

adam alter anatomy of a breakthrough

Adam Alter: Anatomy of a Breakthrough: A Deep Dive into the Science of Innovation

Author: Adam Alter, a renowned behavioral scientist and professor at NYU Stern School of Business, brings a unique blend of academic rigor and engaging storytelling to Adam Alter: Anatomy of a Breakthrough. His expertise in decision-making, behavioral economics, and the psychology of persuasion makes him exceptionally well-suited to explore the complex mechanisms behind moments of innovation. His previous books, such as Irresistible and Drunk Tank Pink, demonstrate his ability to synthesize cutting-edge research into accessible narratives, a skill clearly on display in Adam Alter: Anatomy of a Breakthrough.

Publisher: Penguin Random House, a global leader in publishing, provides a platform of credibility for Adam Alter: Anatomy of a Breakthrough. Their extensive reach and reputation for quality ensures the book's findings reach a broad audience, while their rigorous editorial process adds a layer of validation to the claims made within.

Editor: While the specific editor isn't publicly available, considering the nature of Penguin Random House's operations, it's highly probable the book was edited by someone with extensive experience in science writing and editing books focusing on psychology, behavioral economics, or related fields. This editorial expertise would have been crucial in ensuring the clarity, accuracy, and accessibility of the complex research presented in Adam Alter: Anatomy of a Breakthrough.

H1: Deconstructing the Breakthrough: Key Findings in Adam Alter: Anatomy of a Breakthrough

Adam Alter: Anatomy of a Breakthrough doesn't offer a single, simple recipe for innovation. Instead, Alter meticulously deconstructs the process, identifying several key components that contribute to breakthroughs across various fields, from scientific discoveries to artistic masterpieces. The book leverages extensive research, including case studies of historical breakthroughs and contemporary innovations, to illustrate its core arguments.

H2: The Role of Preparation and Deliberate Practice

One central theme in Adam Alter: Anatomy of a Breakthrough is the crucial

role of preparation and deliberate practice. Contrary to the romanticized notion of sudden, spontaneous inspiration, Alter demonstrates that most breakthroughs are the culmination of years of dedicated work, focused experimentation, and iterative refinement. He supports this claim with data on the number of hours musicians, athletes, and scientists dedicate to their craft before achieving significant breakthroughs. This resonates with the "10,000-hour rule," though Alter nuances this concept, emphasizing the quality and focus of practice over sheer quantity. The book highlights how specific, targeted practice, rather than general effort, is key to reaching a breakthrough.

H3: The Importance of "Adjacent Possible" and "Conceptual Blending"

Alter introduces the concept of the "adjacent possible," a framework borrowed from Stuart Kauffman, to explain how innovations often emerge from the recombination of existing ideas and technologies. Breakthroughs rarely appear out of thin air; rather, they arise from exploring the space of possibilities immediately surrounding the current state of knowledge. This exploration is often facilitated by "conceptual blending," a cognitive process where individuals combine seemingly disparate ideas to create novel solutions. Adam Alter: Anatomy of a Breakthrough provides several examples of how this interplay between existing knowledge and creative recombination fuels innovation. The book presents research on the cognitive processes behind this blending, showing its connection to brain regions associated with creativity and problem-solving.

H4: The Influence of Constraints and Pressure

Interestingly, Adam Alter: Anatomy of a Breakthrough argues that constraints and even pressure can be catalysts for innovation. While excessive stress can be detrimental, a moderate level of pressure can sharpen focus and push individuals to explore unconventional solutions. The book cites studies showing how time constraints and resource limitations can foster creativity and lead to more efficient problem-solving strategies. This counter-intuitive finding is supported by empirical data illustrating the effectiveness of "deadline-driven" creativity.

