

Book Review Modern Construction Lean Project Delivery

Build stylish and functional furniture from salvaged materials. This innovative guide presents dozens of strategies for upcycling scrap cardboard, metal, plastic, or wood into dependable shelving units, sturdy tables, and fun lamps. With directions for 35 easy and inexpensive projects that include a Cardboard Cantilever Chair, a License Plate Bowl, a Conduit Coatrack, and much more, you'll be inspired to start filling your home with unique high-style furniture that makes sense for both your wallet and the environment.

If you want to be muscular, lean, and strong as quickly as possible without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements...then you want to read this book. Here's the deal: Getting into awesome shape isn't nearly as complicated as the fitness industry wants you to believe. You don't need to spend hundreds of dollars per month on the worthless supplements that steroid freaks shill in advertisements. You don't need to constantly change up your exercise routines to "confuse" your muscles. I'm pretty sure muscles lack cognitive abilities, but this approach is a good way to just confuse you instead. You don't need to burn through buckets of protein powder every month, stuffing down enough protein each day to feed a third world village. You don't need to toil away in the gym for a couple of hours per day, doing tons of sets, supersets, drop sets, giant sets, etc. (As a matter of fact, this is a great way to stunt gains and get nowhere.) You don't need to grind out hours and hours of boring cardio to shed ugly belly fat and love handles and get a shredded six-pack. (How many flabby treadmillers have you come across over the years?) You don't need to completely abstain from "cheat" foods while getting down to single-digit body fat percentages. If you plan cheat meals correctly, you can actually speed your metabolism up and accelerate fat loss. In this book you're going to learn something most guys will never know: The exact formula of exercise and eating that makes putting on 10 to 15 pounds of quality lean mass a breeze...and it only takes 8-12 weeks. This book reveals secrets like... The 6 biggest myths and mistakes of building muscle that stunt 99% of guys' muscle gains. (These BS lies are pushed by all the big magazines and even by many trainers.) How to get a lean, cut physique that you love (and that girls drool over) by spending no more than 5 percent of your time each day. The 4 laws of muscle growth that, when applied, turn your body into an anabolic, muscle-building machine. You'll be shocked at how easy it really is to get big once you know what you're doing... How to develop a lightning-fast metabolism that burns up fat quickly and leaves you feeling full of energy all day long. The carefully-selected exercises that deliver MAXIMUM results for your efforts, helping you build a big, full chest, a wide, tapered back, and bulging biceps. A no-BS guide to supplements that will save you hundreds if not THOUSANDS of dollars each year that you would've wasted on products that are nothing more than bunk science and marketing hype. How to get shredded while still indulging in the "cheat" foods that you love every week like pasta, pizza, and ice cream. And a whole lot more! The bottom line is you CAN achieve that "Hollywood hunk" body without having your life revolve around it--no long hours in the gym, no starving yourself, no grueling cardio that turns your stomach. Imagine, just 12 weeks from now, being constantly complimented on how you look and asked what the heck you're doing to make such startling gains. Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day. SPECIAL BONUS FOR READERS! With this book you'll also get a free 75-page bonus report from the author called "The Year One Challenge." In this bonus report, you'll learn exactly how to train, eat, and supplement to make maximum gains in your first year of training. By applying what you learn in the book and in this report, you can make more progress in one year than most guys make in three, four, or even five (seriously!). Scroll up, click the "Buy" button now, and begin your journey to a bigger, leaner, and stronger you!

This book collates the main research developments around Lean Construction over the past 25 years with contributions from many seminal authors in the field. It takes stock of developments since the publication of Koskela's (1992) Application of the New Production Philosophy to Construction and, in doing so, challenges current thinking and progress. It also crystallises theoretical conceptualisations and practically situated learning whilst identifying future research challenges, agendas and opportunities for global collaborative actions. The contributors present the development of Lean Construction as a fundamental part of improving construction productivity, quality and delivery of value to clients and users of built infrastructure. In doing so, the book introduces the reader to the foundational principles and theories that have influenced the way we now understand Lean Construction and has provided very useful insights to students, practitioners and researchers on key junctures over the last 25 years. Highlighting the key contemporary developments and using global case study material the chapters demonstrate good practice but also help introduce new thinking to both lay readers and experienced practitioners alike. This book is essential reading for undergraduate and postgraduate students, researchers and practitioners with an interest in Lean Construction and construction management, providing a general understanding of the area, current state of the art knowledge as well as providing an insight into areas for future research.

If you want to know how to build muscle and burn fat by eating delicious vegetarian and vegan meals that are easy to cook and easy on your wallet, then you want to read this book. Let me ask you a few questions. Do you worry that building muscle or losing fat is too hard as a vegetarian or vegan? Are you not sure of how to prepare food that is not only delicious and healthy but also effective in helping you build muscle and lose fat? Are you afraid that cooking nutritious, restaurant-quality meals is too time-consuming and expensive? Do you think that following a vegetarian or vegan lifestyle means having to force down the same boring, bland food every day? If you answered "yes" to any of those questions, don't worry—you're not alone. And this book is the answer. With it, you can cook fast, healthy, and tasty vegetarian and vegan meals every day (and on a reasonable budget) that will help you build muscle or lose weight, regardless of your current skills. In this book, you're also going to learn how to eat right without having to obsess over every calorie. These 9 scientifically proven rules for eating are the foundation of every great physique and can be , and they have nothing to do with following weird diets or

