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The AGE of SPEED



Learning to Thrive in a More-Faster-Now World

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Age Speed Learning Thrive More Faster Now

David Posen MD



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The Age of Speed, 2010 *Summary of The Ant and the Elephant by Vince Poscente* getAbstract AG, 2014-12-22 Former Olympian Vince Poscente's entertaining short parable works with the metaphors of a determined little ant as your conscious mind and a habit driven elephant as your subconscious mind You make hundreds of small decisions daily mostly without thinking because your subconscious runs your life Yet these accumulated choices put most people on safe predictable boring paths of mediocrity When you see glimpses of what you could become heed those insights Don't revert to your old ways just because change is hard and progress may be slow With the right mind set and determination think of an ant's diligence you can overcome inertia and break through Turn to Poscente's five step action plan based on clear vision commitment consistency confidence and control Align your conscious goals with those of your subconscious so the ant rules the elephant Convince your inner more conservative self that your goal is not only possible but also inevitable getAbstract recommends this accessible heartwarming story to anyone seeking to reduce fear alter old habits and change for the better This officially licensed summary of *The Ant and the Elephant* was produced by getAbstract the world's largest provider of book summaries getAbstract works with hundreds of the best publishers to find and summarize the most relevant content out there Find out more at getabstract.com

Beating the Global Odds Paul A. Laudicina, 2012-09-04 The Answer to Global Overload Contending with the 24/7 news cycle and an endless barrage of choices and information has stymied leadership and decision making strategies among those at the top But we all know this is not just a problem for the elite The broad based reaction to this chaotic unmanageable assault has been to retrench and to focus on immediate controllable decisions In the process we lose sight of the horizon More dangerous still is the shift we've seen from value creation to wealth creation where information technology 1.0 has enabled a transaction based society in which the deal is more important than the value it drives or the relationships it is based on On our current path the odds of a better future are slim What we need is a new value proposition *Beating the Global Odds* is the answer to the dangers of too much of a good thing There's no going back but there is the opportunity to set things right In this book Paul A Laudicina Managing Partner and Chairman of the Board of global consulting firm A T Kearney provides a fast paced and engaging tour of how we got to this point and what we can do about it Drawing on examples from everything from world history and current media to anecdotes from his vast network of CEOs and the world's most innovative thinkers Laudicina helps bring our world of seemingly fuzzy and disconnected pixels into sharp focus The result is a compelling case for change and call to action not only for global leaders but also for everyone who struggles with the question of how we can inspire and seize a better future how we can beat the global odds

The Earthquake Vince Poscente, 2021-11-30 From the New York Times bestselling author of *The Age of Speed* and *The Ant and the Elephant* comes an all new parable to help you break free from feeling stuck and bounce back after a crisis Life has its ups and downs however we should never give up hope *The Earthquake* will inspire many to meet the difficult challenges of

life Dalai Lama The Earthquake is a must read for anyone looking to find their way to sustained hope Use this book to find specific solutions to the setback you re currently facing or to help others bounce back from their personal earthquake This parable will help readers to Reframe dark times as illuminating experiences Resist the impulse to go it alone Find fresh perspectives Seek a path where you can enjoy the journey In this entertaining modern day fable Vince Poscente introduces us to the well intentioned conscious ant and the habitually fearful subconscious elephant as seismic destruction changes their world and ultimately forces them to leave their oasis What Adir the ant and Elgo the elephant learn and what you ll learn by journeying with them is the linear path they used to reach the oasis in The Ant and the Elephant does not work in the chaos after an earthquake How can they breakthrough and thrive after a life altering setback This book offers prescriptive advice and is based on Poscente s study of practices including decoding human behavior the neuroscience of performance interpersonal dysfunction around fear