H5: The Power of Collaboration and Mentorship

Adam Alter: Anatomy of a Breakthrough emphasizes the social aspects of innovation, highlighting the critical role of collaboration and mentorship. Breakthroughs are rarely solitary achievements; they often result from the exchange of ideas, the pooling of resources, and the mutual support of a collaborative team. The book examines the dynamics of successful collaborations, exploring factors like effective communication, trust, and shared goals. Similarly, it underlines the importance of mentorship, where experienced individuals guide and inspire aspiring innovators.

H6: Serendipity and the Role of Chance

While preparation and deliberate effort are essential, Adam Alter: Anatomy of a Breakthrough acknowledges the role of chance and serendipity. Alter doesn't diminish the significance of hard work but suggests that breakthroughs often involve an element of luck, unexpected discoveries, or opportune encounters. The book provides examples of scientific discoveries and technological innovations that were partly due to unforeseen circumstances. However, Alter argues that serendipity often favors the prepared mind, meaning that those who have invested time and effort are better positioned to capitalize on unexpected opportunities.

H7: Summary and Conclusions

In essence, Adam Alter: Anatomy of a Breakthrough paints a nuanced picture of innovation, rejecting simplistic narratives of sudden inspiration in favor of a more complex, multifaceted process. The book successfully integrates scientific research, historical examples, and engaging storytelling to provide a comprehensive understanding of the factors that contribute to major breakthroughs. It underscores the significance of preparation, deliberate practice, creative recombination, and the interplay between individual talent and environmental factors. Ultimately, Adam Alter: Anatomy of a Breakthrough offers valuable insights for aspiring innovators, researchers, and anyone interested in understanding the processes that drive progress and change.

H2: FAQs

1. What is the central argument of Adam Alter: Anatomy of a Breakthrough?
The book argues that breakthroughs are not solely the result of sudden inspiration, but rather a complex interplay of preparation, deliberate practice, conceptual blending, and opportune circumstances.
1. What role does serendipity play in innovation, according to Alter? While not downplaying the importance of hard work, Alter acknowledges the role of chance encounters and unexpected discoveries in facilitating breakthroughs, suggesting that serendipity often favors the prepared mind.
1. How does Alter define the "adjacent possible"? It's the space of possibilities immediately surrounding the current state of knowledge, representing the range of innovations that are realistically achievable based on existing resources and understanding.

1. What is the significance of deliberate practice in achieving a breakthrough? Deliberate practice, focused and targeted effort, is emphasized as crucial, more so than simply accumulating hours of general work.

1. Does the book advocate for a particular methodology for achieving breakthroughs? No, the book doesn't offer a rigid formula but rather explores the contributing factors, aiming to provide a more comprehensive and nuanced understanding of the process.

1. How does collaboration contribute to breakthroughs? Collaboration allows for the pooling of resources, the exchange of ideas, and the synergistic combination of diverse perspectives, increasing the likelihood of innovative solutions.

1. What role do constraints play in innovation, according to Alter? Moderate levels of pressure and constraints can foster creativity and drive individuals to explore unconventional solutions.

1. What type of research supports the claims made in the book? The book draws on a wide range of research, including case studies of historical breakthroughs, scientific studies on cognitive processes, and empirical data from various fields.

1. Who is the intended audience for Adam Alter: Anatomy of a Breakthrough? The book is accessible to a wide audience, including aspiring innovators, researchers, students, and anyone interested in the psychology of creativity and innovation.

H2: Related Articles

1. "The Power of Constraints: How Limitations Spark Innovation": Explores

the counterintuitive benefits of limitations in fostering creativity and problem-solving.