depriving yourself of everything that tastes good. And the recipes themselves? In this book you'll find 100 healthy, flavorful recipes specifically designed for vegetarians and vegans that want to build muscle or lose fat. Regardless of your fitness goals, this book has got you covered. Here's a "sneak peek" of the recipes you'll find inside: 20 fast, delicious breakfast recipes (13 vegetarian and 7 vegan), including Berry Cheesecake Muffins, Red Pepper & Goat Cheese Frittata, Tempeh Hash, PB&J Oatmeal, Tex-Mex Tofu Breakfast Tacos, Healthy French Toast, and more. 20 mouthwatering entrees (10 vegan and 10 vegetarian), including Raw Almond Flaxseed Burgers, Greek Pasta Salad, Eggplant Parmesan, Seven Layer Bean Pie, Tofu Puttanesca, High Protein Mac & Cheese, and more. 20 savory side dishes (18 vegan and 2 vegetarian), including Carrot Fries, Cranberry Apricot Squash, Quinoa & Smoked Tofu Salad, Sherry-Asiago Cream Brussels Sprouts, Three Bean Salad, Greek Potatoes, and more. 20 awesome snack recipes (5 vegetarian and 15 vegan), including Maple Pumpkin Protein Bars, Protein Parfait, Blueberry Banana Oat Cakes, Chocolate Black Bean Energy Bars, Baked Kale Chips, No-Bake Almond Protein Bars, Homemade Applesauce, and more. 10 hearty, healthy protein shake recipes (8 vegetarian and 2 vegan), including Double Chocolate Protein Smoothie, Pumpkin Delight, Cherry Vanilla Protein Smoothie, Blueberry Flax Smoothie, and more. 10 delectable desserts (6 vegetarian and 4 vegan), including Banana Caramel Bread Pudding, No-Bake Vanilla Cake, Protein Peach Surprise, Blackberry Parfait, and more. SPECIAL BONUS FOR READERS With this book, you'll also get a free spreadsheet that lists every recipe in the book along with their calories, protein, carbs, and fats! Chances are you're going to want to use the recipes to plan out your daily meals, and this spreadsheet makes it a simple matter of copy and pasting! Scroll up and click the "Buy" button now and learn how to cook nutritious, delicious vegetarian and vegan meals that make building muscle and burning fat easy and enjoyable!

The #1 international best seller *In Lean In*, Sheryl Sandberg reignited the conversation around women in the workplace. Sandberg is chief operating officer of Facebook and coauthor of *Option B* with Adam Grant. In 2010, she gave an electrifying TED talk in which she described how women unintentionally hold themselves back in their careers. Her talk, which has been viewed more than six million times, encouraged women to "sit at the table," seek challenges, take risks, and pursue their goals with gusto. *Lean In* continues that conversation, combining personal anecdotes, hard data, and compelling research to change the conversation from what women can't do to what they can. Sandberg provides practical advice on negotiation techniques, mentorship, and building a satisfying career. She describes specific steps women can take to combine professional achievement with personal fulfillment, and demonstrates how men can benefit by supporting women both in the workplace and at home. Written with humor and wisdom, *Lean In* is a revelatory, inspiring call to action and a blueprint for individual growth that will empower women around the world to achieve their full potential.

Entrepreneur and bestselling author of *The Lean Startup*, Eric Ries reveals how entrepreneurial principles can be used by businesses of all kinds, ranging from established companies to early-stage startups, to grow revenues, drive innovation, and transform themselves into truly modern organizations, poised to take advantage of the enormous opportunities of the twenty-first century. In *The Lean Startup*, Eric Ries laid out the practices of successful startups – building a minimal viable product, customer-focused and scientific testing based on a build-measure-learn method of continuous innovation, and deciding whether to persevere or pivot. In *The Startup Way*, he turns his attention to an entirely new group of organizations: established enterprises like iconic multinationals GE and Toyota, tech titans like Amazon and Facebook, and the next generation of Silicon Valley upstarts like Airbnb and Twilio. Drawing on his experiences over the past five years working with these organizations, as well as nonprofits, NGOs, and governments, Ries lays out a system of entrepreneurial management that leads organizations of all sizes and from every industry to sustainable growth and long-term impact. Filled with in-the-field stories, insights, and tools, *The Startup Way* is an essential road map for any organization navigating the uncertain waters of the century ahead.

Outlines a revisionist approach to management while arguing against common perceptions about the inevitability of startup failures, explaining the importance of providing genuinely needed products and services as well as organizing a business that can adapt to continuous customer feedback.

In this grand and thrilling narrative, the acclaimed biographer of Magellan, Columbus, and Marco Polo brings alive the singular life and adventures of Sir Francis Drake, the pirate/explorer/admiral whose mastery of the seas during the reign of Queen Elizabeth I changed the course of history "Bergreen masterly portrays ... the swashbuckling life and times of the explorer who achieved what Magellan could not—and made England's fortune in the process." —Kirkus, STARRED review Before he was secretly dispatched by Queen Elizabeth to circumnavigate the globe, or was called upon to save England from the Spanish Armada, Francis Drake was perhaps the most wanted—and successful—pirate ever to sail. Nicknamed "El Draque" by the Spaniards who placed a bounty on his head, the notorious red-haired, hot-tempered Drake pillaged galleons laden with New World gold and silver, stealing a vast fortune for his queen—and himself. For Elizabeth, Drake made the impossible real, serving as a crucial and brilliantly adaptable instrument of her ambitions to transform England from a third-rate island kingdom into a global imperial power. In 1580, sailing on Elizabeth's covert orders, Drake became the first captain to circumnavigate the earth successfully. (Ferdinand Magellan had died in his attempt.) Part exploring expedition, part raiding mission, Drake's audacious around-the-world journey in the *Golden Hind* reached Patagonia, the Pacific Coast of present-day California and Oregon, the Spice Islands, Java, and Africa. Almost a decade later, Elizabeth called upon Drake again. As the devil-may-care vice admiral of the English fleet, Drake dramatically defeated the once-invincible Spanish Armada, spurring the British Empire's ascent and permanently wounding its greatest rival. The relationship between Drake and Elizabeth is the missing link in our understanding of the rise of the British Empire, and its importance has not been fully described or appreciated. Framed around Drake's key voyages as a window into this crucial moment in British history, *In Search of a Kingdom* is a rousing adventure narrative entwining epic historical themes with intimate passions.

It's easier than ever to build a new product. But developing a great product that people actually want to buy and use is another story. Build Better Products is a hands-on, step-by-step guide that helps teams incorporate strategy, empathy, design, and analytics into their development process. You'll learn to develop products and features that improve your business's bottom line while dramatically improving customer experience.

