

# **Will It Make The Boat Go Faster**

## **Will It Make The Boat Go Faster?**

With its winning mix of gripping narrative and easy-to-implement performance-raising tips, this book has become a best-selling classic. It's garnered 5-star reviews and wide-ranging endorsements – from Sebastian Coe and Dame Kelly Holmes to Lord Digby Jones

## **Summary of Will it Make the Boat Go Faster? by Ben Hunt-Davis and Harriet Beveridge**

Discover Olympic-winning strategies for crushing your goals and accomplishing your wildest dreams. Do you ever wonder how people achieve some of the greatest successes? For instance, how do Olympic champions reach their goals? Well, achieving such feats doesn't have to be impossible or seem so out of reach. Olympic gold medalist Ben Hunt-Davis and Executive Harriet Beveridge team up to teach you exactly how to crush your goals. Whether you want to win an Olympic gold medal or simply spend more time with your children, you can use the following strategies to better your life and reach your goals. Throughout Will it Make the Boat Go Faster? you can learn the proven strategies to break down your goals, make them within reach, and discover the motivation to never lose sight of your dreams. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. **DISCLAIMER:** This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at [hello@quickread.com](mailto:hello@quickread.com).

## **The Boys in the Boat**

Now a Major Motion Picture Directed by George Clooney The #1 New York Times–bestselling story about the American Olympic rowing triumph in Nazi Germany—from the author of Facing the Mountain. For readers of Unbroken, out of the depths of the Depression comes an irresistible story about beating the odds and finding hope in the most desperate of times—the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant. It was an unlikely quest from the start. With a team composed of the sons of loggers, shipyard workers, and farmers, the University of Washington's eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf Hitler. The emotional heart of the tale lies with Joe Rantz, a teenager without family or prospects, who rows not only to regain his shattered self-regard but also to find a real place for himself in the world. Drawing on the boys' own journals and vivid memories of a once-in-a-lifetime shared dream, Brown has created an unforgettable portrait of an era, a celebration of a remarkable achievement, and a chronicle of one extraordinary young man's personal quest.

## **Can't Hurt Me**

New York Times Bestseller Over 7 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he

went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of *Can't Hurt Me*, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

## **The Project Management Book**

Practical advice on the latest project management thinking for anyone involved in running projects. The material is outcome-oriented and designed to be put to immediate use.

## **Row the Boat**

Learn to live and lead with enthusiasm and optimism, impact your team, and transform your culture In *Row the Boat*, Minnesota Golden Gophers Head Coach P.J. Fleck and bestselling author Jon Gordon deliver an inspiring message about what you can achieve when you approach life with a never-give-up philosophy. The book shows you how to choose enthusiasm and optimism as your guiding lights instead of being defined by circumstances and events outside of your control. Discover how to put the three key components of row the boat into practice in your life: The Oar: The energy. Only you can dictate whether your oar is in the water or whether you take it out and decide not to use it. The Boat: The sacrifice. The more you give, serve, and make your life about helping others, the better and more fulfilled your life will be, and the bigger your boat gets. The Compass: The direction. The vision you have for your life and the people you surround yourself with help create the dream of where you want to go. Perfect for athletes, coaches, business leaders, and anyone else who hopes to squeeze a little more enjoyment and productivity out of life, *Row the Boat* will propel leaders, teams, and organizations to greater heights than they have ever reached before.

## **Verity**

Whose truth is the lie? Stay up all night reading the sensational psychological thriller that has readers obsessed—soon to be a major motion picture—from the #1 New York Times bestselling author of *Too Late* and *It Ends With Us*. #1 New York Times Bestseller · USA Today Bestseller · Globe and Mail Bestseller · Publishers Weekly Bestseller Lowen Ashleigh is a struggling writer on the brink of financial ruin when she accepts the job offer of a lifetime. Jeremy Crawford, husband of bestselling author Verity Crawford, has hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. Lowen arrives at the Crawford home, ready to sort through years of Verity's notes and outlines, hoping to find enough material to get her started. What Lowen doesn't expect to uncover in the chaotic office is an unfinished autobiography Verity never intended for anyone to read. Page after page of bone-chilling admissions, including Verity's recollection of the night her family was forever altered. Lowen decides to keep the manuscript hidden from Jeremy, knowing its contents could devastate the already grieving father. But as Lowen's feelings for Jeremy begin to intensify, she recognizes all the ways she could benefit if he were to read his wife's words. After all, no matter how devoted Jeremy is to his injured wife, a truth this horrifying would make it impossible for him to continue loving her.