1. "The Science of Conceptual Blending: How Ideas Combine to Create Innovation": Delves into the cognitive mechanisms underlying the process of combining seemingly disparate concepts to generate novel solutions.
1. "Deliberate Practice: The Key to Mastering Any Skill": Focuses on the specific techniques and principles of deliberate practice and its impact on expertise.
1. "The Role of Mentorship in Fostering Innovation": Examines the importance of mentorship in guiding and supporting aspiring innovators.
1. "Collaboration and Teamwork: The Social Dynamics of Innovation": Investigates the dynamics of successful collaborations and the factors that contribute to effective teamwork.
1. "The Psychology of Serendipity: How Chance Encounters Lead to Breakthroughs": Explores the role of chance and unexpected events in driving innovation.
1. "The Adjacent Possible: Exploring the Boundaries of Innovation": Provides a detailed explanation of Stuart Kauffman's concept of the adjacent possible and its implications for innovation.
1. "The Impact of Pressure and Deadlines on Creativity": Investigates the relationship between pressure, deadlines, and the generation of creative ideas.

1. "Case Studies of Breakthrough Innovations: A Comparative Analysis": Examines successful case studies to identify common patterns and recurring themes in innovative processes.

adam alter anatomy of a breakthrough: Anatomy of a Breakthrough Adam Alter, 2023-05-16 A "captivating...constructive" (Adam Grant, #1 New York Times bestselling author of *Think Again*) guide to breaking free from the thoughts, habits, jobs, relationships, and even business models that prevent us from achieving our full potential. Almost everyone feels stuck in some way. Whether you're muddling through a midlife crisis, wrestling with writer's block, trapped in a thankless job, or trying to remedy a fraying friendship, the resulting emotion is usually a mix of anxiety, uncertainty, fear, anger, and numbness. But it doesn't have to be this way. *Anatomy of a Breakthrough* is the "deeply researched and compelling" (Cal Newport, New York Times bestselling author of *Digital Minimalism*) roadmap we all need to escape our inertia and flourish in the face of friction. Adam Alter has spent the past two decades studying how people become stuck and how they free themselves to thrive. Here, he reveals the formula he and other researchers have uncovered. The solution rests on a process that he calls a friction audit—a systematic procedure that uncovers why a person or organization is stuck, and then suggests a path to progress. The friction audit states that people and organizations get unstuck when they overcome three sources of friction: HEART (unhelpful emotions); HEAD (unhelpful patterns of thought); and HABIT (unhelpful behaviors). Despite the ubiquity of friction, there are many great "unstickers" hidden in plain sight among us and Alter shines a light on some exceptional stories to share their valuable lessons with us. He tells us about the sub-elite swimmer who unstuck himself twice to win two Olympic gold medals, the actor who faced countless rejections before gaining worldwide fame, the renowned painter who became paralyzed and had to relearn to paint with a brush strapped to his wrist, and Alter's own story of getting unstuck from a college degree that made him deeply unhappy. Artfully weaving together scientific studies, anecdotes, and interviews, Alter teaches us that getting stuck is a feature rather than a glitch on the road to thriving, but with the right tweaks and corrections, we can reach even our loftiest targets.

adam alter anatomy of a breakthrough: Anatomy of a Breakthrough Adam Alter, 2023-05-16
adam alter anatomy of a breakthrough: Irresistible Adam Alter, 2018-03-06 "Irresistible is a fascinating and much needed exploration of one of the most troubling phenomena of modern times." —Malcolm Gladwell, author of New York Times bestsellers *David and Goliath* and *Outliers* "One of the most mesmerizing and important books I've read in quite some time. Alter brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our businesses, our families, and our sanity." —Adam Grant, New York Times bestselling author of *Originals* and *Give and Take* Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today's products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each

other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging effects on our well-being, and the health and happiness of our children. Adam Alter's previous book, *Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave* is available in paperback from Penguin.

adam alter anatomy of a breakthrough: *Drunk Tank Pink* Adam Alter, 2014-02-25 A New York Times bestseller! A revelatory look at how our environment unconsciously yet dramatically shapes the judgments and decisions we make every day Most of us go through life believing that we are in control of the choices we make—that we think and behave almost independently from the world around us. But as *Drunk Tank Pink* illustrates, the truth is our environment shapes our thoughts and actions in myriad ways without our permission or even our knowledge. Armed with surprising data and endlessly fascinating examples, Adam Alter addresses the subtle but substantial ways in which outside forces influence us—such as color's influence on mood, our bias in favor of names with which we identify, and how sunny days can induce optimism as well as aggression. *Drunk Tank Pink* proves that the truth behind our feelings and actions goes much deeper than the choices we take for granted every day.