□□□□□□□□ □□□□□□□□,2007-12-13 NO 258 The Age of Speed Learning to Thrive in a More Faster Now World Publishers Weekly TIME Stephen M R Covey Copyright 2015 by Summaries Com The Publishers Weekly ,2007 **So Much, So Fast, So Little Time** Michael St. Clair,2011-08-09 This book examines the extraordinary changes that technology brings and how these affect all of us and our families at home at school and at our work places with profound consequences for society Twenty first century technology opens up fabulous opportunities but also changes how we relate to each other and warps our sense of time reality duty and privacy Technologies and time saving devices make everything happen faster with the result that we feel busier than ever before Free time seems in danger of extinction So Much So Fast So Little Time Coming to Terms with Rapid Change and Its Consequences provides fascinating insights about how our changing world is changing our families and our personal relationships how we travel behave as consumers and communicate and how we entertain ourselves and deal with our anxieties Written in a popular accessible style this book describes seven areas of significant societal change providing concrete examples and engaging stories to illustrate how drastically our right now mindset has shifted our perception and experience of the world In the last chapter the author makes some practical suggestions on how to take thoughtful action to respond to the onslaught of inevitable change Replenish Lance Witt,2011-06-01 Every leader functions on two stages the front stage or public world and the back stage or private world One cannot lead successfully front stage when one is completely depleted back stage In a time when pastors are leaving the ministry in record numbers due to cynicism disillusionment weariness and personal scandals there is an urgent need for soul care in the private lives of leaders Replenish helps leaders focus on the back stage the interior life in order to remain spiritually healthy In a caring encouraging tone it will show pastors how to prioritize matters of the soul develop healthy spiritual practices address problems that lead to burnout create a healthy rhythm in their lives improve their people skills and the spiritual climate of their team develop better systems in their churches discover how to lead an unhurried life For the many ministry leaders who feel alone in over their heads or simply worn out this book will offer welcome relief and a

healthy way forward **The Age of Speed** Vince Poscente, 2008-08-26 To succeed in today's ever accelerating world speed is the name of the game Forget slow and steady wins the race The key to getting ahead is not fighting or hiding from speed but embracing speed and using its power to your advantage As Vince Poscente demonstrates in this rewarding and yes fast paced book speed has a unique ability to enrich your life He empowers you to take control of your time your tasks your priorities and your talents and start making life everything you want it to be Twenty new tips exclusive to this paperback edition show you how to recognize the difference between repetitive chores and passionate pursuits and assign the appropriate amount of time and energy to each mentally shatter the outdated idea that work home and leisure should be completely separate and create a new purpose driven model of organizing your time discover how to control interruptions including how and when to accept them by learning when to multitask and when to focus Speed provides amazing benefits you become more conscious of how you spend your time understand your authentic purpose and find yourself more flexible and open to new opportunities When you harness the power of speed your life and work become less stressful less busy and more balanced What are you waiting for Praise for The Age of Speed The Age of Speed is your bible to surf the speed tsunami that's overtaking business and life Scott Cook chairman and co founder Intuit Thought provoking It's time to make peace with the whoosh of your 24/7 lifestyle Time Vince Poscente's counterintuitive notion of embracing speed rather than coping with it will change the way people live and work Stephen M R Covey author of The Speed of Trust **Authenticity** David Posen MD, 2018-01-06 From Dr David Posen the bestselling author of Is Work Killing You and The Little Book of Stress Relief comes a book about listening to your body understanding your mind and making better choices in your life For over thirty years Dr David Posen has counselled patients suffering from severe stress anxiety and depression Over that time he noticed a pattern As our lives have become faster and increasingly fragmented many of us have become disconnected from our true selves Using a holistic approach that combines elements of physiology psychology and philosophy Authenticity teaches readers to acknowledge and accept their true selves in order to make better and more informed life choices Drawing on real life examples from his experience in stress management Dr Posen has identified five common sources of conflict personality traits time and speed sleep values and passions For each of these areas the solution is surprisingly simple We must learn to live in a way that is authentic and true to our unique selves we must live in harmony with who we truly are *Everything but Teaching* Stephen J. Valentine, 2014-09-16 Learn the 7 Imperatives for managing the other work of a teacher Every teacher knows that what happens before and after class is as important as what happens during class This accessible resource gives all teachers indispensable tips for managing professional priorities outside the classroom and saving energy for the most essential part of their work teaching students Real life vignettes planning sheets and other templates illustrate how to master the multitasking demands of the teaching life including Planning time wisely Tailoring grading practices to provide clear feedback Holding productive meetings with students parents or colleagues Keeping and using records

effectively Corresponding with grace tact and detail Processing information and refining procedures Embracing new professional learning opportunities Without good planning and organization even the best teachers may not be able to effectively reach their students and the classroom can suffer Using this invaluable guide teachers can develop their professional skills First year and veteran teachers alike can find new ideas for the business of running a class so that they can focus on the most important thing teaching

