

fastest pull up in history twitter

fastest pull up in history twitter has become a viral topic, capturing the attention of fitness enthusiasts, athletes, and social media users alike. In this comprehensive article, we will explore the phenomenon of the fastest pull up ever recorded and how it gained popularity, particularly on Twitter. We will delve into the history and evolution of pull ups, examine the world records and extraordinary athletes behind these feats, and analyze the role of Twitter in amplifying these viral moments. Additionally, we will discuss the training techniques, biomechanics, and cultural significance of the fastest pull up in history. Whether you're curious about the world record holder, the science behind rapid pull ups, or how this challenge has inspired a global audience, this article provides an authoritative guide on the topic. Read on to discover fascinating insights, viral stories, and expert perspectives on the fastest pull up in history Twitter trend.

- Introduction
- History and Evolution of Pull Ups
- Defining the Fastest Pull Up in History
- Viral Impact of Pull Up Records on Twitter
- Biomechanics and Science Behind Fast Pull Ups
- Training Techniques for Speed and Strength
- Notable Athletes and World Records
- Cultural and Social Influence of Pull Up Challenges
- Frequently Asked Questions

History and Evolution of Pull Ups

Pull ups are a fundamental exercise in the world of fitness and calisthenics. Originating from military training and gymnastics, the pull up has evolved over decades into a benchmark for upper body strength and endurance. Historically, athletes and soldiers have used pull ups to build muscle and test their physical limits. Over time, variations such as the chin up, muscle up, and kipping pull up have emerged, each with unique attributes and challenges. The fastest pull up in history Twitter trend reflects the ongoing innovation and competitive spirit associated with this classic exercise.

The Standardization of Pull Up Techniques

Standardized pull up techniques help ensure fair competition and accurate record-keeping. The strict pull up, which requires a full extension at the bottom and a chin-over-bar finish, is widely recognized. Organizations like Guinness World Records have set clear guidelines for attempts, allowing the community to compare feats like the fastest pull up in history with confidence and consistency.

Evolution of Pull Up Challenges

With the rise of social media and online fitness communities, pull up challenges have become increasingly creative and competitive. Challenges range from most pull ups in a minute to the fastest single pull up, sparking viral trends and inspiring new generations of athletes to push their boundaries. The fastest pull up in history Twitter trend is the latest chapter in this ongoing evolution, capturing global attention and enthusiasm.

Defining the Fastest Pull Up in History

Understanding what constitutes the fastest pull up in history involves more than just speed. It encompasses proper form, adherence to rules, and the ability to complete the movement in record time. Some records focus on the fastest single pull up, while others track the most pull ups within a set time limit. The official recognition of records involves strict criteria to ensure integrity and comparability.

Criteria for Official Pull Up Records

- Full arm extension at the bottom of the movement
- Chin clearly above the bar at the top
- No use of kipping or swinging unless specified
- Continuous motion without resting on the bar
- Certified witnesses or video evidence for validation

Differences Between Speed and Endurance Challenges

While the fastest pull up in history focuses on completing a single repetition with maximum speed,

endurance challenges involve completing as many pull ups as possible within a specific time frame. Both types of records require different training approaches, muscle recruitment, and strategies, contributing to their unique appeal within the fitness community and on platforms like Twitter.

Viral Impact of Pull Up Records on Twitter

Twitter has played a significant role in popularizing the fastest pull up in history. Viral tweets, trending hashtags, and user-generated content have propelled these feats into the spotlight. The platform's real-time sharing and global reach enable athletes to showcase their accomplishments instantly, reaching millions of viewers and sparking discussions across diverse communities.

How Pull Up Videos Go Viral on Twitter

Engaging video clips, captivating captions, and impactful hashtags are key ingredients for viral pull up content. When an athlete posts a record-breaking attempt, the combination of visual spectacle and measurable achievement often resonates with viewers, leading to widespread sharing and commentary. Influencers, fitness experts, and casual users all contribute to the rapid spread of these videos, making the fastest pull up in history Twitter trend a global phenomenon.

Notable Viral Pull Up Moments

Multiple athletes have experienced sudden fame after their pull up videos went viral on Twitter. These moments often inspire others to attempt their own records, fostering a sense of community and friendly competition. The viral nature of these posts has also attracted mainstream media attention, further amplifying the significance of the fastest pull up in history.

Biomechanics and Science Behind Fast Pull Ups

The biomechanics of the pull up are complex, involving coordinated action of multiple muscle groups, efficient use of energy, and precise timing. The fastest pull up in history is the result of optimal technique, explosive power, and refined neuromuscular coordination. Understanding the science behind fast pull ups helps athletes improve performance and reduce the risk of injury.

Key Muscle Groups Involved

- Latissimus dorsi (lats)

- Biceps brachii
- Rhomboids and trapezius
- Forearms and grip muscles
- Core stabilizers

Factors Affecting Pull Up Speed

Speed in pull ups depends on several factors, including muscle fiber composition, power-to-weight ratio, grip strength, and technique. Athletes who specialize in fast pull ups often incorporate plyometric training, explosive strength exercises, and mobility work into their routines. Proper warm-up and recovery are also crucial for peak performance.

Training Techniques for Speed and Strength

Achieving the fastest pull up in history requires a blend of targeted training, discipline, and expert guidance. Elite athletes and trainers employ a variety of methods to develop explosive power, maximize speed, and maintain strict form throughout the movement. Specific training regimens help build the foundation necessary for setting new records.

Essential Training Methods

- Plyometric pull up drills for explosive power
- Weighted pull ups to increase strength
- Isometric holds for improved control
- Grip strength exercises for stability
- Mobility and flexibility routines to reduce injury risk

Common Mistakes and How to Avoid Them

Many athletes make mistakes such as using improper form, neglecting warm-up, or overtraining. To achieve optimal results, it is essential to follow a balanced program, focus on quality over quantity, and listen to the body's signals. Consulting with experienced coaches and regularly assessing progress can help prevent setbacks and promote continuous improvement.

Notable Athletes and World Records

The fastest pull up in history Twitter trend has introduced the world to extraordinary athletes who have pushed the boundaries of human potential. These individuals often hold official world records, have extensive training backgrounds, and serve as inspirations for aspiring fitness enthusiasts worldwide.

World Record Holders

Several athletes have achieved recognition for performing the fastest pull ups or the most pull ups within a minute. While the specifics of each record may vary, these individuals share a dedication to excellence, rigorous training, and an unwavering commitment to their goals. Their achievements are often documented and celebrated on Twitter, contributing to the ongoing popularity of the fastest pull up in history topic.

Influential Figures in the Pull Up Community

Beyond record holders, many influential figures in the calisthenics and fitness communities have played a significant role in popularizing pull up challenges. They share tips, tutorials, and motivational content that inspire others to pursue their own personal bests. Twitter serves as a powerful platform for these athletes to reach a global audience and foster a supportive environment for collective growth.

Cultural and Social Influence of Pull Up Challenges

The fastest pull up in history Twitter trend is more than just a fitness challenge—it is a cultural phenomenon that reflects the values of perseverance, innovation, and community. Pull up challenges have become a symbol of physical and mental resilience, bringing people together across backgrounds and skill levels.