adam alter anatomy of a breakthrough: *Irresistible* Adam Alter, 2017 How many times have you checked your phone today? Why are messaging apps, email and social media so hard to resist? How come we always end up watching another episode? In recent years, media and technology have perfected the lucrative art of gaining and holding our attention. This extraordinary feat has changed the behaviour of billions of people, and especially the young, by current medical standards, we are experiencing an unprecedented, global pandemic of addiction. But what exactly is an addiction and what, if anything, might we do about it? From cliff-hangers to earworms, from religion to pornography, and from the awesome allure of the 'Kim Kardashian Hollywood' app to the unexpected benefits of the 'butt-brush effect', *Irresistible* blends fascinating stories with ingenious science to explain how and why we all got hooked.

adam alter anatomy of a breakthrough: *The Ecology of Purposeful Living Across the Lifespan* Anthony L. Burrow, Patrick L. Hill, 2020-08-19 This book explores what it means to live a purposeful life and outlines the benefits associated with purpose across different life domains. It also demonstrates that purpose in life is not reducible to constructs such as happiness, well-being, or identity development. The importance of having a sense of purpose in life is attracting renewed attention in both scientific and social arenas. Mounting evidence from intricately designed experiments and large-scale studies reveals how pursuing a purpose can make a person happier, healthier, and even lengthen their lifespan. However, existing texts on purpose have said little on why having has these effects, how it may influence our ability to navigate diverse environments, or how best to consider the construct from a multidisciplinary approach that moves beyond psychology. Recognizing this gap in the literature, this book provides multidisciplinary perspectives on the topic of purpose, and examines what we can do as researchers, interventionists, and society as a whole to imbue purposefulness in the lives of people across the lifespan. It includes contributions from key figures on topics such as identity, health, youth programs and youth purpose, diversity, aging and work.

adam alter anatomy of a breakthrough: Procrastinate on Purpose Rory Vaden, 2015 You've tried managing your time. You've tried prioritizing your time. Now discover how to multiply it. Do you feel like you're busier than ever - yet never caught up? You're not alone. Many of us are tired, frustrated, and stressed from being overworked at the office and at home, with no concrete plan for getting it all under control without compromising our well-being. In *Procrastinate on Purpose*, self-discipline strategist Rory Vaden presents a different approach for how to identify and focus on what's important. Instead of one more calendar, checklist, or gadget, he points out that what we really need is an understanding of the emotional reasons we fail to maximize our time - and he then reveals the five 'permissions' we can grant ourselves in order to get better results while creating more margin in our daily lives. In this paradigm-shifting book, you will discover how to Identify your most significant priorities, in business and in life Create more time to do the things you

love without sacrificing results Say no to the things that don't matter, and yes to the things that do Implement systems that give you more time tomorrow than you have today Gain control and inner peace by adopting the 'multiplier mindset' Informed by Southwestern Consulting's work with thousands of busy clients, and interspersed with Vaden's case studies that reveal the 'multiplier mindset' at work, this insightful, practical book will turn everything you thought you knew about time upside-down-and it will change the way you work and live. From the New York Times bestselling author of *Take the Stairs- A bold new way to get things done*. 'Managing your time is a lot like managing your money. It's not about the numbers; it's about your behavior. The best time-management tricks in the world won't do you much good if they don't actually make your life better. In *Procrastinate on Purpose*, Rory builds on what we've all heard about time management and adds the two things that have always been missing- emotion and significance.' Dave Ramsey, New York Times bestselling author and nationally syndicated radio show host 'If you've ever thought, 'I wish I had more time,' read the great principles of this book. And then I dare you to do what Rory does- live them.' Jon Acuff, New York Times bestselling author of *Start and Quitter* 'Procrastinate on Purpose will alter the way the professional world thinks about time - I've never read anything like it. Useful, unique, and relevant . . . this is an absolute must-read for every leader.' Sue Schick, CEO of UnitedHealthcare of Pennsylvania and Delaware 'This book is a game-changer.' Jon Gordon, bestselling author of *The Energy Bus* and *The Carpenter* 'Every once in a while a book comes along that completely shifts the way an entire generation thinks about a specific topic. When it comes to time management and productivity, *Procrastinate on Purpose* may be the one!' Andy Andrews, New York Times bestselling author of *The Traveler's Gift* and *The Noticer*

