

the last lecture

the last lecture is more than just a memorable classroom experience; it has become a cultural phenomenon and a source of inspiration for millions worldwide. This comprehensive article explores the origins and impact of "the last lecture," focusing on its most famous instance—Randy Pausch's poignant message to students and the world. We'll examine the book's themes, the deeper lessons it imparts, and why it resonates so deeply. You'll discover the story behind the lecture, the key principles it teaches, and how its wisdom applies to daily life. Whether you are a student, educator, or someone seeking motivation, this article provides valuable insights into the lasting legacy of "the last lecture." Read on to uncover its significance, the essential messages it delivers, and practical ways you can apply its teachings.

- Understanding "The Last Lecture" Phenomenon
- The Story Behind Randy Pausch's Last Lecture
- Major Themes and Life Lessons
- Impact on Education and Personal Growth
- Practical Applications of "The Last Lecture"
- Frequently Asked Questions about "The Last Lecture"

Understanding "The Last Lecture" Phenomenon

The concept of "the last lecture" originated in academia, where professors are invited to give a hypothetical final talk as if it were their last opportunity to impart wisdom. This tradition allows educators to reflect on their careers, share life lessons, and offer guidance beyond the classroom. Over time, "the last lecture" has evolved from an academic exercise into a broader cultural and motivational movement. The idea gained worldwide attention when Randy Pausch, a computer science professor at Carnegie Mellon University, delivered his own last lecture after being diagnosed with terminal cancer. Pausch's lecture captured the essence of teaching, positivity, and perseverance, making "the last lecture" an enduring symbol of inspiration.

Today, "the last lecture" is synonymous with reflection, legacy, and the sharing of personal values. It serves as a powerful reminder to live intentionally, pursue dreams, and make a positive impact. The phenomenon continues to inspire countless individuals, educators, and organizations to embrace the opportunity to share

wisdom and encourage others to live life fully.

The Story Behind Randy Pausch's Last Lecture

Background and Context

Randy Pausch was a respected professor, researcher, and innovator in computer science. In 2007, after being diagnosed with pancreatic cancer and given only months to live, Pausch was invited to deliver his "last lecture" at Carnegie Mellon University. Titled "Really Achieving Your Childhood Dreams," his talk was intended not only for his students but also as a legacy for his young children.

The Lecture Event

On September 18, 2007, Pausch delivered a lecture that combined humor, storytelling, and advice. He emphasized the importance of overcoming obstacles, enabling the dreams of others, and living life with integrity. The lecture was recorded and quickly went viral, resonating with audiences far beyond the academic world. Pausch's authenticity, warmth, and optimism made his message universally relevant.

Publication of the Book

Due to overwhelming demand, "The Last Lecture" was adapted into a bestselling book co-authored by Pausch and journalist Jeffrey Zaslow. The book expanded on the lecture's themes, offering deeper insight into Pausch's philosophy, personal anecdotes, and practical advice for readers seeking motivation and guidance.

Major Themes and Life Lessons

Achieving Your Childhood Dreams

A central theme of "the last lecture" is the pursuit of childhood dreams. Pausch encouraged listeners to reconnect with their early passions and ambitions, reminding them that dreams are attainable with perseverance and determination. He illustrated this with personal stories of overcoming setbacks and seizing opportunities.

Overcoming Obstacles

- Persistence in the face of adversity
- Learning from failure
- Turning challenges into growth opportunities

Pausch stressed that obstacles are not roadblocks but teaching moments. He advised embracing setbacks as chances to build resilience and character, emphasizing that persistence leads to success.

Enabling the Dreams of Others

"The last lecture" highlights the importance of helping others achieve their dreams. Pausch believed that enabling others creates a ripple effect, fostering a culture of support and encouragement. He shared examples of mentoring students and colleagues, underscoring the value of selflessness and collaboration.

Living Life with Integrity and Gratitude

Integrity was a cornerstone of Pausch's message. He advocated for honesty, humility, and gratitude in all aspects of life. By living authentically and appreciating every moment, individuals can forge meaningful connections and leave a lasting legacy.

Impact on Education and Personal Growth

Transformation in Teaching Practices

"The last lecture" influenced educators worldwide to adopt more holistic and values-driven teaching approaches. Teachers began to focus not just on academic achievement but also on preparing students for life's challenges. The concept encouraged personal storytelling and the sharing of life experiences as effective teaching tools.

Empowering Students and Readers

Students who experienced "the last lecture" found renewed motivation to pursue their passions and overcome adversity. The message resonated with readers across generations, inspiring them to reflect on

their own goals and values. The book and lecture became staples in motivational literature, often recommended for personal development.