## **The Laws of Human Nature**

WINNER OF THE INTERNATIONAL BUSINESS BOOK AWARD 2019 From the million-copy bestselling author of *The 48 Laws of Power* Robert Greene is a master guide for millions of readers, distilling ancient wisdom and philosophy into essential texts for seekers of power, understanding and mastery. Now he turns to the most important subject of all - understanding people's drives and motivations, even when they are unconscious of them themselves. We are social animals. Our very lives depend on our relationships with people. Knowing why people do what they do is the most important tool we can possess, without which our other talents can only take us so far. Drawing from the ideas and examples of Pericles, Queen Elizabeth I, Martin Luther King Jr, and many others, Greene teaches us how to detach ourselves from our own emotions

and master self-control, how to develop the empathy that leads to insight, how to look behind people's masks, and how to resist conformity to develop your singular sense of purpose. Whether at work, in relationships, or in shaping the world around you, *The Laws of Human Nature* offers brilliant tactics for success, self-improvement, and self-defence.

## **Mind Over Water**

In this wise and thrilling book, Ciriac Lambert turns rowing--personal discipline, modern Olympic sport, grand collegiate tradition--into a metaphor for a vigorous and satisfying life.

## **Fast Powerboat Seamanship**

Publisher Description

## **Disrupt**

This requires a revolution in thinking: a steady stream of disruptive strategies and unexpected solutions. In *Disrupt*, Luke Williams shows exactly how to generate those strategies and deliver those solutions.

## **Sophie's World**

The international bestseller about life, the universe and everything. 'A simply wonderful, irresistible book' *DAILY TELEGRAPH* 'A terrifically entertaining and imaginative story wrapped round its tough, thought-provoking philosophical heart' *DAILY MAIL* 'Remarkable ... an extraordinary achievement' *SUNDAY TIMES* When 14-year-old Sophie encounters a mysterious mentor who introduces her to philosophy, mysteries deepen in her own life. Why does she keep getting postcards addressed to another girl? Who is the other girl? And who, for that matter, is Sophie herself? To solve the riddle, she uses her new knowledge of philosophy, but the truth is far stranger than she could have imagined. A phenomenal worldwide bestseller, *SOPHIE'S WORLD* sets out to draw teenagers into the world of Socrates, Descartes, Spinoza, Hegel and all the great philosophers. A brilliantly original and fascinating story with many twists and turns, it raises profound questions about the meaning of life and the origin of the universe.

## **But how Do it Know?**

This book thoroughly explains how computers work. It starts by fully examining a NAND gate, then goes on to build every piece and part of a small, fully operational computer. The necessity and use of codes is presented in parallel with the appropriate pieces of hardware. The book can be easily understood by anyone whether they have a technical background or not. It could be used as a textbook.

## **The Little Engine That Could**

"I think I can, I think I can, I think I can..." Discover the inspiring story of the Little Blue Engine as she makes her way over the mountain in this beloved classic—the perfect gift to celebrate the special milestones in your life, from graduations to birthdays and more! The kindness and determination of the Little Blue Engine have inspired millions of children around the world since the story was first published in 1930. Cherished by readers for over ninety years, *The Little Engine That Could* is a classic tale of the little engine that, despite her size, triumphantly pulls a train full of wonderful things to the children waiting on the other side of a mountain.