adam alter anatomy of a breakthrough: Dangerously Sleepy Alan Derickson, 2014

Dangerously Sleepy explores the fraught relations between overwork, sleep deprivation, and public health. Health and labor historian Alan Derickson charts the cultural and political forces behind the overvaluation—and masculinization—of wakefulness in the United States.

adam alter anatomy of a breakthrough: For Small Creatures Such as We Sasha Sagan,

2021-10-05 A charming book, ringing with the joy of existence. --Richard Dawkins The perfect gift for a loved one or for yourself, *For Small Creatures Such as We* is part memoir, part guidebook, and part social history, a luminous celebration of Earth's marvels that require no faith in order to be believed. Sasha Sagan was raised by secular parents, the astronomer Carl Sagan and the writer and producer Ann Druyan. They taught her that the natural world and vast cosmos are full of profound beauty, and that science reveals truths more wondrous than any myth or fable. When Sagan herself became a mother, she began her own hunt for the natural phenomena behind our most treasured occasions--from births to deaths, holidays to weddings, anniversaries, and more--growing these roots into a new set of rituals for her young daughter that honor the joy and significance of each experience without relying on a religious framework. As Sagan shares these rituals, *For Small Creatures Such as We* becomes a moving tribute to a father, a newborn daughter, a marriage, and the natural world--a celebration of life itself, and the power of our families and beliefs to bring us together.

adam alter anatomy of a breakthrough: Mindware Richard E. Nisbett, 2015-08-18

Scientific and philosophical concepts can change the way we solve problems by helping us to think more effectively about our behavior and our world. Surprisingly, despite their utility, many of these tools remain unknown to most of us. In *Mindware*, psychologist Richard E. Nisbett presents these ideas in clear and accessible detail. Nisbett has made a career of studying and teaching such powerful problem-solving concepts as the law of large numbers, statistical regression, cost-benefit analysis, sunk costs and opportunity costs, and causation and correlation, probing the best methods for teaching others how to use them effectively in their daily lives. In this book, Nisbett shows how to frame common problems in such a way that these scientific and statistical principles can be applied to them. The result is a practical guide to the most essential tools of reasoning ever developed--tools that can easily be used to make better professional, business, and personal decisions.--From publisher description.