Impact on Fitness Culture

The widespread popularity of pull up records has encouraged more people to engage in regular exercise and explore new training methods. Fitness influencers and social media campaigns often use pull up challenges to promote healthy lifestyles, raise awareness for charitable causes, and foster a sense of camaraderie among participants.

Social Media's Role in Shaping Trends

Twitter's unique format—combining real-time updates, multimedia sharing, and interactive discussions—has made it an ideal platform for showcasing fitness achievements. The viral nature of the fastest pull up in history Twitter trend demonstrates the power of social media to unite individuals with shared interests, amplify exceptional performances, and inspire widespread participation in health-focused activities.

Frequently Asked Questions

This section addresses common queries related to the fastest pull up in history Twitter trend, providing clear and concise answers supported by expert knowledge and factual information.

Q: Who currently holds the record for the fastest pull up in history?

A: The official record for the fastest pull up is regularly updated as new athletes attempt and document their feats. The title is typically awarded to the individual who completes a strict pull up with verified timing and certified witnesses, as recognized by organizations like Guinness World Records.

Q: How did the fastest pull up in history trend start on Twitter?

A: The trend began when a video of a record-breaking pull up was shared on Twitter, quickly gaining traction due to its impressive speed, flawless form, and the athlete's engaging presentation. The post went viral, leading to widespread discussions and new attempts worldwide.

Q: What are the official rules for recording the fastest pull up?

A: Official rules require a full arm extension at the bottom, chin clearly above the bar at the top, no excessive swinging or kipping (unless specified), and continuous motion. Attempts must be witnessed or recorded for validation.

Q: What training is recommended for achieving a fast pull up?

A: Training for a fast pull up includes plyometric pull up drills, weighted pull ups, grip strength exercises, isometric holds, and consistent mobility work. Proper nutrition and recovery are also essential.

Q: Can anyone participate in pull up challenges on Twitter?

A: Yes, pull up challenges are open to anyone interested, regardless of experience level. Many users participate for fun, personal growth, or to connect with the broader fitness community.

Q: How has social media influenced the popularity of pull up records?

A: Social media platforms like Twitter have significantly amplified the visibility and reach of pull up records, allowing athletes to showcase their achievements, inspire others, and create viral fitness trends.

Q: Are there risks associated with attempting fast or high-volume pull ups?

A: Performing pull ups at high speed or volume can increase the risk of muscle strain or injury, especially without proper form and warm-up. Consulting a fitness professional and following safe training guidelines is recommended.

Q: What equipment is needed to attempt the fastest pull up?

A: The primary equipment required is a sturdy pull up bar with sufficient clearance. Additional items such as chalk, gloves, or resistance bands may be used for support or safety.

Q: Have any celebrities or influencers participated in the fastest pull up trend?

A: Several fitness influencers and athletes have contributed to the trend, often posting their own attempts or sharing motivational content to engage their followers.

Q: How does the fastest pull up compare to other strength records?

A: The fastest pull up emphasizes explosive power and technical proficiency, whereas other records, such as most pull ups in a minute or weighted pull ups, focus on endurance or maximal strength. Each record showcases different aspects of athletic performance.

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Fastest Pull-Up in History Twitter: Debunking the Myths and Exploring the Records

The internet is a whirlwind of incredible feats, often captured and shared on platforms like Twitter. Claims of record-breaking achievements, including the "fastest pull-up in history," frequently circulate. But separating fact from fiction requires careful examination. This post dives deep into the viral sensation surrounding the fastest pull-up on Twitter, exploring the challenges of verifying such claims, analyzing the existing evidence, and discussing the factors that contribute to exceptional pull-up speed. We'll explore what constitutes a valid record, the limitations of social media verification, and the incredible athleticism behind these impressive feats of strength.

The Allure of Viral Fitness Claims on Twitter

Twitter's real-time nature and global reach make it a breeding ground for viral fitness challenges and record claims. Videos showcasing impressive feats of strength, endurance, and speed are frequently shared, generating millions of views and sparking discussions. Claims of the "fastest pull-up in history" are particularly captivating, tapping into our innate fascination with human potential and pushing the boundaries of physical capabilities. However, the lack of official verification often leaves these claims open to debate and skepticism.

Why Verifying the "Fastest Pull-Up" is Difficult

Establishing a definitive "fastest pull-up in history" is incredibly challenging. Several factors contribute to this difficulty:

Lack of Standardized Measurement: There's no universally accepted governing body to regulate and verify pull-up records in the same way that, say, world record swimming times are meticulously tracked.

Variability in Technique: Different pull-up techniques can influence speed. Strict form, kipping, and muscle-ups all affect the time taken to complete a repetition. Without clear guidelines, comparing times becomes subjective.

Video Evidence Issues: Videos shared on Twitter often lack clear angles, accurate timing, and

independent verification. Editing, slow-motion effects, or even simple camera angles can distort the perception of speed.

Potential for Misinformation: The ease with which videos can be manipulated or falsely presented makes it crucial to approach viral claims with a healthy dose of skepticism.

Analyzing Existing Contenders for the "Fastest Pull-Up" Title

While pinpointing a definitive record remains elusive, several individuals have emerged as contenders for the fastest pull-up title based on circulating video evidence. It's important to note that these claims haven't been officially verified and should be viewed with caution. Many videos lack the necessary precision and independent verification to be considered definitive proof.

Key Factors Affecting Pull-Up Speed:

Strength and Power: Explosive strength in the back, biceps, and shoulders is crucial for rapid pull-up execution.

Technique and Efficiency: Mastering the proper technique, whether strict or kipping, is vital for maximizing speed and minimizing wasted energy. Kipping, while faster, requires a higher skill level.

Body Weight: Lower body weight generally allows for faster pull-ups.

Training and Conditioning: Consistent, targeted training is essential for achieving high levels of strength and power.

The Importance of Reliable Sources and Verification

When evaluating claims about the fastest pull-up, it's crucial to prioritize reliable sources and verified data. Look for videos from reputable sources with clear timing, multiple angles, and independent verification. While social media can be a valuable source of information, it's vital to approach such claims with critical thinking and a healthy dose of skepticism. Official competitions and records maintained by recognized organizations provide a much more trustworthy basis for comparisons.

Conclusion

The search for the "fastest pull-up in history" on Twitter highlights the fascination with human athletic achievement and the challenges of verifying such claims in the age of social media. While spectacular videos may circulate, establishing a definitive record requires standardized measurement, verifiable evidence, and independent verification. Until a universally accepted system is in place, the quest for the title will remain a captivating yet contentious debate. Focus on reliable sources, scrutinize evidence critically, and appreciate the incredible strength and athleticism showcased by individuals who push the boundaries of human potential.