## **The Last Lecture**

After being diagnosed with terminal cancer, a professor shares the lessons he's learned—about living in the present, building a legacy, and taking full advantage of the time you have—in this life-changing classic. "We cannot change the cards we are dealt, just how we play the hand." —Randy Pausch A lot of professors give talks titled "The Last Lecture." Professors are asked to consider their demise and to ruminate on what matters most to them. And while they speak, audiences can't help but mull over the same question: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave—"Really Achieving Your Childhood Dreams"—wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because "time is all you have . . . and you may find one day that you have less than you think"). It was a summation of everything Randy had come to believe. It was about living. In this book, Randy Pausch has combined the humor, inspiration and intelligence that made his lecture such a phenomenon and given it an indelible form. It is a book that will be shared for generations to come.

## **Blood Over Water**

'The Boat Race is the most divisive event in rowing ... An extraordinary and gripping story of a battle between brothers' Sir Matthew Pinsent

## **The Old Man And The Sea**

Santiago, an old Cuban fisherman, has gone 84 days without catching a fish. Confident that his bad luck is at an end, he sets off alone, far into the Gulf Stream, to fish. Santiago's faith is rewarded, and he quickly hooks a marlin...a marlin so big he is unable to pull it in and finds himself being pulled by the giant fish for two days and two nights. HarperPerennialClassics brings great works of literature to life in digital format, upholding the highest standards in ebook production and celebrating reading in all its forms. Look for more titles in the HarperPerennial Classics collection to build your digital library.

## **The Cheat Code**

Have you ever noticed that there are certain people who seem to get ahead just a bit faster than everyone else? You know, the types who always seem to be a bit ahead of the curve, to get noticed a bit more, and to achieve their goals a bit more quickly than the rest of the pack? And have you ever noticed how much this small edge can matter, and the outsized impact it can have on the trajectory of their careers? Twenty-four year old entrepreneur Brian Wong is one of these people, having graduated from college by age 18, having raised \$24 million in venture capital to start his own company before he turned 25, and having grown that company into a global mobile advertising giant in just 4 years. His secret? The Cheat Code. Wong believes that most people -- even creative people -- have a tendency to follow a script; to do things the way others do them simply because that way works. But therein lies the secret at the heart of the Cheat Code: anyone can easily shortcut his or her way to success, simply by going slightly off script; by doing things just a little differently from everyone else. Here, Wong unlocks the power of the Cheat Code through 71 bite-sized and virtually effortless short-cuts to get a leg up on the competition, garner attention for ourselves and our ideas, and accelerate our success. For example: Cheat #7: Don't Ask – Announce Cheat #16: Know Your Superpower! Cheat #32: Make Boldness Your Genius Cheat #47: Know Who's the Boss Cheat #49: Get a Trademark Haircut Cheat #51: Use Exclamation Points Cheat #55: Focus on What Won't Change Cheat #71: Imagine, What If? No matter where you aspire to go in your life or career, THE CHEAT CODE will help get you there - faster.

## **The Go-Set Chart Book**

In 1966, the popular Australian music magazine Go-Set introduced the first ever national Australian singles

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chart. Four years later the national albums chart followed. This book is the first publication dedicated to the Go-Set charts. This book includes: - A comprehensive list of every single and album ever to appear on the Go-Set national charts. - Records arranged by both artist and title in separate sections. - Each entry has complete chart information: peak position, weeks at number one, entry date and number of weeks on the chart. - For the first time ever: gold, platinum and multi-platinum sales certifications for records selling over 50,000 copies. - Complete chronological list of all the number 1 singles and albums on the Go-Set charts. - Find out which artists had the most number one hits, the most charting singles and albums, and much more. Music and chart lovers can now complete their collection of the Australian charts by going back to where it all began - with Go-Set.

## **The New New Thing: A Silicon Valley Story**

New York Times Bestseller. “A superb book. . . . [Lewis] makes Silicon Valley as thrilling and intelligible as he made Wall Street in his best-selling *Liar’s Poker*.”—Time In the weird glow of the dying millennium, Michael Lewis set out on a safari through Silicon Valley to find the world’s most important technology entrepreneur. He found this in Jim Clark, a man whose achievements include the founding of three separate billion-dollar companies. Lewis also found much more, and the result—the best-selling book *The New New Thing*—is an ingeniously conceived history of the Internet revolution.