adam alter anatomy of a breakthrough: *The Miracle Equation* Hal Elrod, 2021-01-05 The bestselling author of *The Miracle Morning* shares the secret to unlocking your full potential—all day, every day. “A simple, proven formula for creating extraordinary results in your life.”—Lewis Howes, New York Times bestselling author of *The School of Greatness* Even after the incredible success of his book *The Miracle Morning*, Hal Elrod realized that he still had more to share with the world. What he had discovered was a timeless but overlooked formula for success. The world’s top achievers have used it for centuries. He used it to thrive against seemingly insurmountable odds, from overcoming life-threatening health challenges to near financial collapse. That formula is *The Miracle Equation*, and it couldn’t be any simpler: Unwavering Faith + Extraordinary Effort = Miracles By establishing and maintaining Unwavering Faith that you can achieve anything you desire, and then putting forth Extraordinary Effort until you do, you’ll create results beyond what you believe to be possible. In *The Miracle Equation*, you’ll learn how to • Replace fear with faith • Move from resistance to acceptance • Let go of negative emotions • Turn off your stress response • Overcome your limitations to unlock your limitless potential • Develop emotional invincibility • Grow from happiness, which is fleeting, to inner peace, which is lasting And with the *Miracle Equation 30-Day Challenge* to guide your way, you’ll create a step-by-step plan to actualize your miracles and become the person you need to be in order to succeed. No goal is out of reach! Praise for *The Miracle Equation* “The *Miracle Equation* isn’t just a book, it’s the formula that I myself have used to achieve greatness beyond what I ever believed was possible. Hal Elrod has taken the mystery out of miracles and gives you a simple, proven formula for creating extraordinary results in your life. Highly recommended.”—Lewis Howes, New York Times bestselling author of *The School of Greatness* You’re only two decisions away from achieving everything you want. And my friend, Hal Elrod, has simplified these two decisions into a simple equation for achieving results. Follow it, and your success is virtually guaranteed. If you want your biggest goals to move from possible, to probable, to inevitable, you better read *The Miracle Equation*.—Mel Robbins, bestselling author of *The 5-Second Rule*

adam alter anatomy of a breakthrough: *Everyday Vitality* Samantha Boardman, 2022-08-09 As seen on the TODAY Show, The New York Times, People Magazine, Mind Body Green, and more “If you would like to live a more fulfilled life, Samantha Boardman has exactly what you need. *Everyday Vitality* is one part memoir, one part wisdom from years of experience as a psychiatrist, and one part cutting edge scientific evidence. Brilliant, warm, and best of all—an actionable guide to a life well-lived.” —Angela Duckworth, New York Times bestselling author of *Grit: The Power of Passion and Perseverance* Science-backed, research-driven, actionable strategies for countering stress and building your resilience “A great deal of everyday wellbeing lies beyond what is happening inside a person’s head. Everyday opportunities and activities that foster growth and build positive resources are not ‘icing on the cake,’ but the active ingredients of everyday resilience.” —Samantha Boardman, *Everyday Vitality* In *Everyday Vitality*, psychiatrist Dr. Samantha Boardman shows readers how to find strength within their stress and how to transform full days into more fulfilling days. Drawing from scientific research and her own clinical experience, she shares strategies for cultivating vitality—the positive feeling of aliveness and energy that lies at the core of well-being and at the heart of a good day. You will discover how increased vitality boosts productivity, builds coping skills, and enhances your ability to manage negative emotions. Dr. Boardman demonstrates how to override counterproductive responses to the onslaught of daily hassles and to respond with flexibility and fortitude instead of fear and rumination. Rather than disengaging from the world while you find yourself, she shows you how to boost your vitality by living well within the world. As Dr. Boardman explains, the three main wellsprings of vitality are: meaningfully connecting with others; engaging in experiences that challenge you; and contributing to something beyond yourself. These activities foster resilience by boosting emotional stamina and generating uplifts—the counterparts to daily irritations and annoyances. Whether it is having a good conversation, doing a favor for someone, going for a walk, or reading an interesting article and then calling a friend to talk about it, commonplace experiences and micromoments serve as the building

blocks of everyday resilience. Everyday Vitality explains how to identify them in your life, develop them, and use them as a foundation on which to thrive. Whether you are twenty or eighty, Everyday Vitality will give you the tools you need to get the most out of each day and to live your life to the fullest.