While there are numerous Lean Certification programs, most companies have their own certification paths whereby they bestow expert status upon employees after they have participated in or led a certain number of kaizen events. Arguing that the number of kaizen events should not determine a person's expert status, The Lean Practitioner's Field Book: Proven, Practical, Profitable and Powerful Techniques for Making Lean Really Work outlines a true learning path for anyone seeking to understand essential Lean principles. The book includes a plethora of examples drawn from the personal experiences of its many well-respected and award-winning contributors. These experts break down Lean concepts to their simplest terms to make everything as clear as possible for Lean practitioners. A refresher for some at times, the text provides thought-provoking questions with examples that will stimulate learning opportunities. Introducing the Lean Practitioner concept, the book details the five distinct Lean Practitioner levels and includes quizzes and criteria for each level. It highlights the differences between the kaizen event approach and the Lean system level approach as well as the difference between station balancing and baton zone. This book takes readers on a journey that begins with an overview of Lean principles and culminates with readers developing professionally through the practice of self-reliance. Providing you with the tools to implement Lean tools in your organization, the book includes discussions and examples that demonstrate how to transition from traditional accounting methods to a Lean accounting system. The book outlines an integrated, structured approach identified by the acronym BASICS (baseline, analyze, suggest solutions, implement, check, and sustain), which is combined with a proven business strategy to help ensure a successful and sustainable transformation of your organization.

Companies struggle dramatically in building new businesses from innovation. 85-90 percent of corporate startups die after the "Minimum Viable Product" stage. Why is this so? What is the solution? How can companies improve? This book provides the answers. It is written by Frank Mattes, who has decades of experience in corporate innovation. It has been co-written with more than 20 practitioners and 2 business schools as a practical guide for practitioners - corporate innovation, Digital Innovation, heads of incubators and accelerators, leaders of corporate startups and senior managers. Clients and early readers say the content is "timely, relevant, powerful and ready for use", "a must-read," and the solution "dramatically increases return on investment in digital innovation." The corporate business-building problem. Companies are doing okay in incremental improvements. But they fail in innovation. They are good at copying past success stories but bad at creating new ones. If companies do not solve this problem, they will burn money. They also fail to achieve revenue growth from innovation, fail in corporate transformation, fail to future-proof their business and fail in winning and retaining top talent The solution and the book. The book provides a solution. It is the first one on this subject and guides corporate practitioners on how to build new businesses. The book covers the entire journey - from a "meaningful idea" to a sizable business - and it includes leadership and cultural/collaboration aspects needed for success. The book is the result of a multi-year co-creation process with more than 20 industry-leading companies and 2 business schools. It distills Best Practices and insights into one framework. This framework is the Lean Scaleup(TM). It describes the three capabilities that companies must develop to solve their business-building problem: methodology (the "how-to"), dual leadership and culture/collaboration. When the right innovation teams use the Lean Scaleup with the right mindset in a supportive environment, the company can solve its business-building problem. Advance praise (selection) Frank Mattes brings his extensive experience in corporate innovation to this pragmatic guide to dramatically increasing return on investment in digital innovation. Jeroen Tas, Chief Innovation & Strategy Officer, Royal Philips The Lean Scaleup is an approach built through practice in the field. It supports companies facing transformational challenges. David Gilmour, co-founder bp Launchpad Taking innovation concepts to scale is the real challenge. This book provides a practical framework and methodology for going beyond the MVP into scale. Ofer HaCohen, Head Innovation Center Israel, AT&T Frank has addressed business-building in many organizations successfully. Finally, his approach is "codified" in this book. I can't recommend it enough to every innovation team keen to deliver results. Hans Balmaekers, CEO, innov8rs The Lean Scaleup gives companies a powerful tool to identify, develop and scale breakthrough innovations. A must-read for all managers from corporate innovation or strategic innovation. Prof. Dr. Georg Oenbrink, CEO, CREAGO Solutions (formerly Evonik industries) The book provides an excellent framework to address the Scaling-Up challenge. It is based on the real-life learning journey of +20 corporates. A must-read for corporate entrepreneurs and their leaders! Carina Snijder VP, Research Program Management, Royal Philips

A new book from the Lean Manufacturing Expert Sebastian Brau, presenting techniques, software, procedures and tricks to get the maximum performance from your Lean project by the use of current available technologies in factories. You will learn how to: 1.- Implement the 'Active Inventory' methodology to prevent your factory from having any stockout ever again. 2.- Use 'lean markers' to detect productivity deviations in your operations more easily. 3.- Merge Kaizen and Pareto to complete your 'continuous improvement' cycles faster and cheaper. 4.- Transform the quality controls in your factory into plant sensors to build a 'digital nervous system'. 5.- Use simple plant records to automatically feed your ERP. 6.- Implement a Material Traceability control that does not jeopardize your operation's productivity with unnecessary costs. 7.- Use SMED video guides to reduce the need to train your staff and the global time for the Lean project to be implemented. 8.- Implement a time control for your staff without offending susceptibilities in the factory. 9.- Know how the new North American Law 'FSMA' can affect your operation if you do not anticipate its effects. A different Lean book written by a Robotics and Artificial Intelligence Software Engineer with more than 20 years' experience in implementing Lean Manufacturing and structured with the different technological viewpoint that his specialized profile allows, in the form of "Practical guide on the correct use of Technology in a Lean Project"

A NEW YORK TIMES GLOBETROTTER PICK! A remarkable and heartbreaking debut novel with the lyrical beauty and emotional resonance of By Grand Central Station I Sat Down and Wept and the thematic complexity of Asymmetry, that combines fractal mathematics and classical music to explore the infinitely complex patterns of love and the thin border between great passion and great loneliness. Rakel has always been more comfortable with numbers than with people. A gifted woman with a rare talent for math, she has never mastered the art of making friends. At nineteen, she moves to Oslo to attend university. There she meets Jakob, a brilliant older teacher who becomes fascinated by Rakel's quick mind. Jakob is struck by the similarities between Rakel and Sofja Kovalevskaja, the first woman to become a professor of mathematics, and the subject of the novel he is writing. Just as Kovalevskaja was close to her much older

advisor, Rakel and Jakob are drawn to each other and eventually become lovers, although he is already married. In the years to come, Rakel's academic career soars, but her health declines, and from her bedside she spends hours imagining Sofja's life while trying to understand her own. With a gaze both naive and mercilessly sharp, she examines what may be her life's only love story, looking for patterns and answers in numbers, music, and literature. Extraordinarily wise and penetrating, *Lean Your Loneliness Slowly Against Mine* explores the intricacies of the human heart, the complicated equation that is love, and the search to find meaning and connections when you need them most. Translated from the Norwegian by Alison McCullough