## **Three Men in a Boat Illustrated**

Is your once-thriving organization stuck? Is your team on life support, unable to deliver on its potential? Is your initiative or campaign limping along instead of sprinting ahead? Lisa Gable, turnaround mastermind, offers a clear-headed, straightforward method for getting you back on track. For more than 30 years, Lisa Gable has been called to turnaround failing organizations—businesses, teams, nonprofits, political campaigns, and government projects—and solve seemingly intractable problems. From Silicon Valley to Washington DC, she’s seen it all. Over time, she’s learned the key to course-correct when things go South is applying the discipline of process engineering—carefully reevaluating everything your organization does and how it does it—with diplomacy and humanity, taking care of relationships, and forging strong partnerships. In *Turnaround*, Gable shares her simple but powerful method for breathing new life into the most troubled ventures: Visualize the future—don’t fix what’s there; start from scratch. Break down the present—ditch what isn’t working; keep what does. Create a path to your future—map out critical decisions and actions needed. Execute with confidence and diplomacy—speed up by partnering well with others. At a time when dizzying innovation cycles, hyper-competition, and a global pandemic have made survival more challenging than ever, Gable’s time-tested and industry-proof method will give you the tools to turn your ship around and chart a course to success.

## **Turnaround**

Now a documentary narrated by Common, produced by Grant Hill, Dwyane Wade, and 9th Wonder, from filmmaker Mary Mazzio The moving true story of a group of young men growing up on Chicago's West side who form the first all-black high school rowing team in the nation, and in doing so not only transform a sport, but their lives. Growing up on Chicago’s Westside in the 90’s, Arshay Cooper knows the harder side of life. The street corners are full of gangs, the hallways of his apartment complex are haunted by drug addicts he calls “zombies” with strung out arms, clutching at him as he passes by. His mother is a recovering addict, and his three siblings all sleep in a one room apartment, a small infantry against the war zone on the street below. Arshay keeps to himself, preferring to write poetry about the girl he has a crush on, and spends his school days in the home-ec kitchen dreaming of becoming a chef. And then one day as he’s walking out of school he notices a boat in the school lunchroom, and a poster that reads “Join the Crew Team”. Having no idea what the sport of crew is, Arshay decides to take a chance. This decision to join is one that will forever change his life, and those of his fellow teammates. As Arshay and his teammates begin to come together to learn how to row--many never having been in water before--the sport takes them from the mean streets of

Chicago, to the hallowed halls of the Ivy League. But Arshay and his teammates face adversity at every turn, from racism, gang violence, and a sport that has never seen anyone like them before. *A Most Beautiful Thing* is the inspiring true story about the most unlikely band of brothers that form a family, and forever change a sport and their lives for the better.

## **A Most Beautiful Thing**

Inside this book you will find the answers to set you, your team and your business apart in your industry. From the cabin crew member who gives away prizes, to the restaurant in downtown Philadelphia with knockout entertainments, you'll see how service will always lead to the sale.

## **Celebrity Service**

A parents wish for their kids to live life to the fullest availing every opportunity with eternal optimism.

## **Be Brave My Love**

In rowing, races are often won in spite of, not because of, technique, and many misconceptions still preoccupy both rowers and coaches. This book explains the facts about rowing technique and will help you to find the right way to achieve your best performance. The author has based the book on more than 25 years experience of working with the best rowers and coaches all around the globe, a careful analysis of millions of data samples, and comprehensive biomechanical modeling with the aim of finding an optimal balance of variables.

## **The Biomechanics of Rowing**

If you are contemplating working with a champion, a potential champion, or anyone with untapped talent - be prepared, be very prepared. In 1998 Sir Steve Redgrave stared at Ingham and demanded to know, "Are you going to make me go faster?" Ingham had been trained and developed as a scientist, but in that single instance he questioned everything he thought he knew. Applied science in elite sport has boomed. Science has radically changed elite sport, but one thing remains as the guiding focus - the summit of performing to your best and winning. This applies to the athlete, the coaches and increasingly for the applied practitioner. In this book Ingham draws on the lessons learned from a career in the intense, unforgiving rollercoaster of elite sport; helping, supporting and developing some of the best athletes in the world, including Sir Steve Redgrave, Sir Matthew Pinsent, Hayley Tullett, Kelly Sotherton, and Jessica Ennis-Hill as they pursue their goals. His journey shows that all the knowledge in the world will get you only so far, but it is with trust, team-work, critical thinking, adaptability, accountability and altruism that you can truly support a champion.

