially the language that kept the companies from

sharing the line with their clients spread ran into multiple problems finishing their project one held them up for some time while they struggled to find a way to bury cable under a river they eventually found a tunnel that worked perfectly for their purposes another was the hostility they faced in a small town in pennsylvania when they attempted to get permission to dig under a parking lot that blocked their route

contains information on various pennsylvania military orphan schools including description activities and finances with some registers of students

issues for include annual air transport progress issue

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