Lean Project Delivery and Integrated Practices in Modern Construction is the new and enhanced edition of the pioneering book *Modern Construction* by Lincoln H. Forbes and Syed M. Ahmed. This book provides a multi-faceted approach for applying lean methodologies to improve design and construction processes. Recognizing the wide diversity in the landscape of projects, and encompassing private and public sector activity, buildings and infrastructure, the book expands upon the detailed coverage of integrated project delivery and new lean tools and techniques to include: Greater emphasis on the importance of creating a lean culture and the initiatives required to transform the industry; Expanded discussions of the foundational writings in lean construction theory; Exploration of the synergies between "lean" and "green" initiatives; Specific procedures for modifying planning and scheduling activities to improve the performance of the project team; Expanded sections on quality, and topics that have become a part of the lean lexicon, such as Choosing by Advantages, "line of balance"/location-based scheduling, virtual design teams, takt time planning and set-based design; Discussion questions for beginners and advanced lean practitioners; and Improved cross-referencing within the text to help the reader navigate the frameworks, techniques and tools to support the application of lean principles. The techniques described here enhance the use of resources, reducing waste, minimizing delays, increasing quality and reducing overall costs. They enable practitioners to improve the quality of the built environment, secure higher levels of customer/owner satisfaction, and simultaneously improve their profitability. This book is essential reading for all those wanting to be at the forefront of construction management and lean thinking.

This New York Times and Wall Street Journal bestseller shows us that America's political system isn't broken. The truth is scarier: it's working exactly as designed. In this "superbly researched" (The Washington Post) and timely book, journalist Ezra Klein reveals how that system is polarizing us—and how we are polarizing it—with disastrous results. "The American political system—which includes everyone from voters to journalists to the president—is full of rational actors making rational decisions given the incentives they face," writes political analyst Ezra Klein. "We are a collection of functional parts whose efforts combine into a dysfunctional whole." "A thoughtful, clear and persuasive analysis" (The New York Times Book Review), *Why We're Polarized* reveals the structural and psychological forces behind America's descent into division and dysfunction. Neither a polemic nor a lament, this book offers a clear framework for understanding everything from Trump's rise to the Democratic Party's leftward shift to the politicization of everyday culture. America is polarized, first and foremost, by identity. Everyone engaged in American politics is engaged, at some level, in identity politics. Over the past fifty years in America, our partisan identities have merged with our racial, religious, geographic, ideological, and cultural identities. These merged identities have attained a weight that is breaking much in our politics and tearing at the bonds that hold this country together. Klein shows how and why American politics polarized around identity in the 20th century, and what that polarization did to the way we see the world and one another. And he traces the feedback loops between polarized political identities and polarized political institutions that are driving our system toward crisis. "Well worth reading" (New York magazine), this is an "eye-opening" (O, The Oprah Magazine) book that will change how you look at politics—and perhaps at yourself.

The software development ecosystem is constantly changing, providing a constant stream of new tools, frameworks, techniques, and paradigms. Over the past few years, incremental developments in core engineering practices for software development have created the foundations for rethinking how architecture changes over time, along with ways to protect important architectural characteristics as it evolves. This practical guide ties those parts together with a new way to think about architecture and time.

How do today's most successful tech companies—Amazon, Google, Facebook, Netflix, Tesla—design, develop, and deploy the products that have earned the love of literally billions of people around the world? Perhaps surprisingly, they do it very differently than the vast majority of tech companies. In *INSPIRED*, technology product management thought leader Marty Cagan provides readers with a master class in how to structure and staff a vibrant and successful product organization, and how to discover and deliver technology products that your customers will love—and that will work for your business. With sections on assembling the right people and skillsets, discovering the right product, embracing an effective yet lightweight process, and creating a strong product culture, readers can take the information they learn and immediately leverage it within their own organizations—dramatically improving their own product efforts. Whether you're an early stage startup working to get to product/market fit, or a growth-stage company working to scale your product organization, or a large, long-established company trying to regain your ability to consistently deliver new value for your customers, *INSPIRED* will take you and your product organization to a new level of customer engagement, consistent innovation, and business success. Filled with the author's own personal stories—and profiles of some of today's most-successful product managers and technology-powered product companies, including Adobe, Apple, BBC, Google, Microsoft, and Netflix—*INSPIRED* will show you how to turn up the dial of your own product efforts, creating technology products your customers love. The first edition of *INSPIRED*, published ten years ago, established itself as the primary reference for technology product managers, and can be found on the shelves of nearly every successful technology product company worldwide. This thoroughly updated second edition shares the same objective of being the most valuable resource for technology product managers, yet it is completely new—sharing the latest practices and techniques of today's most-successful tech product companies, and the men and women behind every great product.

What company doesn't want energized workers, delighted customers, genuine efficiency, and breakthrough innovation? The *Lean Mindset* shows how lean companies really work—and how a lean mindset is the key to creating stunning products and delivering amazing services. Through cutting-edge research and case studies from leading organizations, including Spotify, Ericsson, Intuit, GE Healthcare, Pixar, CareerBuilder, and Intel, you'll discover proven patterns for developing that mindset. You'll see how to cultivate product teams that act like successful startups, create the kind of efficiency that attracts customers, and leverage the talents of bright, creative people. The

Poppendiecks weave lean principles throughout this book, just as those principles must be woven throughout the fabric of your truly lean organization. Learn How To Start with an inspiring purpose, and overcome the curse of short-term thinking Energize teams by providing well-framed challenges, larger purposes, and a direct line of sight between their work and the achievement of those purposes Delight customers by gaining unprecedented insight into their real needs, and building products and services that fully anticipate those needs Achieve authentic, sustainable efficiency without layoffs, rock-bottom cost focus, or totalitarian work systems Develop breakthrough innovations by moving beyond predictability to experimentation, beyond globalization to decentralization, beyond productivity to impact Lean approaches to software development have moved from novelty to widespread use, in large part due to the principles taught by Mary and Tom Poppendieck in their pioneering books. Now, in *The Lean Mindset*, the Poppendiecks take the next step, looking at a company where multidiscipline teams are expected to ask the right questions, solve the right problems, and deliver solutions that customers love.