## **MRI Made Easy**

Geoff Ramm has a passion for incredible customer service. In this book, he's hand-picked THE most original, unique and quirky examples of creative customer experiences that are guaranteed to inspire you and your team to outperform, outmanoeuvre and stand head and shoulders above the competition. This is the book that your competitors wish they had, it's your ticket to service superstardom and it's going to reveal to you: The gap in your service that you never knew existed. Smart techniques to help you generate clever experiences of your own. Simple, cost-effective ideas and touches that will mean the world to your customers. Fun, fresh and exciting new perspectives that will inject your entire team with enthusiasm. Fantastic ideas and inspiring stories that will get you spectacular results. Why not join Geoff on this highly enjoyable, eye-opening and rewarding customer service journey around the world? He'll introduce you to some of the amazing people he's met who have discovered extraordinary ways to deliver world-class experiences, and he'll show you how you can use their strategies to make your own brand unforgettable, your business unmissable and your

customers coming back for more. So, are you ready to become a true Celebrity Service Superstar? Great! It's time to get started on getting people talking about you! Entertaining and thought-provoking! Geoff Ramm's knowledge and insight will reshape the way you think about customer service. Heather McNamee, Area General Manager, Fraser's Hospitality UK

## **How to Support a Champion**

The summary of *Will It Make the Boat Go Faster? – Olympic-Winning Strategies for Everyday Success* presented here include a short review of the book at the start followed by quick overview of main points and a list of important take-aways at the end of the summary. The Summary of *Will This Make the Boat Travel at a Faster Speed?* provides you with the motivation and strategies you require to succeed on a daily basis. These are conveyed to you through the emotionally charged experiences of a member of the British rowing team that won the gold medal at the Summer Olympics in Sydney in the year 2000. *Will It Make the Boat Go Faster?* summary includes the key points and important takeaways from the book *Will It Make the Boat Go Faster?* by Ben Hunt-Davis and Harriet Beveridge. Disclaimer: 1. This summary is meant to preview and not to substitute the original book. 2. We recommend, for in-depth study purchase the excellent original book. 3. In this summary key points are rewritten and recreated and no part/text is directly taken or copied from original book. 4. If original author/publisher wants us to remove this summary, please contact us at [support@mocktime.com](mailto:support@mocktime.com).

## **Celebrity Service Superstars**

*Launch Your New Career* is for professionals who are serious about launching their coaching business to help others and to make a positive impact in the world. In *Launch Your New Career*, author and Master Results Coach, Carine Kindinger shares her own recipe for success that she used to transition from a day job to becoming a successful Results Coach. *Launch Your New Career* teaches professionals: The keys to creating the breakthrough needed to launch their coaching business while paying the bills How to access resources they didn't even know exist The real truth about starting their own coaching practice Tools and strategies for a successful launch Tricks to use the power of proximity to surround themselves with the right people and create shortcuts for themselves

## **Summary of Will It Make the Boat Go Faster? – [Review Keypoints and Take-aways]**

An INTRODUCING PRACTICAL GUIDE to getting what you want in life. Occupational Psychologist Alison Price explores both how successful people think, and how the organizations in which they work foster a culture of success, in this easy-to-read and jargon-free INTRODUCING PRACTICAL GUIDE. With numerous real-life case studies, practical strategies to implement and easy-to-remember points to remember and work towards, this book could be your first step on the road to a more successful life.

## **Launch Your New Career**

A Forbes Best Business Book of 2016 Have you ever said to yourself, "This feels far more complicated than it needs to be?" Cluttered processes are the enemies of control in your life and your business. Using simplification and focus as pillars, *Keep It Simple* teaches you how to take charge of your own goals and happiness. By eliminating distractions and focusing on the task at hand, you can streamline your processes and get results. With over 30 years of experience, Joe Calloway is an expert in simplification. If you want to create positive growth and change within your work, home, and overall routine, remove the obstacles that you have created for yourself. A flamethrower is not as effective at getting through a wall as a blow torch. The ability to focus your mind and actions allows for the most impactful change.