Creating a Blueprint for Legacy

Randy Pausch's last lecture serves as a template for anyone seeking to articulate their legacy. It demonstrates how sharing personal wisdom can have a profound and lasting impact, encouraging others to live with purpose and intention.

Practical Applications of "The Last Lecture"

In the Classroom

- Encouraging students to set meaningful goals
- Incorporating personal stories into lessons
- Promoting resilience and growth mindset

Educators can apply lessons from "the last lecture" by fostering environments where students feel empowered to dream big and persist through challenges. Integrating values-based learning encourages holistic growth and lifelong success.

In Personal Development

Individuals can use the principles from "the last lecture" to evaluate their life choices and set authentic goals. By focusing on gratitude, integrity, and enabling others, it's possible to create a fulfilling and impactful life.

In Corporate and Organizational Settings

Organizations can leverage the wisdom of "the last lecture" to build supportive cultures, encourage mentorship, and promote ethical leadership. Sharing personal narratives and values aligns teams with a common purpose and inspires collective achievement.

Frequently Asked Questions about "The Last Lecture"

Q: What is the main message of "the last lecture"?

A: The main message is to pursue your dreams, overcome obstacles, enable the success of others, and live life with integrity and gratitude.

Q: Who delivered the most famous "last lecture"?

A: Randy Pausch, a computer science professor at Carnegie Mellon University, delivered the most renowned "last lecture" in 2007 after being diagnosed with terminal cancer.

Q: How did "the last lecture" become a bestselling book?

A: Due to the widespread impact of Randy Pausch's lecture, he collaborated with Jeffrey Zaslow to expand the talk's themes into a bestselling book, reaching millions of readers globally.

Q: What are some key life lessons from "the last lecture"?

A: Key lessons include achieving childhood dreams, persisting through adversity, helping others, and living authentically with gratitude and integrity.

Q: How can educators use "the last lecture" in teaching?

A: Educators can incorporate its themes by encouraging goal-setting, sharing personal experiences, and promoting resilience and values-driven learning.

Q: Why has "the last lecture" resonated with so many people?

A: Its universal themes of hope, positivity, and perseverance appeal to individuals from all walks of life, making its message timeless and relevant.

Q: What impact did "the last lecture" have on Randy Pausch's legacy?

A: It immortalized Pausch's teachings and personal philosophy, influencing generations of students, readers, and educators worldwide.

Q: How can individuals apply lessons from "the last lecture" to daily life?

A: By setting meaningful goals, embracing challenges, enabling others, and living with gratitude, individuals can create more purposeful and fulfilling lives.

Q: Are there other notable "last lectures" besides Randy Pausch's?

A: While Pausch's lecture is the most famous, the concept exists in many academic institutions, with professors sharing their wisdom in similar ways.

Q: What is the significance of the phrase "the last lecture"?

A: It symbolizes reflection, legacy, and the opportunity to impart lasting wisdom before one's departure, whether from a classroom or life itself.

The Last Lecture

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The Last Lecture: A Legacy of Inspiration and Reflection

Introduction:

Have you ever considered your own mortality and what legacy you'd leave behind? Randy Pausch's "The Last Lecture," far from being a somber farewell, became a global phenomenon, a testament to the power of living a life filled with meaning and purpose. This post dives deep into the profound impact of Pausch's lecture, exploring its core messages, its lasting resonance, and the valuable life lessons it imparts. We'll examine the key takeaways, analyze its enduring popularity, and ultimately, encourage you to reflect on your own "last lecture" - the story you want to tell about your life.

The Core Message: Achieving Childhood Dreams

Randy Pausch's lecture, delivered knowing he had terminal cancer, wasn't a lament; it was a celebration. His central theme revolved around the importance of fulfilling childhood dreams, not just for personal satisfaction, but as a framework for a meaningful life. He shared his experiences, both triumphs and failures, illustrating how pursuing these dreams, even imperfectly, shaped his character and enriched his life. This wasn't about achieving every goal perfectly; it was about the journey, the effort, and the lessons learned along the way.

Head-on Tackling Obstacles: Learning from Failure

Pausch candidly addressed the challenges he faced, emphasizing the importance of learning from failures. He didn't shy away from setbacks; instead, he used them as opportunities for growth. His approach highlighted the necessity of resilience and perseverance in the pursuit of one's ambitions. He instilled the idea that even in the face of adversity, maintaining a positive outlook and a willingness to learn is crucial.