NEW YORK TIMES BESTSELLER • From the bestselling author of *Before We Were Yours* comes a dramatic historical novel of three young women searching for family amid the destruction of the post-Civil War South, and of a modern-day teacher who learns of their story and its vital connection to her students' lives. "An absorbing historical . . . enthralling."—Library Journal Bestselling author Lisa Wingate brings to life startling stories from actual "Lost Friends" advertisements that appeared in Southern newspapers after the Civil War, as newly freed slaves desperately searched for loved ones who had been sold away. *Louisiana, 1875*: In the tumultuous era of Reconstruction, three young women set off as unwilling companions on a perilous quest: Hannie, a freed slave; Lavinia, the pampered heir to a now destitute plantation; and Juneau Jane, Lavinia's Creole half sister. Each carries private wounds and powerful secrets as they head for Texas, following roads rife with vigilantes and soldiers still fighting a war lost a decade before. For Lavinia and Juneau Jane, the journey is one of stolen inheritance and financial desperation, but for Hannie, torn from her mother and siblings before slavery's end, the pilgrimage west reignites an agonizing question: Could her long-lost family still be out there? Beyond the swamps lie the limitless frontiers of Texas and, improbably, hope. *Louisiana, 1987*: For first-year teacher Benedetta Silva, a subsidized job at a poor rural school seems like the ticket to canceling her hefty student debt—until she lands in a tiny, out-of-step Mississippi River town. Augustine, Louisiana, is suspicious of new ideas and new people, and Benny can scarcely comprehend the lives of her poverty-stricken students. But amid the gnarled live oaks and run-down plantation homes lie the century-old history of three young women, a long-ago journey, and a hidden book that could change everything.

User experience (UX) design has traditionally been a deliverables-based practice, with wireframes, site maps, flow diagrams, and mockups. But in today's web-driven reality, orchestrating the entire design from the get-go no longer works. This hands-on book demonstrates Lean UX, a deeply collaborative and cross-functional process that lets you strip away heavy deliverables in favor of building shared understanding with the rest of the product team. Lean UX is the evolution of product design; refined through the real-world experiences of companies large and small, these practices and principles help you maintain daily, continuous engagement with your teammates, rather than work in isolation. This book shows you how to use Lean UX on your own projects. Get a tactical understanding of Lean UX—and how it changes the way teams work together Frame a vision of the problem you're solving and focus your team on the right outcomes Bring the designer's tool kit to the rest of your product team Break down the silos created by job titles and learn to trust your teammates Improve the quality and productivity of your teams, and focus on validated experiences as opposed to deliverables/documents Learn how Lean UX integrates with Agile UX

Valuing People in Construction provides contemporary perspectives on the 'glue' that binds the construction process together; people. The book addresses people issues in the construction industry where behavioural outcomes impact upon business and project performance. The main proposition of the book is that as people continue to lead the completion of construction activities, their health, safety, and well-being should be seen as a priority, and valued by stakeholders. As employers and employees, the role of people in construction must be to strive for the improvement of individual lives and society. This edited collection, which is the first book to focus specifically on placing value on people in construction, focuses on people at work, gender at work, conditions at work, and respect at work. In addition to an editorial overview, the book presents tested and refined empirical work and case studies by leading construction researchers from Africa, Australia, and Europe. Essential reading for researchers, students and professionals interested in construction management, the sociology of construction, HRM in construction, gender, work and health studies.

Offers six sample business models and thirty case studies to help build and monetize a business.

Alex Rogo is a harried plant manager working ever more desperately to try and improve performance. His factory is rapidly heading for disaster. So is his marriage. He has ninety days to save his plant - or it will be closed by corporate HQ, with hundreds of job losses. It takes a chance meeting with a colleague from student days - Jonah - to help him break out of conventional ways of thinking to see what needs to be done. Described by *Fortune* as a 'guru to industry' and by *Businessweek* as a 'genius', Eliyahu M. Goldratt was an internationally recognized leader in the development of new business management concepts and systems. This 20th anniversary edition includes a series of detailed case study interviews by David Whitford, Editor at Large, *Fortune* Small Business, which explore how organizations around the world have been transformed by Eli Goldratt's ideas. The story of Alex's fight to save his plant contains a serious message for all managers in industry and explains the ideas which underline the Theory of Constraints (TOC) developed by Eli Goldratt. Written in a fast-paced thriller style, *The Goal* is the gripping novel which is transforming management thinking throughout the Western world. It is a book to recommend to your friends in industry - even to your bosses - but not to your competitors!

While the construction process still requires traditional skills, the dynamic nature of construction demands of its managers improved understanding of modern business, production and contractual practices. This well established, core undergraduate textbook reflects current best practice in the management of construction projects, with particular emphasis given to supply chains and networks, value and risk management, BIM, ICT, project arrangements, corporate social responsibility, training, health and welfare and environmental sustainability. The overall themes for the Eighth Edition Modern Construction Management are: Drivers for efficiency: lean construction underpinning production management and off-site production methods. Sustainability: reflecting the transition to a low carbon economy. Corporate Social Responsibility: embracing health & safety and employment issues. Modern contractual systems driving effective procurement Building Information Modelling directed towards the improvement of collaboration in construction management systems