## Introducing Psychology of Success

'A brilliant, brilliant book.' Ben Hunt-Davis MBE, Olympic Champion Men's Rowing 8+ Identify your dreams. Achieve your goals. Enjoy the process. In Psychology of Success, Alison and David Price help you to identify your personal vision of success, building goals around what you really want and what you have the potential to achieve. With the benefit of expert insights, real-life case studies and powerful techniques, you'll build day-to-day strategies to help define and reach your goals, overcome obstacles and succeed in the face of adversity. If you're looking to reach your full potential – whether it's making a personal change, achieving a sporting goal, or putting a business plan into practice – this book will give you the map to changing your life, and enjoying the journey.

## Keep It Simple

'This book is straightforward, factual and to the point. Any Leader responsible for business growth should read it! A blueprint full of practical ideas and tools to inspire you into action'—Craig Donaldson - Chief Executive Officer, Metro Bank (RANKED NUMBER ONE IN GLASSDOOR'S HIGHEST RATED CEO 2016) If you asked a cross-section of business leaders, business owners and entrepreneurs what their biggest business challenge is, you would probably hear the same recurring thought: growing their business in a sustainable, predictable, yet profitable way – quickly. It's a reality that most businesses and individuals never reach their full potential, always yearning for the 'thing' that will catapult them into significance, but never really finding it. Whether you're an entrepreneur starting out, or a director, executive or business leader climbing the corporate ladder, the building blocks of Built to Grow are universally applicable. Developed in the real world laboratory of thousands of businesses in twenty-seven countries spanning over two decades, Built to Grow is a proven, time-tested model to unlock the real potential in your business. Avoid the common pitfalls of a trial and error approach to business growth. Built to Grow is full of practical strategies, tools and ideas, backed up with real world case studies to illustrate what can be achieved - leaving you equipped to transform your businesses performance and drive tangible results. Built to Grow is destined to become your handbook, your 'go to' guide, your roadmap to accelerated, sustained and profitable business growth.

## A Practical Guide to the Psychology of Success

Most business leaders report that they are seeing success, yet often struggle because they are: • Uncertain regarding their own capabilities • Overwhelmed, and suffering from “imposter syndrome” • Anxious regarding the speed and trajectory of the business • Frustrated with an unhealthy work/life balance • Disappointed they're not yet the leader that, deep down, they know they need to be Sound familiar? Whether you are a leader of a multibillion-dollar company, top-level executive of a small business, or senior manager looking to discover the secrets of elite leadership, My Daily Leadership will reveal and strengthen your own unique and powerful leadership style and forever transform the way you think, behave, and lead. Competitive advantage comes from implementing the five Core Elements of Exceptional Leadership as well as the twenty Critical Performance Competencies designed to futureproof yourself, your people, and your business. Learn the daily leadership habits, mindsets, and strategies that will unlock your full leadership potential to create a meaningful and lasting legacy of high performance and extraordinary success. My Daily Leadership—Creating the world's best leaders one day at a time.

## Built to Grow

#1 Amazon Bestseller in Leadership Wall Street Journal Bestseller An F-14 fighter pilot's top lessons for leading fearlessly—and bringing a team to peak performance As an aviation pioneer, Carey D. Lohrenz learned what fearless leadership means in some of the most demanding and extreme environments imaginable: the cockpit of an F-14 and the flight deck of an aircraft carrier. Here, her teams had to perform at their peak—or lives were on the line. Faltering leadership was simply unacceptable. Through these experiences, Lohrenz identified a fundamental truth: high-performing teams require fearless leaders. Since



leaving the Navy, she's translated that lesson into a new field, helping top business leaders, from Fortune 500 executives to middle managers, supercharge performance in today's competitive business environments. In *Fearless Leadership*, Lohrenz walks you through the three fundamentals of real fearlessness—courage, tenacity, and integrity—and then reveals fearless leadership in action, offering advice on how to set a bold vision, bring the team together (as wingmen, not Top Gun mavericks), execute effectively, and stay resilient through hard times. Whether you're stepping into your first leadership role or looking to get out of a longstanding rut, *Fearless Leadership* will act like your afterburner—rocketing you to ever-higher levels of performance.