FAQs:

1. Are there any official organizations tracking fastest pull-up times? Currently, there isn't a single, universally recognized organization officially tracking and verifying fastest pull-up times in the way some sports governing bodies do.
2. What is the difference between a strict pull-up and a kipping pull-up? A strict pull-up involves a controlled, slow movement with no momentum or swinging. A kipping pull-up utilizes a swinging motion to generate momentum, making it faster but potentially less accurate.
3. How can I improve my pull-up speed? Focus on building upper body strength through various exercises, including pull-ups themselves, rows, and bicep curls. Practice proper technique and consider incorporating plyometrics to enhance explosive power.
4. Is it safe to attempt incredibly fast pull-ups? Attempting extremely fast pull-ups without proper training and technique can increase the risk of injury. Prioritize safe and progressive training to avoid injury.
5. Where can I find reliable information about pull-up training? Reputable fitness websites, certified personal trainers, and strength and conditioning coaches can provide valuable information and guidance on safe and effective pull-up training.

fastest pull up in history twitter: *Invasive Aliens: The Plants and Animals From Over There That Are Over Here* Dan Eatherley, 2019-06-27 'The story of "invasive species" is really the story of human history, and Eatherley tells it with great verve ... Fascinating' Daily Telegraph A unique history of plant and animal invaders of the British isles spanning thousands of years of arrivals and escapes, as well as defences mounted and a look to the future.

fastest pull up in history twitter: Movies (And Other Things) Shea Serrano, 2019-10-08
INSTANT #1 NEW YORK TIMES BESTSELLER WALL STREET JOURNAL BESTSELLER BARNES & NOBLE BESTSELLER AMAZON BESTSELLER Paging through Serrano's *Movies (and Other Things)* is like taking a long drive at night with a friend; there's that warmth and familiarity where the chat is more important than the fastest route from Point A to Point B...It's like a textbook gone right; your attention couldn't wander if it tried. -- Elisabeth Egan, New York Times Book Review
Shea Serrano is back, and his new book, *Movies (And Other Things)*, combines the fury of a John Wick shootout, the sly brilliance of Regina George holding court at a cafeteria table, and the sheer power of a Denzel monologue, all into one. *Movies (And Other Things)* is a book about, quite frankly, movies (and other things). One of the chapters, for example, answers which race Kevin Costner was able to white savior the best, because did you know that he white saviors Mexicans in *McFarland, USA*, and white saviors Native Americans in *Dances with Wolves*, and white saviors Black people in *Black or White*, and white saviors the Cleveland Browns in *Draft Day*? Another of the chapters, for a second example, answers what other high school movie characters would be in Regina George's circle of friends if we opened up the Mean Girls universe to include other movies (Johnny Lawrence is temporarily in, Claire from *The Breakfast Club* is in, Ferris Bueller is out, Isis from *Bring It On* is out...). Another of the chapters, for a third example, creates a special version of the Academy Awards specifically for rom-coms, the most underrated movie genre of all. And another of the chapters, for a final example, is actually a triple chapter that serves as an NBA-style draft of the very best and most memorable moments in gangster movies. Many, many things happen in *Movies (And Other Things)*, some of which funny, others of which are sad, a few of which are insightful, and all of which are handled with the type of care and dedication to the smallest details and pockets of pop culture that only a book by Shea Serrano can provide.

fastest pull up in history twitter: Guinness World Records 2022 , 2022

fastest pull up in history twitter: *The Apollo Murders* Chris Hadfield, 2024-10-01 #1

INSTANT NATIONAL BESTSELLER NEW YORK TIMES BESTSELLER THE TIMES (LONDON) THRILLER OF THE YEAR PICK AN INDIGO BEST BOOK OF THE YEAR NOMINATED for The Wilbur Smith Adventure Writing Prize and the Sideways Award for Alternate History Exciting. —Andy Weir, author of *The Martian* Nail-biting. —James Cameron, writer and director of *Avatar* and *Titanic* Not to be missed. —Frederick Forsyth, author of *The Day of the Jackal* An exceptional Cold War thriller from the dark heart of the Space Race, by astronaut and bestselling author Chris Hadfield. 1973. A final, top-secret mission to the Moon. Three astronauts in a tiny module, a quarter of a million miles from home. A quarter of a million miles from help. As Russian and American crews sprint for a secret bounty hidden away on the lunar surface, old rivalries blossom and the political stakes are stretched to the breaking point back on Earth. Houston flight controller Kazimieras Kaz Zemeckis must do all he can to keep the NASA crew together, while staying one step ahead of his Soviet rivals. But not everyone on board Apollo 18 is quite who they appear to be. Full of the fascinating technical detail that fans of *The Martian* loved, and reminiscent of the thrilling claustrophobia, twists and tension of *The Hunt for Red October*, *The Apollo Murders* puts you right there in the moment. Experience the fierce G-forces of launch, the frozen loneliness of Space and the fear of holding on to the outside of a spacecraft orbiting the Earth at 17,000 miles per hour, as told by a former Commander of the International Space Station who has done all of those things in real life. Strap in and count down for the ride of a lifetime.

fastest pull up in history twitter: *New Slow City* William Powers, 2014-10-27 Burned-out after years of doing development work around the world, William Powers spent a season in a 12-foot-by-12-foot cabin off the grid in North Carolina, as recounted in his award-winning memoir *Twelve by Twelve*. Could he live a similarly minimalist life in the heart of New York City? To find out, Powers and his wife jettisoned 80 percent of their stuff, left their 2,000-square-foot Queens townhouse, and moved into a 350-square-foot “micro-apartment” in Greenwich Village. Downshifting to a two-day workweek, Powers explores the viability of Slow Food and Slow Money, technology fasts and urban sanctuaries. Discovering a colorful cast of New Yorkers attempting to resist the culture of Total Work, Powers offers an inspiring exploration for anyone trying to make urban life more people- and planet-friendly.

fastest pull up in history twitter: *Leading from the Middle* Scott Mautz, 2021-05-18 The definitive playbook for driving impact as a middle manager *Leading from the Middle: A Playbook for Managers to Influence Up, Down, and Across the Organization* delivers an insightful and practical guide for the backbone of an organization: those who have a boss and are a boss and must lead from the messy middle. Accomplished author and former P&G executive Scott Mautz walks readers through the unique challenges facing these managers, and the mindset and skillset necessary for managing up and down and influencing what happens across the organization. You’ll learn the winning mindset of the best middle managers, how to develop the most important skills necessary for managing from the middle, how to create your personal Middle Action Plan (MAP), and effectively influence: Up the chain of command, to your boss and those above them Down, to your direct reports and teams who report to you Laterally, to peers and teams you have no formal authority over Anyone in an organization who reports to someone and has someone reporting to them must lead from the middle. They are the most important group in an organization and have a unique opportunity to drive impact. *Leading from the Middle* explains how.

fastest pull up in history twitter: *On Your Marks, Get Set, Gold!* Scott Allen, 2024-05 An exciting, laugh-a-minute guide to every Olympic and Paralympic sport.

