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PLEASE NOTE: This is a summary and analysis of the book and not the original book. SNAP Summaries is wholly responsible for this content and is not associated with the original author in any way. If you are the author, publisher, or representative of the original work, please contact info@snapsummaries.com with any questions or concerns. If you'd like to purchase the original book, please paste this link in your browser: <https://amzn.to/3bU9fO9> When Oprah sits down with Dr. Bruce Perry, an enlightening discussion on the effects of and solutions to childhood trauma unfolds. What Happened to You? is a handbook for how to heal and how to help others do the same—we were not made to walk alone. What does this SNAP Summary Include? - Synopsis of the original book - Key takeaways from each chapter - The question we need to replace "What's wrong with you?" with, and why it matters - How childhood trauma leads to developmental and emotional setbacks in adults - How the brain learns resilience and healing, and how we can speed up the process - Editorial Review - Background on Oprah Winfrey and Bruce D. Perry About the Original Book: What Happened to You? is a relevant and fascinating discussion about trauma and how it colors our world. When passions collide, people connect. Oprah reflects on her vast experience with trauma as a professional listener while Dr. Bruce Perry brings his science and sentiment to the table. When the brain stem takes over, rational thought stops, and connections are broken. These two unlikely cohorts reveal the secret to a better life: to regulate, dive into relationship, and reap the rewards of healing and progress. DISCLAIMER: This book is intended as a companion to, not a replacement for, What Happened to You? SNAP Summaries is wholly responsible for this content and is not associated with the original author in any way. If you are the author, publisher, or representative of the original work, please contact info@snapsummaries.com with any questions or concerns. Please follow this link: <https://amzn.to/3bU9fO9> to purchase a copy of the original book.

Presents a summary of David Dodd and Benjamin Graham's original 1934 guide to value investing, with strategies and advice that are still relevant in the twenty-first century. Includes chapter-by-chapter summaries, analysis, outlines, and themes found throughout the book.

PLEASE NOTE: This is a summary and analysis of the book and not the original book. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way. If you are the author, publisher, or representative of the original work, please contact info@zipreads.co with any questions or concerns. If you'd like to purchase the original book, please paste this link in your browser: <https://amzn.to/2WGORWi> Author and mathematician Steven Strogatz shares a deep secret he has discovered - that calculus is the primary operating code of the universe! He shows you how every expression of nature that you see can be broken down into a set of differential equations. Once you understand how calculus runs the cosmos, the universe will open up to you in unimaginable ways! What does this ZIP Reads Summary Include? - Synopsis of the original book - Key takeaways from each chapter - Easily understood explanations for complicated mathematical principles - History of calculus and many modern applications - Editorial Review - Background on Steven Strogatz About the Original Book: In Infinite Powers, Strogatz attempts to show us the link between the universe and calculus. Everything human civilization has created has been based on some form of calculus, including cellphones, radios, HIV drugs, and human genome technology. Strogatz makes a compelling argument that without integral and differential equations, there would be no modern civilization. Infinite Powers is a classic description of the history, development, and future of calculus, as well as the phenomenal mathematicians who mastered it. DISCLAIMER: This book is intended as a companion to, not a replacement for, Infinite Powers. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way. Please follow this link: <https://amzn.to/2WGORWi> to purchase a copy of the original book.

PLEASE NOTE: This is a summary and analysis of the book and not the original book. SNAP Summaries is wholly responsible for this content and is not associated with the original author in any way. If you are the author, publisher, or representative of the original work, please contact info@snapsummaries.com with any questions or concerns. If you'd like to purchase the original book, please paste this link in your browser: <https://amzn.to/2N97ovw> Are you stressed out by the constant flow of emails in your inbox each day? Do you feel like you're being pulled in a million directions at work and can never get anything done? Cal Newport has the answer to the "hyperactive hive mind" of modern work: it's a world without email, and it's more than just possible. It's already happening. What does this SNAP Summary Include? - Synopsis of the original book - Key takeaways from each chapter - How email and constant task switching erode productivity - How to create work cultures that don't rely on email - Editorial Review - Background on Cal Newport About the Original Book: Cal Newport's latest bestselling book is a call to action to change the "hyperactive hive mind" that has come to dominate modern knowledge work. Constantly multitasking and switching between deep work and endless emails and requests we receive each day isn't just stressing us out—it's stripping us of our ability to perform at our jobs. Newport believes changing the way we work won't just help with stress and anxiety, it will unlock billions of dollars of productivity across the global economy. Whether you're a manager or CEO looking to improve efficiency or a tired employee looking to regain some sanity in your life, A World Without Email could be exactly what you're looking for. DISCLAIMER: This book is intended as a companion to, not a replacement for, A World Without Email. SNAP Summaries is wholly responsible for this content and is not associated with the original author in any way. If you are the author, publisher, or representative of the original work, please contact info@snapsummaries.com with any questions or concerns. Please follow this link: <https://amzn.to/2N97ovw> to purchase a copy of the original book.

Summary, Analysis & Review of Nicholas Sparks's Two by Two by Instaread Preview: Two by Two by Nicholas Sparks is a novel about a 35-year-old husband and father, Russ Green, whose life is upended by circumstances that are alternately within and beyond his control. Over the course of just one year, he'll lose his office job, his wife, his sister, and his home, among other things. Although Russ struggles to adjust to his changed circumstances, he also gains much along the way. The narrative begins in 2015 in Charlotte, North Carolina. Russ and Vivian have been married for seven years. After their daughter London was born in 2009, Vivian left her job to become a stay-at-home mom. Meanwhile, Russ embarked upon a successful but stressful career at an ad agency. He feels he's missed out on important milestones with his wife and daughter, which bothers him, but he chalks it up to the price of being his family's breadwinner...