The Importance of Hard Work and Dedication

A recurring motif in Pausch's lecture is the crucial role of hard work and dedication in achieving one's goals. He didn't sugarcoat the effort required; instead, he stressed the importance of discipline and perseverance. He believed that true success comes from consistent effort, a belief reinforced by his own experiences in academia and life.

Beyond Personal Achievement: Leaving a Positive Impact

While self-actualization is a central theme, Pausch's lecture transcends personal ambition. He emphasizes the importance of leaving a positive impact on the world and on the lives of others. This involves contributing to something larger than oneself, whether through mentorship, charitable work, or simply acts of kindness. His message resonated deeply because it highlighted the interconnectedness of human lives and the responsibility we all share in making the world a better place.

The Power of Mentorship and Giving Back

Pausch's dedication to mentoring others stands out as a significant aspect of his legacy. He believed in empowering future generations and sharing his knowledge and experiences to help them succeed. This emphasis on mentorship highlights the importance of paying it forward and creating a ripple

effect of positive change.

The Value of Relationships and Family

Pausch's lecture deeply touched on the importance of relationships and family. He emphasized the significance of cherishing those closest to you and nurturing those bonds throughout life. He showed how strong relationships provide support, motivation, and a sense of belonging, all essential elements for a fulfilling life.

The Enduring Legacy of "The Last Lecture"

"The Last Lecture" transcended its original context. It became a global phenomenon, translated into numerous languages and inspiring countless individuals across the world. Its enduring popularity stems from its universal themes of pursuing dreams, facing adversity with grace, and leaving a positive legacy. The book and the lecture itself serve as a powerful reminder of the importance of living a meaningful and purposeful life.

Applying the Lessons to Your Own Life

Pausch's message isn't simply a narrative; it's a call to action. Reflect on your own childhood dreams, the obstacles you've faced, and the legacy you wish to leave behind. Consider how you can apply his principles of hard work, resilience, and positive impact to your own life journey. What is your "last lecture"? What story do you want to tell?

Conclusion:

Randy Pausch's "The Last Lecture" is more than just a moving account of a life lived fully; it's a powerful guide to living a life of purpose and meaning. His message continues to resonate with audiences globally, offering inspiration and a blueprint for navigating life's challenges and creating a lasting impact. By embracing the lessons learned from his extraordinary journey, we can all strive to live lives filled with purpose, passion, and a commitment to making a difference.

FAQs:

1. Is "The Last Lecture" only for people facing mortality? No, its message is applicable to everyone regardless of their health status. It's a guide to living a more fulfilling and purposeful life.
2. What is the most important takeaway from "The Last Lecture"? There are many, but a central theme is the importance of pursuing your childhood dreams and leaving a positive impact on the world.

3. Where can I find "The Last Lecture"? It's available as a book, a DVD of the original lecture, and in various online formats.

4. Is the lecture depressing? While dealing with a serious topic, the lecture is ultimately uplifting and inspiring, emphasizing positivity and the power of human spirit.

5. How can I use "The Last Lecture" to improve my life? By reflecting on your own dreams, goals, and relationships, and by focusing on making a positive contribution to the world, you can apply the core principles of the lecture to your daily life.

the last lecture: The Last Lecture Randy Pausch, Jeffrey Zaslow, 2010 The author, a computer science professor diagnosed with terminal cancer, explores his life, the lessons that he has learned, how he has worked to achieve his childhood dreams, and the effect of his diagnosis on him and his family.

the last lecture: The Last Lecture Randy Pausch, 2008-04-08 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.

the last lecture: Dream New Dreams Jai Pausch, 2012-05-24 'I asked Jai what she has learned since my diagnosis,' Randy Pausch wrote about his wife in THE LAST LECTURE. 'Turns out, she could write a book titled Forget the Last Lecture; Here's the Real Story.' DREAM ON traces Jai's experiences since Randy's diagnosis, from the constant struggle she faced as a mother of three small children, to the burdens and dilemmas that accompany the role of caregiver: navigating the steep medical learning curve; managing finances; often neglecting one's one's needs; making gut-wrenching decisions; and dealing with emotions ranging from guilt and resentment, to our greatest human qualities of compassion and love. With concrete advice woven artfully into a personal narrative, DREAM ON will resonate and appeal not only to the legions of readers who made THE LAST LECTURE a phenomenal bestseller, but also to all those who have lost -- or are in the process of losing -- a loved one.