fastest pull up in history twitter: *Unti Temple Hill Picture Book #1* HarperCollins Canada, Limited, HarperCollins Publishers, Jessica Alba, Kelly Sawyer Patricof, Norah Weinstein, 2021-10-26 Business leader, actor, and Baby2Baby ambassador Jessica Alba and Baby2Baby co-CEOs Kelly Sawyer Patricof and Norah Weinstein deliver the important message of giving back from an early age through this tender and delightful story. Tiana loves her teddy bear, Bach. She doesn't mind that

he's a little worn and somewhat torn. So when her mother suggests she make room for a new bear, Tiana can't believe her ears! Will Tiana have to lose the one bear she really loves? Or will she find room in her heart for two? Find out in this endearing tale--brought to life by Alicia Más's imaginative illustrations--about a young girl who learns the importance of letting go and giving back.

fastest pull up in history twitter: *Tweet Naked* Scott Levy, 2013-12-16 Presenting a fresh perspective on a common challenge, author Scott Levy delivers a new answer to every business owner's social media question — how can I make social media work for me? Levy's solution takes a cue from another explosive media phenomenon: reality TV. Levy invites readers to create the same magnetism that pulls reality TV viewers in by using the same tools: transparency, authenticity, and a human element. Readers learn how to use social platforms to tactfully share, or bare, their brand, inciting consumer action. Readers also learn how to strip their social media strategy down to what works for their brand, exhibit transparency that engages followers on all popular social channels, and create brand consistency across all social platforms. Other topics cover engineering positive brand impacts and avoid devastating damage, using crowdsourcing and retweets, and lifting a brand from relative obscurity to significant popularity. Real-life examples relate well-known business brands such as Sharpie and Jet Blue, and personal brands such as NFL Runningback DeAngelo Williams. Social media marketers learn exactly what it takes to seduce the masses and turn them from passive followers to brand champions and loyal brand buyers.

fastest pull up in history twitter: *The Third Door* Alex Banayan, 2018-06-05 FORBES #1 CAREER BOOK TO READ IN 2018 The larger-than-life journey of an 18-year-old college freshman who set out from his dorm room to track down Bill Gates, Lady Gaga, and dozens more of the world's most successful people to uncover how they broke through and launched their careers. *The Third Door* takes readers on an unprecedented adventure—from hacking Warren Buffett's shareholders meeting to chasing Larry King through a grocery store to celebrating in a nightclub with Lady Gaga—as Alex Banayan travels from icon to icon, decoding their success. After remarkable one-on-one interviews with Bill Gates, Maya Angelou, Steve Wozniak, Jane Goodall, Larry King, Jessica Alba, Pitbull, Tim Ferriss, Quincy Jones, and many more, Alex discovered the one key they have in common: they all took the Third Door. Life, business, success... it's just like a nightclub. There are always three ways in. There's the First Door: the main entrance, where ninety-nine percent of people wait in line, hoping to get in. The Second Door: the VIP entrance, where the billionaires and celebrities slip through. But what no one tells you is that there is always, always... the Third Door. It's the entrance where you have to jump out of line, run down the alley, bang on the door a hundred times, climb over the dumpster, crack open the window, sneak through the kitchen—there's always a way in. Whether it's how Bill Gates sold his first piece of software or how Steven Spielberg became the youngest studio director in Hollywood history, they all took the Third Door.

fastest pull up in history twitter: *Master Your Next Move, with a New Introduction* Michael D. Watkins, 2019-03-19 Your next professional move can make or break your career. Are you ready? In business, especially today, you are only as successful as your next career transition. Do well, and you'll be on the fast track to even more challenging roles. Fail, and you could irreparably harm your career--and your organization. In his international bestseller *The First 90 Days*, transition guru Michael D. Watkins outlined a set of basic principles for getting up to speed quickly in new professional roles. Since that book was published Watkins has worked with thousands of leaders, helping them to accelerate their transitions. These leaders posed challenging questions on how to apply the basic principles in real-life situations. The truth that emerged: the *First 90 Days* framework can be applied in every transition, but the way you apply it is entirely different when you have been promoted to a higher level than it is when you are joining a new organization or taking a role in a different country. *Master Your Next Move* answers a distinct need, focusing on the most common types of transitions leaders face and the unique challenges posed by each. Based on years of research, and now with a new introduction, this indispensable book explores eight crucial transitions virtually everyone encounters during their career, including promotion, leading former

peers, onboarding into a new company, making an international move, and turning around a business in crisis. With real-world examples and many practical models and tools, Master Your Next Move is your guide to surviving and thriving as you make your next move . . . and every one after that.

fastest pull up in history twitter: Explain the Cloud Like I'm 10 Todd Hoff, 2017-10-03 What is the cloud? Discover the secrets of the cloud through simple explanations that use lots of pictures and lots of examples. Why learn about the cloud? It's the future. The cloud is the future of software, the future of computing, and the future of business. If you're not up on the cloud the future will move on without you. Don't miss out. Not a geek? Don't worry. I wrote this book for you! After reading Explain Cloud Like I'm 10, you will understand the cloud. That's a promise. How do I deliver on that promise? I'll let you in on a little secret: the cloud is not that hard to understand. It's just that nobody has taken the time to explain it properly. take the time. I go slow. You'll learn step-by-step; one idea at a time. You'll learn something new no matter if you're a beginner, someone who knows a little and wants to know more, or someone thinking about a career change. In Explain Cloud Like I'm 10, you'll discover: • How the cloud got its name. A more interesting story than you might think. An intuitive picture based definition of the cloud. • What it means when someone says a service is in the cloud. If stormy weather affects cloud computing. • How the internet really works. Most people don't know. You will. The real genius of cloud computing. Hint: it's not the technology. • The good, the bad, and the ugly of cloud computing. • How cloud computing changed how software is made—forever. • Why Amazon AWS became so popular. Hint: it's not the technology. • What happens when you press play on Netflix. • Why Kindle is the perfect example of a cloud service. • The radically different approaches Apple and Google take to the cloud. • How Google Maps and Facebook Messenger excel as cloud applications. • Cloud providers are engaging in a winner-take-all war to addict you to their ecosystems. • Key ideas like: VM, serverless, container, IaaS, PaaS, SaaS, virtualization, caching, ISP, OpEx, CapEx, network, AMI, EC2, S3, CDN, elastic computing, datacenter, and cloud-native. And so much more. Sound like gobbledygook? Don't worry! It will all make sense. I've been a programmer and a writer for over 30 years. I've been in cloud computing since the beginning, and I'm here to help you on your journey to understand the cloud. Consider me your guide. I'll be with you every step of the way. Sound fun? Buy Explain Cloud Like I'm 10 and let's get started learning about the cloud today!