Lean Project Delivery and Integrated Practices in Modern Construction Routledge

Companies from startups to corporate giants face massive amounts of disruption today. Now more than ever, organizations need nimble and responsive leaders who know how to exploit the opportunities that change brings. In this insightful book, Jean Dahl, a senior executive and expert in the Lean mindset and its methods, demonstrates why you need to embrace Modern Lean principles and thinking to redefine leadership in this age of digital disruption in order to continuously evolve the Lean enterprise. Drawing on nearly three decades of corporate and consulting experience, Ms. Dahl lays out a new holistic framework for developing Modern Lean leaders. Through personal experiences and compelling real-world case studies, she explains specific steps necessary for you and your company to proactively understand and respond to change. Understand the leadership challenges Lean leaders face in our 21st century global economy Explore the six dimensions of the Modern Lean Framework™ Learn and apply the nine steps necessary to become a Lean leader Use Modern Lean methods to build a culture of continuous learning that can be sustained and maintained within your organization Seize competitive advantage by embracing Modern Lean to build an enterprise that understands how to respond to disruption How well does your organization respond to changing market conditions, customer needs, and emerging technologies when building software-based products? This practical guide presents Lean and Agile principles and patterns to help you move fast at scale—and demonstrates why and how to apply these paradigms throughout your organization, rather than with just one department or team. Through case studies, you'll learn how successful enterprises have rethought everything from governance and financial management to systems architecture and organizational culture in the pursuit of radically improved performance. Discover how Lean focuses on people and teamwork at every level, in contrast to traditional management practices Approach problem-solving experimentally by exploring solutions, testing assumptions, and getting feedback from real users Lead and manage large-scale programs in a way that empowers employees, increases the speed and quality of delivery, and lowers costs Learn how to implement ideas from the DevOps and Lean Startup movements even in complex, regulated environments

The missing manual on how to apply Lean Startup to build products that customers love The Lean Product Playbook is a practical guide to building products that customers love. Whether you work at a startup or a large, established company, we all know that building great products is hard. Most new products fail. This book helps improve your chances of building successful products through clear, step-by-step guidance and advice. The Lean Startup movement has contributed new and valuable ideas about product development and has generated lots of excitement. However, many companies have yet to successfully adopt Lean thinking. Despite their enthusiasm and familiarity with the high-level concepts, many teams run into challenges trying to adopt Lean because they feel like they lack specific guidance on what exactly they should be doing. If you are interested in Lean Startup principles and want to apply them to develop winning products, this book is for you. This book describes the Lean Product Process: a repeatable, easy-to-follow methodology for iterating your way to product-market fit. It walks you through how to: Determine your target customers Identify underserved customer needs Create a winning product strategy Decide on your Minimum Viable Product (MVP) Design your MVP prototype Test your MVP with customers Iterate rapidly to achieve product-market fit This book was written by entrepreneur and Lean product expert Dan Olsen whose experience spans product management, UX design, coding, analytics, and marketing across a variety of products. As a hands-on consultant, he refined and applied the advice in this book as he helped many companies improve their product process and build great products. His clients include Facebook, Box, Hightail, Epocrates, and Medallia. Entrepreneurs, executives, product managers, designers, developers, marketers, analysts and anyone who is passionate about building great products will find The Lean Product Playbook an indispensable, hands-on resource.

Traditional building economics has primarily been concerned with issues around project appraisal and cost management techniques. On the other hand, modern construction economics has a wider focus with stronger links to mainstream economics, reflecting an increased interest in a range of theoretical issues in construction economics, both at the macro and micro level. In Modern Construction Economics: Theory and Application, a variety of approaches are used to present a coherent vision of synthesis between industry economics and project economics. Topics covered include: developing construction economics as industry economics competition and barriers to entry in construction innovation in construction theory testing in construction management research collusion and corruption in the construction sector. Including contributions from academics in the UK, Sweden, Hong Kong, and Australia, this is a truly global review of a core issue for the construction industry worldwide. The result is a unique book that will push toward the development of a comprehensive theoretical framework of construction economics. This is a must-read for all serious students of construction economics, and all practitioners looking for a deeper understanding of their industry.

Million-copy NYT bestseller! "Fiction at its best!" —New Woman magazine "Bestsellers like Decades, Husbands And Lovers and Love And Money have established Ruth Harris as one of the frankest, most stylish, and most compelling voices in contemporary fiction." —Chicago Sun-Times Meet three modern women—and the men in their lives. Jane Gresch: Her delicious revenge on her lying, cheating, thieving ex makes her rich and famous, but then what?? Lincky Desmond: Smart, beautiful and hard working, she marries Mr. Right—but risks it all for Mr. Oh-so-wrong. Elly McGrath: When her husband dumps her for another, younger woman, she doesn't get mad. She gets even. Owen Casals: He is handsome, horny, and magnetic. Everyone knows it—and so does he. "Funny, sad, vivid, and raunchy. Harris seeks to enliven and entertain, and she does it in spades." —Cleveland Plain-Dealer "Glory be! Excellent. This is the story of today's women." —Los Angeles Times Ruth Harris is "brilliant, trenchant, chic and ultra-sophisticated, a writer who has all the intellect of Mary McCarthy, all the insight of Joan Didion." —Fort Worth Star-

Telegram "Excellent! Thoroughly delightful!" —Los Angeles Times "Author Ruth Harris' rapier wit spices up a coming-of-age-in-the-sexist-'60s story. Funny, sad, vivid, and more than raunchy enough to satisfy the most ribald appetites. Harris seeks to enliven and entertain, and she does it in spades." —Cleveland Plain-Dealer "Ruth Harris has written a superb 'rags to riches' story. Harris creates characters that are alive and familiar. These three women, Lincky, Jane and Elly, are like old friends, women we've all known. Their experiences, hopes and fears are universal and, yet, like most modern women they, too, wonder if they will find the right man and or how to get rid of the wrong one. Each in their own way finds success at the top and a successful relationship. You'll love MODERN WOMEN." —West Coast Review of Books "Bestsellers like Decades, Husbands And Lovers and Love And Money have established Ruth Harris as one of the frankest, most stylish, and most compelling voices in contemporary fiction." —Chicago Sun-Times MODERN WOMEN was originally published in hard cover and paperback by St. Martin's Press. All five books in the Park Avenue Series are available as GooglePlay ebooks. Decades (Book # 1)--The compelling story of a marriage at risk, a family in crisis and a woman on the brink set against the tumultuous decades of the mid-twentieth century. "Absolutely perfect." --Publisher's Weekly "Terrific!" --Cosmopolitan "Powerful. A gripping novel." --Women Today Book Club https://play.google.com/store/books/details/Ruth_Harris_DECADES_Park_Avenue_Series_Book_1?id=iMfHBAAQBAJ Husbands And Lovers (Book # 2)--Million copy NYT bestseller! Winner, Best Contemporary, Romantic Times! The story of a wallflower who turns herself into a lovely and desirable woman and the two handsome, successful men who compete for her love. "Steamy and fast-paced." --Cosmopolitan https://play.google.com/store/books/details/Ruth_Harris_Husbands_And_Lovers_Park_Avenue_Series?id=-DX3AgAAQBAJ Love And Money (Book #3)--#1 on Amazon's Movers and Shakers. Rich girl, poor girl. Sisters and strangers until the handsome, mysterious man they both love--and murder—bring them face to face. "Richly plotted. First-class entertainment." --NY Times "Fast-paced, superior fiction. A terrifically satisfying 'good read.'" --Fort Lauderdale News Sun-Sentinel