the last lecture: The Last Lecture Randy Pausch, Jeffrey Zaslow, 2009-05-01 On 18 September 2007 computer science professor Randy Pausch stepped in front of an audience of 400 people at Carnegie Mellon University to deliver his last lecture. At 46, Randy had been told the month before that he had pancreatic cancer and had only a few months to live. Despite his wife asking him not to lecture that day - it was her birthday - he felt compelled to do it anyway. Randy's lecture that day was called 'Really Achieving Your Childhood Dreams'. It was modelled on a series of lectures where top academics are asked to think deeply about what matters to them, and then give a hypothetical 'final talk', i.e., 'what wisdom would you try to impart to the world if you knew it was your last chance?'. His talk lovingly, humorously and defiantly revealed the most important things Randy had

learnt throughout his life, the wisdom that he had gathered and the message he wanted to leave his children, aged 1, 2, and 5. During the lecture, Pausch was upbeat, alternating between wisecracks, offering inspirational life lessons, and performing push-ups on stage. At the end of the lecture Randy Pausch knew he had touched his audience, they gave him a standing ovation, but he had no idea how many people would be affected by his words. Randy Pausch passed away in July 2008.

the last lecture: *For the Love of Physics* Walter Lewin, 2011-05-03 "YOU HAVE CHANGED MY LIFE" is a common refrain in the emails Walter Lewin receives daily from fans who have been enthralled by his world-famous video lectures about the wonders of physics. "I walk with a new spring in my step and I look at life through physics-colored eyes," wrote one such fan. When Lewin's lectures were made available online, he became an instant YouTube celebrity, and The New York Times declared, "Walter Lewin delivers his lectures with the panache of Julia Child bringing French cooking to amateurs and the zany theatricality of YouTube's greatest hits." For more than thirty years as a beloved professor at the Massachusetts Institute of Technology, Lewin honed his singular craft of making physics not only accessible but truly fun, whether putting his head in the path of a wrecking ball, supercharging himself with three hundred thousand volts of electricity, or demonstrating why the sky is blue and why clouds are white. Now, as Carl Sagan did for astronomy and Brian Green did for cosmology, Lewin takes readers on a marvelous journey in *For the Love of Physics*, opening our eyes as never before to the amazing beauty and power with which physics can reveal the hidden workings of the world all around us. "I introduce people to their own world," writes Lewin, "the world they live in and are familiar with but don't approach like a physicist—yet." Could it be true that we are shorter standing up than lying down? Why can we snorkel no deeper than about one foot below the surface? Why are the colors of a rainbow always in the same order, and would it be possible to put our hand out and touch one? Whether introducing why the air smells so fresh after a lightning storm, why we briefly lose (and gain) weight when we ride in an elevator, or what the big bang would have sounded like had anyone existed to hear it, Lewin never ceases to surprise and delight with the extraordinary ability of physics to answer even the most elusive questions. Recounting his own exciting discoveries as a pioneer in the field of X-ray astronomy—arriving at MIT right at the start of an astonishing revolution in astronomy—he also brings to life the power of physics to reach into the vastness of space and unveil exotic uncharted territories, from the marvels of a supernova explosion in the Large Magellanic Cloud to the unseeable depths of black holes. "For me," Lewin writes, "physics is a way of seeing—the spectacular and the mundane, the immense and the minute—as a beautiful, thrillingly interwoven whole." His wonderfully inventive and vivid ways of introducing us to the revelations of physics impart to us a new appreciation of the remarkable beauty and intricate harmonies of the forces that govern our lives.

the last lecture: Feynman's Lost Lecture David Goodstein, Judith R. Goodstein, 2009-11-06 Glorious.—Wall Street Journal Rescued from obscurity, Feynman's Lost Lecture is a blessing for all Feynman followers. Most know Richard Feynman for the hilarious anecdotes and exploits in his best-selling books *Surely You're Joking, Mr. Feynman!* and *What Do You Care What Other People Think?* But not always obvious in those stories was his brilliance as a pure scientist—one of the century's greatest physicists. With this book and CD, we hear the voice of the great Feynman in all his ingenuity, insight, and acumen for argument. This breathtaking lecture—*The Motion of the Planets Around the Sun*—uses nothing more advanced than high-school geometry to explain why the planets orbit the sun elliptically rather than in perfect circles, and conclusively demonstrates the astonishing fact that has mystified and intrigued thinkers since Newton: Nature obeys mathematics. David and Judith Goodstein give us a beautifully written short memoir of life with Feynman, provide meticulous commentary on the lecture itself, and relate the exciting story of their effort to chase down one of Feynman's most original and scintillating lectures.