fastest pull up in history twitter: **Factfulness** Hans Rosling, Anna Rosling Rönnlund, Ola Rosling, 2020-04-07 INSTANT NEW YORK TIMES BESTSELLER "One of the most important books I've ever read—an indispensable guide to thinking clearly about the world." – Bill Gates "Hans Rosling tells the story of 'the secret silent miracle of human progress' as only he can. But Factfulness does much more than that. It also explains why progress is so often secret and silent and teaches readers how to see it clearly." —Melinda Gates Factfulness by Hans Rosling, an outstanding international public health expert, is a hopeful book about the potential for human progress when we work off facts rather than our inherent biases. - Former U.S. President Barack Obama Factfulness: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends—what percentage of the world's population live in poverty; why the world's population is increasing; how many girls finish school—we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates, and investment bankers. In Factfulness, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-time collaborators, Anna and Ola, offers a radical new explanation of why this happens. They reveal the ten instincts that distort our perspective—from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where fear rules) to how we perceive progress (believing that most things are getting worse). Our problem is that we don't know what we don't know, and even our guesses are informed by unconscious and predictable biases. It

turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn't mean there aren't real concerns. But when we worry about everything all the time instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, *Factfulness* is an urgent and essential book that will change the way you see the world and empower you to respond to the crises and opportunities of the future. --- "This book is my last battle in my life-long mission to fight devastating ignorance...Previously I armed myself with huge data sets, eye-opening software, an energetic learning style and a Swedish bayonet for sword-swallowing. It wasn't enough. But I hope this book will be." Hans Rosling, February 2017.

fastest pull up in history twitter: Quotations from Chairman Mao Tse-Tung Mao Tse-Tung, Mao Zedong, 2013-04-16 *Quotations from Chairman Mao Tse-Tung* is a volume of selected statements taken from the speeches and writings by Mao Tse-Tung, published from 1964 to 1976. It was often printed in small editions that could be easily carried and that were bound in bright red covers, which led to its western moniker of the 'Little Red Book'. It is one of the most printed books in history, and will be of considerable value to those with an interest in Mao Tse-Tung and in the history of the Communist Party of China. The chapters of this book include: 'The Communist Party', 'Classes and Class Struggle', 'Socialism and Communism', 'The Correct Handling of Contradictions Among The People', 'War and Peace', 'Imperialism and All Reactionaries are Paper Tigers', 'Dare to Struggle and Dare to Win', et cetera. We are republishing this antiquarian volume now complete with a new prefatory biography of Mao Tse-Tung.

fastest pull up in history twitter: Good Vibes, Good Life Vex King, 2018-12-04 OVER 1 MILLION COPIES SOLD: Instagram guru Vex King "teaches us how self-love is the key to unlocking your inner greatness" (Marie Claire) and shares inspirational quotes and universal wisdom for manifesting positive vibes. Join the self-love revolution—and be the best version of you that YOU can be! Vex overcame adversity to become a source of hope for millions of young people, and now draws from his personal experience and his intuitive wisdom to inspire you to: · Practise self-care, overcome toxic energy, and prioritize your well-being · Cultivate positive lifestyle habits, including mindfulness and meditation · Change your beliefs to invite great opportunities into your life · Manifest your goals using tried-and-tested techniques · Overcome fear and flow with the Universe · Find your higher purpose and become a shining light for others In this beautiful, giftable book, Vex will show you that when you change the way you think, feel, speak, and act, you begin to change the world.

fastest pull up in history twitter: Start With Why Simon Sinek, 2011-10-06 THE MILLION-COPY GLOBAL BESTSELLER - BASED ON THE LIFE-CHANGING TED TALK! DISCOVER YOUR PURPOSE WITH ONE SIMPLE QUESTION: WHY? 'One of the most incredible thinkers of our time; someone who has influenced the way I think and act every day' Steven Bartlett, investor, BBC Dragon and host of The Diary of a CEO podcast ***** Why are some people more inventive, pioneering and successful than others? And why are they able to repeat their success again and again? Because it doesn't matter what you do, it matters WHY you do it. Those who have had the greatest influence in the world all think, act, and communicate in the same way - and it's the opposite to most. In *Start with Why*, Simon Sinek uncovers the fundamental secret of their success. How you lead, inspire, live, it all starts with why. WHAT READERS ARE SAYING: 'It's amazing how a book can change the course of your life, and this book did that.' 'Imagine the Ted Talk expanded to 2 hours long, with more depth, intrigue and examples.' 'What he does brilliantly is demonstrate his own why - to inspire others - throughout.'

fastest pull up in history twitter: #WeRateDogs Matt Nelson, 2017-09-14 Based on the social media sensation, #WeRateDogs features the most heroic puppies, adorable floofers and entertaining pooches the world has ever seen. It will take you on a journey through the science of dog rating and its unwavering rules. They are certainly not arbitrary and this book is definitely not just about how cute dogs are.

fastest pull up in history twitter: The Psychology of Money Morgan Housel, 2020-09-08

Doing well with money isn't necessarily about what you know. It's about how you behave. And behavior is hard to teach, even to really smart people. Money—investing, personal finance, and business decisions—is typically taught as a math-based field, where data and formulas tell us exactly what to do. But in the real world people don't make financial decisions on a spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your own unique view of the world, ego, pride, marketing, and odd incentives are scrambled together. In *The Psychology of Money*, award-winning author Morgan Housel shares 19 short stories exploring the strange ways people think about money and teaches you how to make better sense of one of life's most important topics.

fastest pull up in history twitter: This Is How You Lose the Time War Amal El-Mohtar, Max Gladstone, 2019-07-16 * HUGO AWARD WINNER: BEST NOVELLA * NEBULA AND LOCUS AWARDS WINNER: BEST NOVELLA * "[An] exquisitely crafted tale...Part epistolary romance, part mind-blowing science fiction adventure, this dazzling story unfolds bit by bit, revealing layers of meaning as it plays with cause and effect, wildly imaginative technologies, and increasingly intricate wordplay...This short novel warrants multiple readings to fully unlock its complexities." —Publishers Weekly (starred review) From award-winning authors Amal El-Mohtar and Max Gladstone comes an enthralling, romantic novel spanning time and space about two time-traveling rivals who fall in love and must change the past to ensure their future. Among the ashes of a dying world, an agent of the Commandment finds a letter. It reads: Burn before reading. Thus begins an unlikely correspondence between two rival agents hellbent on securing the best possible future for their warring factions. Now, what began as a taunt, a battlefield boast, becomes something more. Something epic. Something romantic. Something that could change the past and the future. Except the discovery of their bond would mean the death of each of them. There's still a war going on, after all. And someone has to win. That's how war works, right? Cowritten by two beloved and award-winning sci-fi writers, *This Is How You Lose the Time War* is an epic love story spanning time and space.