The Secret to Peak Productivity Tamara Myles, 2014-02-06 Certified Professional Organizer CPO and productivity expert Tamara Myles has developed a simple model the Productivity Pyramid that provides an actionable framework for anyone to achieve better results Increasing productivity is a nonnegotiable for any business that wants to survive let alone thrive in today's climate The problem is there is no simple single plug and play solution that will work for anyone The industries are too varied technology is updating too rapidly and customers are too inconsistent Based on a sequence of steps leading to peak performance the author's easily adaptable system consists of five levels Physical Organization from decluttering to filing fool proof strategies for handling incoming papers and ensuring information remains accessible Electronic Organization from dealing with email to electronic file management options such as cloud computing Time Management mastering the three P's Plan Prioritize and Perform Activity Goal Alignment breaking objectives into specific relevant and measurable daily tasks Possibility identifying new life and business goals that will help you reach your greatest potential After a quick assessment to determine your strengths and weaknesses and to pinpoint where to focus most for immediate results the framework will then provide a range of potential strategies allowing you to discover your own individualized Secret to Peak Productivity

Fast After 50 Joe Friel, 2015-01-10 Read Fast After 50 to learn more about the effects of aging on athletic performance and how you can be a competitive endurance athlete as you get older Triathlete magazine For runners cyclists triathletes swimmers and cross country skiers getting older doesn't have to mean getting slower Drawing from the most current research on aging and sports performance Joe Friel America's leading endurance sports coach shows how athletes can race strong and stay healthy well past age fifty In his groundbreaking book Fast After 50 Friel offers a smart approach for athletes to ward off the effects of age Friel shows athletes how to extend their racing careers for decades and race to win Fast After 50 presents guidelines for high intensity workouts focused strength training recovery crosstraining and nutrition for high performance How the body's response to training changes with age how to adapt your training plan and how to avoid overtraining How to shed body fat and regain muscle density How to create a progressive plan for training rest recovery and competition Workout guidelines field tests and intensity measurement In Fast After 50 Joe Friel shows athletes that age is just a number and race results are the only numbers that count With contributions from Mark Allen Gale Bernhardt Amby Burfoot Dr Larry Creswell John Howard Dr Tim Noakes Ned Overend Dr John Post Dr Andrew Pruitt and Lisa Rainsberger Fast After 50 is the best of this year's batch of practical books on science and performance A great overview of the science of endurance training for anyone but particularly focused on how to adapt

as you get older Solid advice clearly presented Runner s World Simple Church Thom S. Rainer, Eric Geiger, 2011-05-03 The simple revolution is here From the design of Apple products to Google s uncluttered homepage simple ideas are changing the world Now in paperback multi awarded 1 national bestseller Simple Church guides Christians back to the simple gospel sharing methods of Jesus No bells or whistles required With insights based on case studies of 400 American churches Thom Rainer and Eric Geiger prove the disciple making process is often too complex Simple churches thrive by taking four ideas to heart Clarity Movement Alignment Focus Simple Church examines each idea clearly showing why it is time to simplify This updated trade paper edition includes a new chapter with further insights the authors have gained through hundreds of conversations with church leaders since this landmark book s original release **Women Activating**

Agency in Academia Alison L. Black, Susanne Garvis, 2018-04-17 Women Activating Agency in Academia seeks to create and expand safe spaces for scholarly professional and personal stories and assemblages of agency It provides readers with the opportunity to connect with the strategies women are using to navigate academe and the core values linked to trust relationship wellbeing and ethics of care they live by The collection offers the stories of women academics from around the globe and across disciplines and showcases their efforts to meaningfully listen and converse in order to resist self audit and diminished identities Reflections come from a range of responsive personal and aesthetic techniques including writing groups guided autobiography auto ethnography collective activism and slow scholarship Chapters engage with themes and ideas such as agency neoliberalism ontological security androcentricity identity and collegial support which manifest in unique ways for female academics The focus in this volume is what really matters to women in the academy as they share their efforts to be themselves in their work to care for themselves and others and to count what isn t counted It aims to prove how collaborative storytelling and discussion can empower female academics to preserve and achieve these ambitions