the last lecture: *He's Not Lazy* Adam Price, 2017-08-01 "Clinical psychologist Price offers one of the most significant books of the year in this new look at an old problem—the underperforming teenage boy... Price's book brings an important voice to a much needed conversation." —Library

Journal (Starred review) On the surface, capable teenage boys may look lazy. But dig a little deeper, writes child psychologist Adam Price in *He's Not Lazy*, and you'll often find conflicted boys who want to do well in middle and high school but are afraid to fail, and so do not try. This book can help you become an ally with your son, as he discovers greater self-confidence and accepts responsibility for his future. Why are some teenage boys unmotivated? Why do they spend endless hours playing video games or glued to their phones and social media sites instead of studying? Is this a sign of laziness or something more troubling? As a clinical psychologist, Dr. Adam Price has found that teenage boys are extremely sensitive to the stress of our competitive achievement-oriented culture—one that has created a pressure cooker for today's adolescent. In *He's Not Lazy*, Dr. Price, a renowned expert on ADHD and learning disabilities, explains how to help a boy who is not lazy, but rather, is conflicted about trying his best. Dr. Price will guide you to discover hidden obstacles to your son's success, set expectations, and empower him to accept responsibility for his own future. *He's Not Lazy* will help you become your son's ally, as he discovers greater self-confidence and becomes more self-reliant. Rather than reacting to pressure by shunning academic responsibilities altogether or propping up fear-based rebellion with justifications like "I am not going to be one of those nerds who have no life," or "Tests don't measure intelligence or help you learn, so what's the point of studying for them?" your teenage son can work with you using the guidance in this book.

the last lecture: Steve Jobs' Life By Design George Beahm, 2014-05-13 On June 12, 2005, Steve Jobs gave his first—and only—commencement address, to the 114th graduating class at Stanford University, an audience of approximately 23,000. They witnessed history: Jobs' 22-minute prepared speech subsequently reached 26 million online viewers worldwide. It is by far the most popular commencement address in history, framed with three stories that succinctly summed up the most important lessons Jobs learned in life. Life-changing lessons, he explained, can only be connected when looking back, which he had done in preparation for his talk. *Steve Jobs' Life by Design* starts with Jobs' own words in the text of his talk and expands outward from there. In the address, Jobs gave us the dots, but he didn't have the luxury of time to connect them. So much about his life, his viewpoint, and his personal and business philosophies were mentioned but not explained. We know what he said, but what actually did he mean? What can we learn from him? This book connects those dots. We see Jobs' life and career through his own eyes, in context, and in proper perspective. His process of looking back illuminated his life—and by doing so, he serves as an inspiration to illuminate our lives as well.

the last lecture: *ISE the Last Dance: Encountering Death and Dying* Lynne Ann DeSpelder, Albert Lee Strickland, Jeanette M. Potts, Marion Mason, 2019-05-19 *The Last Dance: Encountering Death and Dying* provides a comprehensive, up to date, and readable introduction to the study of death and dying. It directs attention to the evolving understanding of death and dying in today's culturally diverse environment. In a straightforward, conversational style, with an extensively illustrated format, *The Last Dance* provides a solid grounding in theory and research as well as in methods for applying what is learned to readers' own circumstances, both personal and professional. No other textbook so successfully combines the research and theories of such diverse disciplines as anthropology, art, ethics, health science, literature, philosophy, psychology, public policy, religion, and sociology. The eleventh edition of *The Last Dance* includes coverage of key topics yet retains the focus, writing, and pedagogy instructors have come to expect from the best-selling text in death studies. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Complete system requirements to use Connect can be found here: <http://www.mheducation.com/highered/platforms/connect/training-support-students.html>

the last lecture: *The Girls from Ames* Jeffrey Zaslow, 2010-04-06 The instant New York Times bestseller, now in paperback: a moving tribute to female friendships, with the inspiring story of eleven girls and the ten women they became, from the coauthor of the million-copy bestseller *The*

Last Lecture As children, they formed a special bond, growing up in the small town of Ames, Iowa. As young women, they moved to eighth different states, yet they managed to maintain an extraordinary friendship that would carry them through college and careers, marriage and motherhood, dating and divorce, the death of a child, and the mysterious death of the eleventh member of their group. Capturing their remarkable story, *The Girls from Ames* is a testament to the enduring, deep bonds of women as they experience life's challenges, and the power of friendship to overcome even the most daunting odds. The girls, now in their forties, have a lifetime of memories in common, some evocative of their generation and some that will resonate with any woman who has ever had a friend. *The Girls from Ames* demonstrates how close female relationships can shape every aspect of women's lives-their sense of themselves, their choice of men, their need for validation, their relationships with their mothers, their dreams for their daughters-and reveals how such friendships thrive, rewarding those who have committed to them. With both universal events and deeply personal moments, it's a book that every woman will relate to and be inspired by.