fastest pull up in history twitter: The Definitive ANTLR 4 Reference Terence Parr, 2013-01-15 Programmers run into parsing problems all the time. Whether it's a data format like JSON, a network protocol like SMTP, a server configuration file for Apache, a PostScript/PDF file, or a simple spreadsheet macro language--ANTLR v4 and this book will demystify the process. ANTLR v4 has been rewritten from scratch to make it easier than ever to build parsers and the language applications built on top. This completely rewritten new edition of the bestselling *Definitive ANTLR Reference* shows you how to take advantage of these new features. Build your own languages with ANTLR v4, using ANTLR's new advanced parsing technology. In this book, you'll learn how ANTLR automatically builds a data structure representing the input (parse tree) and generates code that can walk the tree (visitor). You can use that combination to implement data readers, language interpreters, and translators. You'll start by learning how to identify grammar patterns in language reference manuals and then slowly start building increasingly complex grammars. Next, you'll build applications based upon those grammars by walking the automatically generated parse trees. Then you'll tackle some nasty language problems by parsing files containing more than one language (such as XML, Java, and Javadoc). You'll also see how to take absolute control over parsing by embedding Java actions into the grammar. You'll learn directly from well-known parsing expert Terence Parr, the ANTLR creator and project lead. You'll master ANTLR grammar construction and learn how to build language tools using the built-in parse tree visitor mechanism. The book teaches using real-world examples and shows you how to use ANTLR to build such things as a data file reader, a JSON to XML translator, an R parser, and a Java class->interface extractor. This book is your ticket to becoming a parsing guru! What You Need: ANTLR 4.0 and above. Java development tools. Ant build system optional(needed for building ANTLR from source)

fastest pull up in history twitter: Ask a Manager Alison Green, 2018-05-01 'I'm a HUGE fan of Alison Green's Ask a Manager column. This book is even better' Robert Sutton, author of *The No Asshole Rule* and *The Asshole Survival Guide* 'Ask A Manager is the book I wish I'd had in my desk drawer when I was starting out (or even, let's be honest, fifteen years in)' - Sarah Knight, New York

Times bestselling author of *The Life-Changing Magic of Not Giving a F*ck* A witty, practical guide to navigating 200 difficult professional conversations Ten years as a workplace advice columnist has taught Alison Green that people avoid awkward conversations in the office because they don't know what to say. Thankfully, Alison does. In this incredibly helpful book, she takes on the tough discussions you may need to have during your career. You'll learn what to say when: · colleagues push their work on you - then take credit for it · you accidentally trash-talk someone in an email and hit 'reply all' · you're being micromanaged - or not being managed at all · your boss seems unhappy with your work · you got too drunk at the Christmas party With sharp, sage advice and candid letters from real-life readers, *Ask a Manager* will help you successfully navigate the stormy seas of office life.

fastest pull up in history twitter: *The Thursday Murder Club* Richard Osman, 2021-08-03 A New York Times bestseller | Soon to be a major motion picture “Witty, endearing and greatly entertaining.” —Wall Street Journal “Don’t trust anyone, including the four septuagenarian sleuths in Osman’s own laugh-out-loud whodunit.” —Parade Four septuagenarians with a few tricks up their sleeves A female cop with her first big case A brutal murder Welcome to... THE THURSDAY MURDER CLUB In a peaceful retirement village, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes; together they call themselves the Thursday Murder Club. When a local developer is found dead with a mysterious photograph left next to the body, the Thursday Murder Club suddenly find themselves in the middle of their first live case. As the bodies begin to pile up, can our unorthodox but brilliant gang catch the killer, before it's too late?

fastest pull up in history twitter: *Survive & Advance* Tianna Bartoletta, 2021-06-04 *Survive and Advance* is a tournament strategy athletes employ to advance through the rounds. Whenever possible, athletes will attempt to advance to the next round without expending too much energy. The theory is that their best performance should come at the championships, in the final round, where the medals and titles are decided. To Tianna Bartoletta, the *Survive and Advance* strategy is effective away from the field of play as well. To her, it means doing whatever is needed to survive life...moment to moment, to get to tomorrow to fight another day. Tianna is defiance personified. Defiant of gravity, and defiant in the face of adversity. This revealing memoir by 3-time world champion, 2-time Olympian, and 3-time Olympic gold medalist Tianna Bartoletta, chronicles her drive to become an elite athlete and her climb to the top of her game...what you knew about her-and what you didn't-until now. You may think you know what it means to be a champion, but you're about to find out that you had no idea.

fastest pull up in history twitter: *The F***ing Epic Twitter Quest of @MayorEmanuel* Dan Sinker, 2011-09-13 Presents the full content of the popular fake twitter account that followed Rahm Emanuel's 2011 Chicago mayoral campaign.

fastest pull up in history twitter: *Disunited Nations* Peter Zeihan, 2020-03-03 Should we stop caring about fading regional powers like China, Russia, Germany, and Iran? Will the collapse of international cooperation push France, Turkey, Japan, and Saudi Arabia to the top of international concerns? Most countries and companies are not prepared for the world Peter Zeihan says we’re already living in. For decades, America’s allies have depended on its might for their economic and physical security. But as a new age of American isolationism dawns, the results will surprise everyone. In *Disunited Nations*, geopolitical strategist Peter Zeihan presents a series of counterintuitive arguments about the future of a world where trade agreements are coming apart and international institutions are losing their power. Germany will decline as the most powerful country in Europe, with France taking its place. Every country should prepare for the collapse of China, not North Korea. We are already seeing, as Zeihan predicts, a shift in outlook on the Middle East: It is no longer Iran that is the region’s most dangerous threat, but Saudi Arabia. The world has gotten so accustomed to the “normal” of an American-dominated order that we have all forgotten the historical norm: several smaller, competing powers and economic systems throughout Europe and Asia. America isn’t the only nation stepping back from the international system. From Brazil to Great Britain to Russia, leaders are deciding that even if plenty of countries lose in the growing disunited

chaos, their nations will benefit. The world isn't falling apart—it's being pushed apart. The countries and businesses prepared for this new every-country-for-itself ethic are those that will prevail; those shackled to the status quo will find themselves lost in the new world disorder. Smart, interesting, and essential reading, *Disunited Nations* is a sure-to-be-controversial guidebook that analyzes the emerging shifts and resulting problems that will arise in the next two decades. We are entering a period of chaos, and no political or corporate leader can ignore Zeihan's insights or his message if they want to survive and thrive in this uncertain new time.

fastest pull up in history twitter: *The Walled City* Ryan Graudin, 2014-11-04 730. That's how many days I've been trapped.18. That's how many days I have left to find a way out. DAI, trying to escape a haunting past, traffics drugs for the most ruthless kingpin in the Walled City. But in order to find the key to his freedom, he needs help from someone with the power to be invisible.... JIN hides under the radar, afraid the wild street gangs will discover her biggest secret: Jin passes as a boy to stay safe. Still, every chance she gets, she searches for her lost sister.... MEI YEE has been trapped in a brothel for the past two years, dreaming of getting out while watching the girls who try fail one by one. She's about to give up, when one day she sees an unexpected face at her window..... In this innovative and adrenaline-fueled novel, they all come together in a desperate attempt to escape a lawless labyrinth before the clock runs out.

fastest pull up in history twitter: *Manliness* Harvey Claflin Mansfield, 2006-01-01 In the wake of the monstrous projects of Hitler, Stalin, Mao, and others in the twentieth century, the idea of utopia has been discredited. Yet, historian Jay Winter suggests, alongside the 'major utopians' who murdered millions in their attempts to transform the world were disparate groups of people trying in their own separate ways to imagine a radically better world. This original book focuses on some of the twentieth-century's 'minor utopias' whose stories, overshadowed by the horrors of the Holocaust and the Gulag, suggest that the future need not be as catastrophic as the past. The book is organized around six key moments when utopian ideas and projects flourished in Europe: 1900 (the Paris World's Fair), 1919 (the Paris Peace Conference), 1937 (the Paris exhibition celebrating science and light), 1948 (the Universal Declaration of Human Rights), 1968 (moral indictments and student revolt), and 1992 (the emergence of visions of global citizenship). Winter considers the dreamers and the nature of their dreams as well as their connections to one another and to the history of utopian thought. By restoring minor utopias to their rightful place in the recent past, Winter fills an important gap in the history of social thought and action in the twentieth century.