<https://play.google.com/store/books/details?id=6TD3AgAAQBAJ> The Last Romantics (Book # 5)--A sweeping love story set in Paris and New York during the glamorous Jazz Age of the 1920's. He is dashing, handsome and celebrated but dangerously flawed. She is a gifted fashion designer who has the world at her feet. She is beautiful, charming, lonely, haunted by a desperate secret. "I love it, I love it! Fantastic, immensely readable." --Cosmopolitan "Gloriously romantic." --Kirkus <https://play.google.com/store/books/details?id=oHH4AgAAQBAJ> Keywords, Series Keywords: Historical fiction, women's fiction, single woman, funny, humor, hilarious, sexy, bestseller, cheating boy friend, marriage, divorce, JFK, assassination, sex, women, marriage, divorce, Texas, New York, publishing, career woman, wife, journalist, author, affair, 20th Century

Despite enormous investments of time and money, are we making a dent on the social and environmental challenges of our time? What if we could exponentially increase our impact? Around the world, a new generation is looking beyond greater profits, for meaningful purpose. But, unlike business, few social interventions have achieved significant impact at scale. Inspired by the modern innovation practices, popularized by bestseller *The Lean Startup*, that have fueled technology breakthroughs touching every aspect of our lives, *Lean Impact* turns our attention to a new goal - radically greater social good. Social change is far more complicated than building a new app. It requires more listening, more care, and more stakeholders. To make a lasting difference, solutions must be embraced by beneficiaries, address root causes, and include an engine that can accelerate growth to reach the scale of the need. *Lean Impact* offers bold ideas to reach audacious goals through customer insight, rapid experimentation and iteration, and a relentless pursuit of impact. Ann Mei Chang brings a unique perspective from across sectors, from her years as a tech executive in Silicon Valley to her most recent experience as the Chief Innovation Officer at USAID. She vividly illustrates the book with real stories from interviews with over 200 organizations across the US and around the world. Whether you are a nonprofit, social enterprise, triple bottom line company, foundation, government agency, philanthropist, impact investor, or simply donate your time and money, *Lean Impact* is an essential guide to maximizing social impact and scale.

The second edition of *Sustainable Business* prepares future business leaders to tackle the most crucial social and environmental issues of our time. This engaging textbook provides students with a comprehensive, balanced introduction to integrating sustainable business policies into all core business functions and processes. The text employs a qualitative-based learning process to help students understand how leadership, finance, accounting, risk management, marketing, supply chain management, and operations can be adapted to meet the sustainability goals of the 21st century. Looking at sustainable business from the managerial viewpoint, the fully-updated new edition explains how and why business is evolving due to increased consumer and regulatory pressure for sustainable performance. Business topics are first introduced in the same manner as traditional MBA programs, and then examined through the lens of sustainability. The text incorporates real-life examples of social and environmental leadership to demonstrate the efficacy of good sustainable business decisions, and illustrates the negative ramifications of outdated, purely economic-driven managerial decision-making. Influential concepts based on interdisciplinary research in sustainability are discussed in detail, and practical insights address how to turn policy into practice in the workplace.

Travis Maddox, Eastern University's playboy, makes a bet with good girl Abby that if he loses, he will remain abstinent for a month, but if he wins, Abby must live in his apartment for the same amount of time.

Lean Project Delivery - Building Championship Project Teams This book was inspired by the need for an integrated resource for those in the design and construction industry wanting to better understand how Lean can improve project performance and outcomes. In eye-opening stories and brilliant color graphics, David and Dan share the value proposition and mechanics of Lean design and construction. The authors have broken the book into bite-size units on the origins of Lean, the compelling case for the need for Lean, a history of Lean as it has evolved in the AEC industry, Lean thinking and various Lean tools with specific applications and examples in design and construction, making learning Lean fun, and how to effectively establish an organizational and project culture that will enable and sustain Lean practices. In the spirit of Lean visual management, this book is purposefully designed with color illustrations. Whether you are a design professional, site superintendent, project manager, or C-suite executive, this book will help all understand how Lean can make your team perform at a championship level.

Strength-based Lean Six Sigma is a new way of approaching process improvement that combines the best practices of two established methodologies to generate a new

approach in order to help you develop and deliver increased high performance in any organization. It is the first book to use approaches in business improvement as well as organizational change for optimum organizational performance and improved agility. Combining the energy and motivation released through a strengths-based approach with the focus on quality and efficiency generated by lean six sigma, it offers practitioners from all disciplines the opportunity to understand each other and work successfully together to drive effective and powerful change programmes.