the last lecture: *Man Down* Charlie Hoare, 2020-03-12 How often do you put on a 'coping' front, when in reality you're troubled with insecurities and anxieties? Do you find it difficult to open up about how you're feeling? You might be surprised to learn that you are not alone, and that many men find it challenging to talk about their worries. From tips on how to reach out, to advice on navigating mental health issues, this volume is full of guidance on how to look out for your well-being. Topics covered include: Anxiety and depression Stress Suicidal thoughts Dealing with traditional gender expectations Self-care and mindfulness methods How to open up and communicate Where to seek help With personal experiences and insights, this book will improve your awareness of mental health, offer tools and techniques to enable you to manage it better, and help you to live a happier, healthier life.

the last lecture: Deep Learning Ian Goodfellow, Yoshua Bengio, Aaron Courville, 2016-11-10 An introduction to a broad range of topics in deep learning, covering mathematical and conceptual background, deep learning techniques used in industry, and research perspectives. "Written by three experts in the field, *Deep Learning* is the only comprehensive book on the subject." —Elon Musk, cochair of OpenAI; cofounder and CEO of Tesla and SpaceX Deep learning is a form of machine learning that enables computers to learn from experience and understand the world in terms of a hierarchy of concepts. Because the computer gathers knowledge from experience, there is no need for a human computer operator to formally specify all the knowledge that the computer needs. The hierarchy of concepts allows the computer to learn complicated concepts by building them out of simpler ones; a graph of these hierarchies would be many layers deep. This book introduces a broad range of topics in deep learning. The text offers mathematical and conceptual background, covering relevant concepts in linear algebra, probability theory and information theory, numerical computation, and machine learning. It describes deep learning techniques used by practitioners in industry, including deep feedforward networks, regularization, optimization algorithms, convolutional networks, sequence modeling, and practical methodology; and it surveys such applications as natural language processing, speech recognition, computer vision, online recommendation systems, bioinformatics, and videogames. Finally, the book offers research perspectives, covering such theoretical topics as linear factor models, autoencoders, representation learning, structured probabilistic models, Monte Carlo methods, the partition function, approximate inference, and deep generative models. *Deep Learning* can be used by undergraduate or graduate students planning careers in either industry or research, and by software engineers who want to begin using deep learning in their products or platforms. A website offers supplementary material for both readers and instructors.

the last lecture: Last Lectures on the Prevention and Intervention of Genocide Samuel Totten, 2017-09-29 *Last Lectures on the Prevention and Intervention of Genocide* is a collection of hypothetical 'last lectures' by some of the top scholars and practitioners across the globe in the fields of human rights and genocide studies. Each lecture purportedly constitutes the last thing the author will ever say about the prevention and intervention of genocide. The contributions to this

volume are thought-provoking, engaging, and at times controversial, reflecting the scholars' most advanced thinking about issues of human rights and genocide. This book will be of great interest to professors, researchers, and students of political science, international relations, psychology, sociology, history, human rights, and genocide studies.

the last lecture: Winning Every Day Lou Holtz, 1998-07-08 Your talent determines what you can do. Your motivation determines how much you are willing to do. Your attitude determines how well you do it. -- Lou Holtz Meet Lou Holtz, the motivational miracle worker who revitalized the Notre Dame football program by leading the legendary Fighting Irish to nine bowl games and a national championship. During his twenty-seven years as a head football coach, Holtz garnered a 216-95-7 career record. Each new assignment brought a different team with different players, but, invariably, the same result--success. How did he do it? By designing a game plan for his players that minimized obstacles while maximizing opportunities. Now he wants to pass his game plan on to you. In Winning Every Day, you'll discover ten strategies that will drive you to the top of your professional and personal life. Coach Holtz will reveal how you can acquire the focus and commitment it takes to be a champion. It won't be easy; it takes sacrifice to be the best. But now you'll have a proven winner alongside you in the trenches. Winning Every Day demonstrates how you can elevate your performance while raising the standards of everyone around you. Follow Coach's strategies and winning becomes habitual. You will learn to welcome sacrifice as you dedicate yourself to excellence. He will show you how to clearly define your short-term and long-term goals, to develop an unwavering sense of purpose without compromising flexibility. Through it all, Coach Holtz will help you discover the courage you need to live a life of unrelenting triumph. You couldn't have a better guide. He will provide you with the strategies he has shared with Fortune 500 companies, groups, and organizations. Voted the top motivational speaker two years running by a survey of speakers' bureaus, Coach is going to present you with all the Xs and Os, the basics of his game plan for success in life and business.