fastest pull up in history twitter: *The Hearts We Sold* Emily Lloyd-Jones, 2017-08-08 An intoxicating blend of fantasy, horror, and romance--a Faustian fable perfect for fans of Holly Black, and *Stranger Things*. Dee Moreno is out of options. Her home life sucks (to put it mildly), and she's about to get booted from her boarding school--the only place she's ever felt free--for lack of funds. But this is a world where demons exist, and the demons are there to make deals: one human body part in exchange for one wish come true. The demon who Dee approaches doesn't trade in the usual arms and legs, however. He's only interested in her heart. And what comes after Dee makes her deal is a nightmare far bigger, far more monstrous than anything she ever could have imagined. Reality is turned on its head, and Dee has only her fellow heartless, the charming but secretive James Lancer, to keep her grounded. As something like love grows between them amid an otherworldly threat, Dee begins to wonder: Can she give James her heart when it's no longer hers to give? In *The Hearts We Sold*, demons can be outwitted, hearts can be reclaimed, monsters can be fought, and love isn't impossible. This book will steal your heart and break it, and leave you begging for more.

fastest pull up in history twitter: *Hungry Hearts* Walsh, Jennifer Rudolph, 2021-02-09 Sixteen innovators, creatives, and thought leaders—Austin Channing Brown, Sue Monk Kidd, and Luvvie Ajayi Jones, among others—share intimate stories of uncovering beauty and potential through moments of fear, loss, heartbreak, and uncertainty. “You’ll find kindred spirits in these tales of resilience, transformation, and joy.”—Time Over the course of four years, the traveling love rally called Together Live brought together diverse storytellers for epic evenings of laughter, music, and hard-won wisdom to huge audiences across the country. Well-known womxn (and the occasional

man) from all walks of life shared their most vulnerable truths in a radical act of love, paving the way for healing in the face of adversity. Now, off the stage and on the pages of *Hungry Hearts*, sixteen of these beloved speakers offer moving, inspiring, deeply personal essays as a reminder that we can heal from grief and that divisions can be repaired. Bozoma Saint John opens herself up to love after loss; Cameron Esposito confronts the limits of self-reliance in the wake of divorce; Ashley C. Ford learns to trust herself for the first time. A heartfelt anthology of transformation, self-discovery, and courage that also includes essays by Luvvie Ajayi Jones, Amena Brown, Austin Channing Brown, Natalie Guerrero, Sue Monk Kidd, Connie Lim (MILCK), Nkosingiphile Mabaso, Jillian Mercado, Priya Parker, Geena Rocero, Michael Trotter and Tanya-Blount Trotter of *The War and Treaty*, and Maysoon Zayid, *Hungry Hearts* shows how reconnecting with our own burning, undeniable intuition points us toward our unique purpose and the communities where we most belong.

fastest pull up in history twitter: The Great Inflation Michael D. Bordo, Athanasios Orphanides, 2013-06-28 Controlling inflation is among the most important objectives of economic policy. By maintaining price stability, policy makers are able to reduce uncertainty, improve price-monitoring mechanisms, and facilitate more efficient planning and allocation of resources, thereby raising productivity. This volume focuses on understanding the causes of the Great Inflation of the 1970s and '80s, which saw rising inflation in many nations, and which propelled interest rates across the developing world into the double digits. In the decades since, the immediate cause of the period's rise in inflation has been the subject of considerable debate. Among the areas of contention are the role of monetary policy in driving inflation and the implications this had both for policy design and for evaluating the performance of those who set the policy. Here, contributors map monetary policy from the 1960s to the present, shedding light on the ways in which the lessons of the Great Inflation were absorbed and applied to today's global and increasingly complex economic environment.

fastest pull up in history twitter: Endurance Scott Kelly, 2017-10-17 NATIONAL BEST SELLER A stunning, personal memoir from the astronaut and modern-day hero who spent a record-breaking year aboard the International Space Station—a message of hope for the future that will inspire for generations to come. The veteran of four spaceflights and the American record holder for consecutive days spent in space, Scott Kelly has experienced things very few have. Now, he takes us inside a sphere utterly hostile to human life. He describes navigating the extreme challenge of long-term spaceflight, both life-threatening and mundane: the devastating effects on the body; the isolation from everyone he loves and the comforts of Earth; the catastrophic risks of colliding with space junk; and the still more haunting threat of being unable to help should tragedy strike at home—an agonizing situation Kelly faced when, on a previous mission, his twin brother's wife, American Congresswoman Gabrielle Giffords, was shot while he still had two months in space. Kelly's humanity, compassion, humor, and determination resonate throughout, as he recalls his rough-and-tumble New Jersey childhood and the youthful inspiration that sparked his astounding career, and as he makes clear his belief that Mars will be the next, ultimately challenging, step in spaceflight. In *Endurance*, we see the triumph of the human imagination, the strength of the human will, and the infinite wonder of the galaxy.

fastest pull up in history twitter: Traction Justin Mares, Gabriel Weinberg, 2014-08-26 Most startups end in failure. Almost every failed startup has a product. What failed startups don't have are enough customers. *Traction* Book changes that. We provide startup founders and employees with the framework successful companies use to get traction. It helps you determine which marketing channel will be your key to growth. If you can get even a single distribution channel to work, you have a great business. -- Peter Thiel, billionaire PayPal founder The number one traction mistake founders and employees make is not dedicating as much time to traction as they do to developing a product. This shortsighted approach has startups trying random tactics -- some ads, a blog post or two -- in an unstructured way that will likely fail. We developed our traction framework called Bullseye with the help of the founders behind several of the biggest companies and organizations in

the world like Jimmy Wales (Wikipedia), Alexis Ohanian (Reddit), Paul English (Kayak.com), Alex Pachikov (Evernote) and more. We interviewed over forty successful founders and researched countless more traction stories -- pulling out the repeatable tactics and strategies they used to get traction. Many entrepreneurs who build great products simply don't have a good distribution strategy. -- Mark Andreessen, venture capitalist Traction will show you how some of the biggest internet companies have grown, and give you the same tools and framework to get traction.