Lean User Testing A Pragmatic Step-by-Step Guide to User Tests If you believe in agile software development and delivering value to your customers and your company, reading this book is the right decision as it will greatly support your process to identify and create valuable, feasible and usable products. "We Know What We Need to Build" Who hasn't yet heard that dreaded, gut feeling-based notion in the past? To my experience, it is rarely valid, but more often an expression of an outdated thinking, that values output over outcome, that believes in requirement documents and micromanaging the product team. This book, however, is dedicated to completely different approach, that Steve Blank once wrapped up in his famous quote: *There are No Facts Inside Your Building - Get Outside.* And you should do so as early as possible in the process -it is the most important task of any product team. This book is therefore a deliberately short, focused, pragmatic manual for everyone, who designs, develops or markets software: Product manager, engineers and designers (UX/UI). It is based on hundreds of user interviews that I have run up to now and provides all you need to know to start your own user interview initiative in about two hours of your time. **Save up to 90% of Typical User Interview Costs** And there is more good news: The lean user testing approach will save up to 90% of the costs compared to outsourcing user interviews to a professional usability agency, but will return at least 80% of possible insights. **Avoid Building Expensive Features Nobody Wants** No more flying blind in the early stages: Test your hypotheses quickly and turn product discovery into your advantage over the competition. Learn how to avoid wasting money on software nobody wants and how to deliver value instead. **Obsolete features aren't just expensive to build.** They also need to be maintained and probably be removed at a later stage again, not to mention their opportunity costs: Imagine what you could have built instead. **Gain More Runway for Your Startup** Optimizing the cycle-time of your product hypotheses will focus available engineering and product management resources on valuable, usable and feasible features, thus extending your runway and improving your standing for the next funding round. **Improve Communication with Stakeholders** User tests greatly simplify the communication with stakeholders - the interviews, you will be running, are your product organization's first line of defense when it comes to turning down unreasonable feature requests. **About the Author** The author has worked for many years as a product manager and agile coach (Scrum, Lean Startup, Lean Change). During that time, he developed B2C as well as B2B software, mainly for startups, including a former Google subsidiary. He originally studied chemistry, business administration, and law. However, he has never worked in a laboratory. Instead, back in 1996, he released the first online shop software with SAP R/3 connectivity, only to learn that the early bird does not necessarily catch the worm. After his move to Berlin, Germany, he founded a marketplace for local service. In 2011, *Entrepreneurs Club Berlin e.V.* followed, as did *Startup Camp Berlin*- one of the largest German startup conferences today. His latest project, *Age Of Product - Invent For Your Customers*, focuses on the exchange of knowledge between product people, designers, and developers. It is about lessons learned and best practices on how to identify which product to build and how to build it in an efficient way. *Age Of Product* will host events and workshops in Berlin from autumn 2015 on and might also organize a new conference in the near future."

Meetings don't need to be terrible. They can be the best place for us to connect with the people we work with and do great things. This book presents the *Lean Coffee* method which has since its inception in 2009 spread across the globe to radically shift the way people meet with each other.

Modern Poker Theory is a comprehensive, rigorous guide to the most important aspects of No-Limit Hold'em. It is based around an in-depth examination of what is meant by game theory optimal play (GTO) and how it can be applied at the table. Understanding GTO is fundamental to being able to make accurate poker decisions and being able to exploit players who don't. *Modern Poker Theory* uses modern poker tools to develop a systematic approach to the analysis of GTO. It organizes the ideas and concepts in an intuitive manner that is totally focused to practical applications. Next time you are at a table some of the players will have studied *Modern Poker Theory* and some won't. The players who have studied *Modern Poker Theory* will, without doubt, have a better theoretical and practical understanding of No-Limit Hold'em. They will be the favourites in the game. Make sure you are one of them. Michael Acevedo, one of the world's leading poker theorists, is a game theory expert who is renowned for creating cutting-edge content for the world's leading players. The production of *Modern Poker Theory* is the culmination of many thousands of hours of his research work with the most advanced poker software tools available. It is poker theory for the 21st century.

During the past several decades, the manufacturing and service industries significantly increased their levels of productivity, quality, and profitability through the application of process improvement techniques and information technology. Unfortunately, the construction industry lags far behind in the application of performance improvement and optimization techniques, as well as its overall competitiveness. Written by Lincoln H. Forbes and Syed M. Ahmed, both highly regarded for leadership and innovation, *Modern Construction: Lean Project Delivery and Integrated Practices* offers cutting-edge lean tools and other productive strategies for the management of people and processes in the construction industry. Drs. Forbes and Ahmed focus mainly on lean construction methodologies, such as *The Last Planner(R) System*, *The Lean Project Delivery System (TM)*, and *Integrated Project Delivery(TM)*. The tools and strategies offered draw on the success of the world-renowned *Toyota Production System (TPS)* adapted to the construction environment by construction professionals and researchers involved in developing and advocating lean construction methods. The book also discusses why true lean

construction can best occur when all the construction stakeholders, owners, designers, constructors, and material suppliers are committed to the concept of optimizing the flow of activities holistically while de-emphasizing their self-interest. The authors also reintroduce process improvement approaches such as TQM and Six Sigma as a foundation for the adoption of lean methodologies, and demonstrate how these methods can improve projects in a so-called traditional environment. The book integrates these methods with emerging interest in "green construction" and the use of information technology and Building Information Modeling (BIM), while recognizing the human element in relation to motivation, safety, and environmental stresses. Written specifically for professionals in an industry that desperately needs to play catch up, the book delineates cutting-edge approaches with the benefit of successful cases and explains how their deployment can improve construction performance and competitiveness.

Recent decades have seen a major social and economic changes across the developed world and consequent changes in the construction and property industries. The discipline of construction economics needs to respond to this. For instance, the importance of sustainable development has become recognised, as has the need to increasingly master the medium and long-term consequences of construction, not only in the production but also in the management of buildings across their whole life-cycle. And the new focus on the service rendered by buildings, as distinct from the buildings themselves, has prompted a new approach to the construction and property industries. Any economic analysis of these sectors has to take account of all the participants involved in the life-cycle of building structures – not only in the design and construction, but also in the operation, maintenance, refurbishment and demolition of property. This innovative new book draws on the work of the Task Group of the CIB (International Council for Research and Innovation) on Macroeconomics for Construction. It pulls together discussions of mesoeconomic and macroeconomic models and methodologies in construction economics and presents an exciting approach to the analysis of the operation and function of the construction and property sector within the economy. Graduate students and researchers will find it an invaluable work.

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