the last lecture: Judy Moody Declares Independence Megan McDonald, 2010-08-24 When a visit to Boston sparks Judy's interest in Revolutionary heroes and heroines, she's soon on a quest for more independence in this hilarious new episode from Megan McDonald and Peter H. Reynolds. Huzzah! She, Judy Moody, would hereby, this day, make the Judy Moody Declaration of Independence. With alien rights and her own Purse of Happiness and everything. Hear ye! Hear ye! Everyone knows that Judy Moody has a mood for every occasion, and now a visit to Boston has put our famous third grader in a revolutionary mood. When Judy meets an English girl named Tori at the Tea Party ship, she is gobsmacked to learn how many liberties her British friend enjoys — her very own phone, private loo, and pounds of allowance. When a day of cheerfully doing her chores doesn't earn Judy Moody more rights, and staging a revolt in the form of a tea-throwing Boston Tea Party has her dad reading the riot act, Judy is forced into temporary retreat. Who would guess that a real-life crisis involving her brother, Stink, would finally give Judy a chance to show her courageous quick thinking – and prove her independence, once and for all?

the last lecture: Gabby Gabrielle Giffords, Mark Kelly, 2012-10-11 A deeply personal account of Congresswoman Gabrielle Giffords' and astronaut Mark Kelly's lives together, recounting their courtship, Ms Giffords' rise in politics, and the tragic 8th January 2011 shooting in Arizona which killed six people and gravely wounded Representative Gifford and twelve others. The book also tells the story of her recovery progress and traces Kelly's career from decorated Desert Storm combat pilot to his recent mission as the commander of Space Shuttle Endeavour's final flight.

the last lecture: Professor Berman Hyman Berman, Jay Weiner, 2019 'Professor Berman' provides a unique and conversational contribution to Minnesota history and a revealing memoir of the late University of Minnesota professor, Hy Berman, who was one of the state's most well-known and beloved political observers. The book is a collection of Berman's stories that have been gathered and curated by longtime Twin Cities journalist, Jay Weiner. From Berman's life as a young Communist to his friendship with, and political advising to Governor Rudy Perpich, from his brush with some of the 20th century's top historians to his groundbreaking lectures in 1980s China, from

his close, personal understanding of Hubert Humphrey to his rejection of esoteric scholarship, 'Professor Berman' is a conversational self-portrait of the incomparable University of Minnesota historian, Hy Berman--

the last lecture: *Be Where Your Feet Are* Scott O'Neil, 2021-06-01 Scott O'Neil, one of America's most successful sports executives, shares seven principles to keep you present, grounded, and thriving. When we're moving at 115 MPH, we rarely see the wall coming. But it comes for all of us and when it does, we grasp for lessons, for meaning, for purpose. Each moment (good or bad) and each win or loss, provides us an opportunity to learn, and if we choose to take it, that opportunity can change our lives-and the world- for the better. The human spirit craves connection. Authenticity. Belonging. Touch. Gratitude. Purpose. We need to make our interactions count. Whether it's the death of a friend, loss of a job, a bad break-up or the isolation of COVID-19, those who manage to be where their feet are will grow, stretch and emerge stronger, smarter and more prepared as we find peace and gratitude in the pause. In *Be Where Your Feet Are*, Scott O'Neil, CEO of the Philadelphia 76ers and New Jersey Devils, offers his own story of grief and healing, and shares his most valuable lessons in what keeps him present, grounded and thriving as a father, husband, coach, mentor, and leader. Scott avails his network to share poignant life lessons from an array of people including professional athletes and sports executives, a world-famous Movie Director, Saudi royalty; and his teenage daughters, among many others. *Be Where Your Feet Are* provides a humbling and vulnerable peek behind the curtain as well as a framework, anecdotes, and exercises to guide the reader towards self-discovery. A gifted storyteller with an uncanny ability and willingness to bare raw emotion, Scott weaves in and out of stories that have left deep imprints on him and are written to lift and inspire.