fastest pull up in history twitter: The Wife Between Us Greer Hendricks, Sarah Pekkanen, 2018-01-30 From the authors of the no 1. New York Times bestselling novel An Anonymous Girl. A fiendishly smart cat-and-mouse thriller New York Times Book Review When you read this book, you will make many assumptions. It's about a jealous wife, obsessed with her replacement. It's about a younger woman set to marry the man she loves. The first wife seems like a disaster; her replacement is the perfect woman. You will assume you know the motives, the history, the anatomy of the relationships. You will be wrong. The Wife Between Us is the first collaboration between Greer Hendricks and Sarah Pekkanen; a gripping thriller with film rights sold to the creators of The Girl On the Train. MORE PRAISE FOR THE WIFE BETWEEN US Jaw dropping. Unforgettable. Shocking. Publishers Weekly (starred review) The best domestic suspense novel since Gone Girl. In Touch Weekly Buckle up, because you won't be able to put this one down. Glamour

fastest pull up in history twitter: Jake's Bones Jake McGowan-Lowe, 2014-03-04 Jake McGowan-Lowe is a boy with a very unusual hobby. Since the age of 7, he has been photographing and blogging about his incredible finds and now has a worldwide following, including 100,000 visitors from the US and Canada. Follow Jake as he explores the animal world through this new 64-page book. He takes you on a world wide journey of his own collection, and introduces you to other amazing animals from the four corners of the globe. Find out what a cow's tooth, a rabbit's rib and a duck's quack look like and much, much more besides.

fastest pull up in history twitter: A Garlic Testament Stanley Crawford, 1998-04 Meditations on growing garlic and on the farming way of life.

fastest pull up in history twitter: Twitter and Society Katrin Weller, 2013 Since its launch in 2006, Twitter has evolved from a niche service to a mass phenomenon; it has become instrumental for everyday communication as well as for political debates, crisis communication, marketing, and cultural participation. But the basic idea behind it has stayed the same: users may post short messages (tweets) of up to 140 characters and follow the updates posted by other users. Drawing on the experience of leading international Twitter researchers from a variety of disciplines and contexts, this is the first book to document the various notions and concepts of Twitter communication, providing a detailed and comprehensive overview of current research into the uses of Twitter. It also presents methods for analyzing Twitter data and outlines their practical application in different research contexts.

fastest pull up in history twitter: What My Bones Know Stephanie Foo, 2022-04-07 Every cell in my body is filled with the code of generations of trauma, of death, of birth, of migration, of history that I cannot understand. . . . I want to have words for what my bones know. By the age of thirty, Stephanie Foo was successful on paper: she had her dream job as an award-winning radio producer at This American Life and a loving boyfriend. But behind her office door, she was having panic attacks and sobbing at her desk every morning. After years of questioning what was wrong with herself, she was diagnosed with complex PTSD - a condition that occurs when trauma happens continuously, over the course of years. Both of Foo's parents abandoned her when she was a teenager, after years of physical and verbal abuse and neglect. She thought she'd moved on, but her new diagnosis illuminated the way her past continued to threaten her health, relationships, and career. She found limited resources to help her, so Foo set out to heal herself, and to map her experiences onto the scarce literature about C-PTSD. In this deeply personal and thoroughly researched account, Foo interviews scientists and psychologists and tries a variety of innovative therapies. She returns to her hometown in California to investigate the effects of immigrant trauma on the community, and she uncovers family secrets in the country of her birth, Malaysia, to learn

how trauma can be inherited through generations. Ultimately, she discovers that you don't move on from trauma - but you can learn to move with it. Powerful, enlightening and hopeful, *What My Bones Know* is a brave narrative that reckons with the hold of the past over the present, the mind over the body - and examines one woman's ability to reclaim agency from her trauma.

fastest pull up in history twitter: Let them Eat Tweets: How the Right Rules in an Age of Extreme Inequality Jacob S. Hacker, Paul Pierson, 2020-07-07 A New York Times Editors' Choice An "essential" (Jane Mayer) account of the dangerous marriage of plutocratic economic priorities and right-wing populist appeals — and how it threatens the pillars of American democracy. In *Let Them Eat Tweets*, best-selling political scientists Jacob S. Hacker and Paul Pierson argue that despite the rhetoric of Donald Trump, Josh Hawley, and other right-wing "populists," the Republican Party came to serve its plutocratic masters to a degree without precedent in modern global history. To maintain power while serving the 0.1 percent, the GOP has relied on increasingly incendiary racial and cultural appeals to its almost entirely white base. Calling this dangerous hybrid "plutocratic populism," Hacker and Pierson show how, over the last forty years, reactionary plutocrats and right-wing populists have become the two faces of a party that now actively undermines democracy to achieve its goals against the will of the majority of Americans. Based on decades of research and featuring a new epilogue about the intensification of GOP radicalism after the 2020 election, *Let Them Eat Tweets* authoritatively explains the doom loop of tax cutting and fearmongering that defines the Republican Party—and reveals how the rest of us can fight back.

fastest pull up in history twitter: *Wound from the Mouth of a Wound* torrin a. greathouse, 2020-12-22 A versatile missive written from the intersections of gender, disability, trauma, and survival. "Some girls are not made," torrin a. greathouse writes, "but spring from the dirt." Guided by a devastatingly precise hand, *Wound from the Mouth of a Wound*—selected by Aimee Nezhukumatathil as the winner of the 2020 Ballard Spahr Prize for Poetry—challenges a canon that decides what shades of beauty deserve to live in a poem. greathouse celebrates "buckteeth & ulcer." She odes the pulp of a bedsore. She argues that the vestigial is not devoid of meaning, and in kinetic and vigorous language, she honors bodies the world too often wants dead. These poems ache, but they do not surrender. They bleed, but they spit the blood in our eyes. Their imagery pulses on the page, fractal and fluid, blooming in a medley of forms: broken essays, haibun born of erasure, a sonnet meant to be read in the mirror. greathouse's poetry demands more of language and those who wield it. "I'm still learning not to let a stranger speak / me into a funeral." Concrete and evocative, *Wound from the Mouth of a Wound* is a testament to persistence, even when the body is not allowed to thrive. greathouse—elegant, vicious, "a one-girl armageddon" draped in crushed velvet—teaches us that fragility is not synonymous with flaw.

fastest pull up in history twitter: The One-Minute Workout Martin Gibala, Christopher Shulgan, 2017-02-07 Finally, the solution to the #1 reason we don't exercise: time. Everyone has one minute. A decade ago, Martin Gibala was a young researcher in the field of exercise physiology—with little time to exercise. That critical point in his career launched a passion for high-intensity interval training (HIIT), allowing him to stay in shape with just a few minutes of hard effort. It also prompted Gibala to conduct experiments that helped launch the exploding science of ultralow-volume exercise. Now that he's the worldwide guru of the science of time-efficient workouts, Gibala's first book answers the ultimate question: How low can you go? Gibala's fascinating quest for the answer makes exercise experts of us all. His work demonstrates that very short, intense bursts of exercise may be the most potent form of workout available. Gibala busts myths ("it's only for really fit people"), explains astonishing science ("intensity trumps duration"), lays out time-saving life hacks ("exercise snacking"), and describes the fascinating health-promoting value of HIIT (for preventing and reversing disease). Gibala's latest study found that sedentary people derived the fitness benefits of 150 minutes of traditional endurance training with an interval protocol that involved 80 percent less time and just three minutes of hard exercise per week. Including the eight best basic interval workouts as well as four microworkouts customized for individual needs and preferences (you may not quite want to go all out every time), *The One-Minute*

Workout solves the number-one reason we don't exercise: lack of time. Because everyone has one minute.

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