## **My Daily Leadership**

In today's fast-paced world, leaders need to move at speed. The rate of innovation and change in organisations and the challenges of impatient investors or shareholders mean leadership decisions must be quick, smart and deliver real impact. *Superfast* provides cutting edge inspiration and a host of exciting ideas about how to accelerate performance in an agile and thoughtful way, shedding new light on leading in a world which is fluid and uncertain. You'll learn the practical solutions to leadership questions which the most savvy global leaders employ, and map your own shortcut to personal and professional success. Leadership is not just about moving fast, however. *Superfast* will show you how to use your time in the smartest, most efficient way possible - slowing down when necessary to get decisions right and accelerating elsewhere to unlock growth. Stop waiting around. *Superfast* will give you the tools to lead well and make change happen.

## **Fearless Leadership (Second Edition)**

New York Times bestselling author Joe De Sena, founder and CEO of Spartan, the global health and wellness platform, leader in obstacle racing, and executive producer of NBC's television show *Spartan: Ultimate Team Challenge*, challenges you to live The Spartan Way. Determined to yank 100 million people off their couch cushions to start living instead of being passive observers of life, Joe De Sena has one ultimate goal: to help improve everyone's physical and emotional health by teaching them the tenets of Spartan living from ancient Greece: simple eating, smart training, mastering resilience, and an all-out commitment to achieving a goal. Like Spartan training, living The Spartan Way requires endurance to reach your finish line, the goal that inspires and drives you to succeed no matter what obstacles are thrown in your path. De Sena believes you can gain that endurance in just thirty-six days by following the ten Spartan Core Virtues, timeless principles to help you embrace adversity and overcome any challenge, and making them a permanent part of your own personal core. The Spartan Core Values include: Self-Awareness—Know yourself Commitment—Be dedicated Passion—Discover your purpose Discipline—Practice diligence Prioritization—Put your house in order Grit—Push your limits Courage—Face your fears and your failures Optimism—Look for the positives Integrity—Act honestly Wholeness—Live as a Spartan De Sena turned this philosophy into a lifestyle—and so can you. With *The Spartan Way*, you'll discover your true north, unleash the warrior within, and transform your life to 10X your maximum potential.

## **Superfast**

Why do some businesses “fail to scale”? *Smooth Scaling* offers a clear diagnosis, along with twenty practical Rituals to boost your organization's performance and achieve frictionless growth. Where other books on scaling focus on strategy, fundraising, or product-market fit, *Smooth Scaling* addresses the most pervasive and least-understood fail point that threatens to kneecap even the best-laid scaling plan: organizational friction. Expert Rob Bier reveals why organizational frictions take hold as you grow and how they slow your company down. These growth pains are both predictable and preventable, yet they almost always take leaders by surprise. But it doesn't have to be this way. Until now, there's been no resource to guide executives through this challenge. As a result, they end up playing “Whack-a-Mole,” reacting to a never-ending stream of organizational, team, and people problems one at a time—only for new ones to crop up. *Smooth Scaling* addresses this gap, presenting a proven approach based on real-life experience and application. Drawing on

his extensive experience building high-performance organizations, Bier has created twenty foundational Rituals that integrate seamlessly into the daily habits of your company. These Rituals make your organization as frictionless as possible, allowing you to scale faster—and more sustainably—than ever before. In Smooth Scaling, you will learn how to: Build trust proactively across your organization Turn your managers into a powerful driver of productivity and scalability Build high-performance teams with the people you’ve got Break down barriers between departments to prevent silos Maintain a cohesive high-trust culture as you grow Smooth Scaling is your indispensable guide to building a scalable, high-performing organization. It gives you the insights, frameworks, and tools you need to create a company that’s truly built to last.

## The Spartan Way

Smooth Scaling

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