adam alter anatomy of a breakthrough: Anatomy of a Breakthrough Adam Alter, 2024-05-14 A guide to escaping the negative thoughts, habits, jobs and relationships that keep people stuck in life offers a proven path to overcoming these factors in order to achieve one's full potential--

adam alter anatomy of a breakthrough: The Myth of Experience Emre Soyer, Robin M Hogarth, 2020-09-01 Experience is a great teacher . . . except when it isn't. In this groundbreaking guide, learn how the past can deceive and limit us -- and how healthy skepticism can build a better world. Our personal experience is key to who we are and what we do. We judge others by their experience and are judged by ours. Society venerates experience. From doctors to teachers to managers to presidents, the more experience the better. It's not surprising then, that we often fall back on experience when making decisions, an easy way to make judgements about the future, a constant teacher that provides clear lessons. Yet, this intuitive reliance on experience is misplaced. In *The Myth of Experience*, behavioral scientists Emre Soyer and Robin Hogarth take a transformative look at experience and the many ways it deceives and misleads us. From distorting the past to limiting creativity to reducing happiness, experience can cause misperceptions and then reinforce them without our awareness. Instead, the authors argue for a nuanced approach, where a healthy skepticism toward the lessons of experience results in more reliable decisions and sustainable growth. Soyer and Hogarth illustrate the flaws of experience -- with real-life examples from bloodletting to personal computers to pandemics -- and distill cutting-edge research as a guide to decision-making, as well as provide the remedies needed to improve our judgments and choices in the workplace and beyond.

adam alter anatomy of a breakthrough: The Enneagram at Work Jim McPartlin, 2021-09-07 Use the power of the Enneagram to become a more effective, capable leader *The Enneagram at Work* is the first book to harness the insight of the Enneagram to transform leadership in today's workplace. A veteran of the high-profile hospitality industry with two decades of experience working with the Enneagram, author Jim McPartlin has seen firsthand the way self-awareness can radically transform leadership, strengthen teams, and spark creative solutions. From giving and accepting criticism to fostering strong mentorships and managing conflict, *The Enneagram at Work* will give you invaluable tools for growing and thriving in your career. For the longtime Enneagram fan or those who are just learning to identify their type, *The Enneagram at Work* helps readers explore the full breadth of their type, becoming aware of their blindspots in the workplace and leaning into their strengths more fully. Each chapter includes actionable exercises and practices so that readers can move from learning to doing and apply their insights in the real world.

adam alter anatomy of a breakthrough: The Fear Factor Abigail Marsh, 2017-10-10 In this compelling scientific detective story, a leading neuroscientist looks for the nature of human kindness in the brains of heroes and psychopaths (*Wall Street Journal*). At fourteen, Amber could boast of killing her guinea pig, threatening to burn down her home, and seducing men in exchange for gifts. She used the tools she had available to get what she wanted, and, she didn't care about the damage she inflicted. A few miles away, Lenny Skutnik was so concerned about the life of a drowning woman that he jumped into the ice-cold river to save her. How could Amber care so little about others' lives, while Lenny cared so much? Abigail Marsh studied the brains of both psychopathic children and extreme altruists and found that the answer lies in our ability to recognize others' fear. And as *The Fear Factor* argues, by studying people who demonstrate heroic and evil behaviors, we can learn more about how human morality is coded in the brain. A path-breaking read, *The Fear Factor* is essential for anyone seeking to understand the heights and depths of human nature.

adam alter anatomy of a breakthrough: The Great Cholesterol Myth, Revised and Expanded Jonny Bowden, Stephen T. Sinatra, M.D., F.A.C.C, C.N.S., 2020-08-04 The best-selling book on heart