The New Education Policy: Shaping India's Future in the New Era of Education Dr. Manju. N. D, 2025-05-05 The New Education Policy Shaping India s Future in the New Era of Education edited by Dr Manju is a comprehensive volume that examines the transformative impact of India s National Education Policy NEP 2020 Bringing together insights from scholars and education experts the book explores key themes such as inclusive education digital learning curriculum reforms teacher development and institutional governance The chapters analyze how the NEP aims to enhance educational access for marginalized communities promote equity and improve learning outcomes across all levels of education The policy s emphasis on technology integration multidisciplinary learning and innovation in pedagogy is critically discussed The volume also addresses implementation challenges ranging from administrative hurdles and resource constraints to socio cultural barriers offering a balanced perspective on both the opportunities and limitations of the NEP With its thoughtful analyses and diverse viewpoints this collection provides a holistic understanding of the NEP s potential to shape an equitable inclusive and future ready education system in India Summary: The Age of Speed BusinessNews Publishing, 2014-10-28 The must

read summary of Vince Poscente s book The Age of Speed Learning to Thrive in a More Faster Now World This complete summary of the ideas from Vince Poscente s book The Age of Speed shows how rather than feeling guilty about leading a 24 7 lifestyle powered by all the latest technology it s time to fully embrace speed and make it your ally instead of your enemy In his book the author explains that in order to succeed in making speed your ally you need to learn how to go fast without exploding This summary demonstrates the smart approach to doing this by harnessing the accelerating demands for speed in life and business to your own advantage Added value of this summary Save time Understand key concepts Expand your knowledge To learn more read The Age of Speed and find out how you can use speed to accomplish truly remarkable things in the current business environment

The New Class Order Conrad Riker,101-01-01 Are you struggling to understand the shifting dynamics of social class in modern England Do you feel like the rules of the game have changed leaving you behind Are you tired of being told that class no longer matters while seeing clear evidence that it still does This book is for you It cuts through the noise and provides a clear rational analysis of how class operates in England today Here s what you ll gain A deep understanding of the traditional and emerging class structures in England Insight into how education employment and social networks perpetuate class divides A clear picture of how masculinity and gender roles are being redefined in the modern world An exploration of how crime politics and consumption habits are influenced by class A breakdown of the new elite and how they maintain their power and influence A look at how language travel and social media act as class signifiers A critical examination of the stigma surrounding poverty and the benefits system Predictions for the future of class in England and how it will shape society If you want to navigate the complexities of modern England s social hierarchy and understand where you fit in then buy this book today

Lead with Vision, Influence with Purpose : How to Become a Leader People Trust Silas Mary,2025-02-12 Great leaders don t just manage they inspire influence and earn trust In Lead with Vision Influence with Purpose How to Become a Leader People Trust you ll discover what it takes to become the kind of leader people want to follow Whether you re an entrepreneur executive or aspiring leader this book provides a roadmap to authentic leadership helping you develop the mindset skills and strategies to lead with confidence and integrity You ll learn how to Clarify your vision and communicate it in a way that motivates and aligns your team Build trust through transparency empathy and consistency Lead with purpose by aligning your decisions with core values and long term impact Inspire and empower others fostering a culture of collaboration and innovation Navigate challenges with resilience and turn obstacles into opportunities Through real world examples practical strategies and actionable insights this book will help you cultivate the qualities of a respected and influential leader one who not only drives success but also leaves a lasting impact Your leadership journey starts here Lead with vision Influence with purpose Earn trust

What a Unicorn Knows Matthew E. May,Pablo Dominguez,2023-02-21 What a Unicorn Knows is your company s best guide to becoming a well oiled high velocity machine for growth on its way to billion dollar valuation Why do some young companies become unicorns while others don t

What a Unicorn Knows is a playbook that offers a field tested approach to delivering superior customer value and reaching unicorn status by removing the potential inhibitors to organizational scale and speed Drawing on a mastery of lean based methods for achieving maximum effect with minimum means private equity operators Matthew E May and Pablo Dominguez provide readers with a powerful framework of universally applicable principles that enable any company to effectively accelerate its ability to scale and grow Called The Unicorn Model and built on five foundational principles the authors deliver a compelling narrative of stories and experiences in an easy to remember mnemonic Strategic speed Constant experimentation Accelerated value Lean process Esprit de corps Drawn from the authors successful track record with a wide variety of unicorn level companies What a Unicorn Knows offers a necessary guide for rapid but lasting growth As more companies than ever vie for unicorn status your competitive edge will depend on learning from the best

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