Charles Fishman

Tech Stress Erik Peper, Ph.D., Richard Harvey, PH.D., Nancy Faass, MSW, MPH,2020-08-25 A fresh, science-backed approach to reframing our often damaging relationship with technology—with tips on ergonomics, optimal screen-time, combatting 'brain drain', and more. Reclaim health, happiness, and sanity in a plugged-in world with this self-help guide for the 21st-century worker suffering from burnout, Zoom fatigue, shortened attention span, and smartphone addiction. Evolution shapes behavior—and as a species, we've evolved to be drawn to the instant gratification, constant connectivity, and the shiny lights, beeps, and chimes of our ever-present devices. In earlier eras, these hardwired evolutionary patterns may have set us up for success, but today they confuse our instincts, leaving us vulnerable and stressed out from fractured attention, missed sleep, skipped meals, aches, pains, and exhaustion. So how can we avoid the pitfalls programmed into modern technology use? Tech Stress offers real, practical tools to avoid the evolutionary traps that trip us up and to address the problems associated with technology overuse. You will find a range of effective strategies and best practices to individualize your workspace (in the office and at home), reduce physical strain, prevent sore muscles, combat brain drain, and correct poor posture. The book also provides fresh insights on reducing stress and enhancing health.

The Wal-Mart Effect Charles Fishman,2006 An award-winning journalist breaks through the wall of secrecy to reveal how the world's most powerful company really works and how it is transforming the American economy.

Love From Both Sides Stephanie Riseley,2012-06-01 In this memoir, memorial, and celebration, Stephanie Riseley shares the deeply emotional and powerfully physical story of the continued relationship between her and her husband Dan after his sudden death. Exploring the ways in which love and forgiveness can transcend the boundaries of life and death, the book intends to

change perceptions of the emotional and spiritual relationships two people can share. Problematic marriages and challenging relationships will take on positive new dimensions.

The Dinner Herman Koch, 2013-02-12 NEW YORK TIMES BESTSELLER • The darkly suspenseful tale of two families struggling to make the hardest decision of their lives—all over the course of one meal. Now a major motion picture. "Chilling, nasty, smart, shocking, and unputdownable."—Gillian Flynn, author of Gone Girl It's a summer's evening in Amsterdam, and two couples meet at a fashionable restaurant for dinner. Between mouthfuls of food and over the scrapings of cutlery, the conversation remains a gentle hum of polite discourse. But behind the empty words, terrible things need to be said, and with every forced smile and every new course, the knives are being sharpened. Each couple has a fifteen-year-old son. The two boys are united by their accountability for a single horrific act—an act that has triggered a police investigation and shattered the comfortable, insulated worlds of their families. As the dinner reaches its culinary climax, the conversation finally touches on their children, and as civility and friendship disintegrate, each couple shows just how far they are prepared to go to protect those they love. A NEW YORK TIMES NOTABLE BOOK "A European Gone Girl . . . A sly psychological thriller."—The Wall Street Journal "Brilliantly engineered . . . The novel is designed to make you think twice, then thrice, not only about what goes on within its pages, but also the next time indignation rises up, pure and fiery, in your own heart."—Salon "You'll eat it up, with some fava beans and a nice Chianti."—Entertainment Weekly "[Koch] has created a clever, dark confection . . . absorbing and highly readable."—New York Times Book Review "Tongue-in-cheek page-turner."—The Washington Post "[A] deliciously Mr. Ripley-esque drama."—O: The Oprah Magazine

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