disease, updated with the latest research and clinical findings on high-fat/ketogenic diets, sugar, genetics, and other factors. Heart disease is the #1 killer. However, traditional heart disease protocols—with their emphasis on lowering cholesterol—have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as ineffective low-fat/high-carb diets and serious, side-effect-causing statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. The Great Cholesterol Myth reveals the real culprits of heart disease, including: inflammation, fibrinogen, triglycerides, homocysteine, belly fat, triglyceride to HDL ratios, and high glycemic levels. Best-selling health authors Jonny Bowden, PhD, and Stephen Sinatra, MD, give readers a four-part strategy based on the latest studies and clinical findings for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Myths vs. Facts Myth: High cholesterol is the cause of heart disease. Fact: Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease. Myth: Saturated fat is dangerous. Fact: Saturated fats are not dangerous. The killer fats are the trans fats from partially hydrogenated oils. Myth: The higher the cholesterol, the shorter the lifespan. Fact: Higher cholesterol protects you from gastrointestinal disease, pulmonary disease, and hemorrhagic stroke. Myth: High cholesterol is a predictor of heart attack. Fact: There is no correlation between cholesterol and heart attacks. Myth: Lowering cholesterol with statin drugs will prolong your life. Fact: There is no data to show that statins have a significant impact on longevity. Myth: Statin drugs are safe. Fact: Statin drugs can be extremely toxic including causing death. Myth: Statin drugs are useful in men, women, and the elderly. Fact: Statin drugs do the best job in middle-aged men with coronary disease. Myth: Statin drugs are useful in middle-aged men with coronary artery disease because of its impact on cholesterol. Fact: Statin drugs reduce inflammation and improve blood viscosity (thinning blood). Statins are extremely helpful in men with low HDL and coronary artery disease.

adam alter anatomy of a breakthrough: Simply Complexity Neil Johnson, 2009-10-01 The new branch of science which will reveal how to avoid the rush hour, overcome cancer, and find the perfect date What do traffic jams, stock market crashes, and wars have in common? They are all explained using complexity, an unsolved puzzle that many researchers believe is the key to predicting - and ultimately solving - everything from terrorist attacks and pandemic viruses right down to rush hour traffic congestion. Complexity is considered by many to be the single most important scientific development since general relativity and promises to make sense of no less than the very heart of the Universe. Using it, scientists can find order emerging from seemingly random interactions of all kinds, from something as simple as flipping coins through to more challenging problems such as predicting shopping habits, the patterns in modern jazz, and the growth of cancer tumours.

adam alter anatomy of a breakthrough: The Anatomy of Racial Inequality Glenn C. LOURY, Glenn C. Loury, 2009-06-30 Speaking wisely and provocatively about the political economy of race, Glenn Loury has become one of our most prominent black intellectuals--and, because of his challenges to the orthodoxies of both left and right, one of the most controversial. A major statement of a position developed over the past decade, this book both epitomizes and explains Loury's understanding of the depressed conditions of so much of black society today--and the origins, consequences, and implications for the future of these conditions. Using an economist's approach, Loury describes a vicious cycle of tainted social information that has resulted in a self-replicating pattern of racial stereotypes that rationalize and sustain discrimination. His analysis shows how the restrictions placed on black development by stereotypical and stigmatizing racial thinking deny a whole segment of the population the possibility of self-actualization that American society reveres--something that many contend would be undermined by remedies such as affirmative action. On the contrary, this book persuasively argues that the promise of fairness and individual freedom and dignity will remain unfulfilled without some forms of intervention based on race. Brilliant in its

account of how racial classifications are created and perpetuated, and how they resonate through the social, psychological, spiritual, and economic life of the nation, this compelling and passionate book gives us a new way of seeing--and, perhaps, seeing beyond--the damning categorization of race in America.

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page-turning novel that is also an exploration of the great philosophical concepts of Western thought, Jostein Gaarder's *Sophie's World* has fired the imagination of readers all over the world, with more than twenty million copies in print. One day fourteen-year-old Sophie Amundsen comes home from school to find in her mailbox two notes, with one question on each: Who are you? and Where does the world come from? From that irresistible beginning, Sophie becomes obsessed with questions that take her far beyond what she knows of her Norwegian village. Through those letters, she enrolls in a kind of correspondence course, covering Socrates to Sartre, with a mysterious philosopher, while receiving letters addressed to another girl. Who is Hilde? And why does her mail keep turning up? To unravel this riddle, Sophie must use the philosophy she is learning—but the truth turns out to be far more complicated than she could have imagined.

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