the last lecture: *The Magic Room* Jeffrey Zaslow, 2011-12-27 The New York Times bestselling journalist and author of *The Girls from Ames*, Jeffrey Zaslow, takes us to a multi- generational family owned small-town bridal shop to explore the emotional lives of women in the 21st century. You may not have heard of Fowler, Michigan, much less Becker's Bridal. But for the thousands of women who have stepped inside, Becker's is the site of some of the most important moments of their lives-moments that speak to us all. Housed in a former bank, the boutique owners transformed the vault into a magic room, with soft church lighting, a circular pedestal, and mirrors that make lifelong dreams come true. Illuminating the poignant aspects of a woman's journey to the altar, *The Magic Room* tells the stories of memorable women on the brink of commitment. Run by the same family for years, Becker's has witnessed transformations in how America views the institution of marriage; some of the shop's clientele are becoming stepmothers, or starting married life for a second time. In *The Girls from Ames*, beloved author Jeffrey Zaslow used friendships to explore the emotional lives of women. In *The Magic Room*, he turns his perceptive eye to weddings and weaves together secrets, memories and family tales to explore the hopes and dreams we have for our daughters.

the last lecture: *The Purple Decades* Tom Wolfe, 1982-10 This collection of Wolfe's essays, articles, and chapters from previous collections is filled with observations on U.S. popular culture in the 1960s and 1970s.

the last lecture: *Lectures On Computation* Richard P. Feynman, 1996-09-08 Covering the theory of computation, information and communications, the physical aspects of computation, and the physical limits of computers, this text is based on the notes taken by one of its editors, Tony Hey, on a lecture course on computation given b

the last lecture: *Lecture* Mary Cappello, 2020-09-08 An energetic and irreverent essay on the forgotten art of the lecture, part of Transit's new Undelivered Lectures series.

the last lecture: *End of History and the Last Man* Francis Fukuyama, 2006-03-01 Ever since its first publication in 1992, the New York Times bestselling *The End of History and the Last Man* has provoked controversy and debate. Profoundly realistic and important...supremely timely and cogent...the first book to fully fathom the depth and range of the changes now sweeping through the world. —The Washington Post Book World Francis Fukuyama's prescient analysis of religious fundamentalism, politics, scientific progress, ethical codes, and war is as essential for a world

fighting fundamentalist terrorists as it was for the end of the Cold War. Now updated with a new afterword, *The End of History and the Last Man* is a modern classic.

the last lecture: Mindset Carol S. Dweck, 2007-12-26 From the renowned psychologist who introduced the world to “growth mindset” comes this updated edition of the million-copy bestseller—featuring transformative insights into redefining success, building lifelong resilience, and supercharging self-improvement. “Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”—Bill Gates, *GatesNotes* “It’s not always the people who start out the smartest who end up the smartest.” After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. *Mindset* reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

the last lecture: Speech & Language Processing Dan Jurafsky, 2000-09

the last lecture: The Leader in You Dale Carnegie, 2020-03-16 The book focuses on identifying your own leadership strengths to get success. Leadership is never easy. But thankful, something else is also true. Everyone of us has the potential to be a leader every day. Many people still have a narrow understanding of what leadership really is. But the fact of the matter is that leadership doesn't begin and end at the very top. It is every bit as important, perhaps more important, in the place most of us live and work. The leadership techniques that will work best for you are the ones you nurture inside. The best selling book on Human relations.

the last lecture: Naked Idealism Dave Whetner, 2022-03 Do you dream of a sustainable and just world, but also desire more happiness, direction, balance, or fulfillment? Do you want to engage in more meaningful work? *Naked Idealism* entertains and refreshes with an approach to authentic living that integrates these areas. You will learn how to expose your authentic core, clarify what's really important to you, link personal and community-level visions, and relate to the world more effectively. You will examine your intentions for doing good, perhaps even chuckling at yourself during some of the exercises. Whetner shares valuable tools from positive psychology, career theory, persuasion, organizational dynamics, and more. Candidly addressing challenging and often avoided topics, *Naked Idealism* also reminds you not to take life too seriously. Whetner weaves in humor from his own circuitous trek toward authenticity. You are encouraged to remain fully clothed, but open to the life and world you envision!

the last lecture: Make Your Bed Admiral William H. McRaven, 2017-04-04 Based on a Navy SEAL's inspiring graduation speech, this #1 New York Times bestseller of powerful life lessons should be read by every leader in America (*Wall Street Journal*). If you want to change the world, start off by making your bed. On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's slogan, What starts here changes the world, he shared the ten principles he learned during Navy Seal training that helped him overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves-and the world-for the better. Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and

courage. Told with great humility and optimism, this timeless book provides simple wisdom, practical advice, and words of encouragement that will inspire readers to achieve more, even in life's darkest moments. Powerful. --USA Today Full of captivating personal anecdotes from inside the national security vault. --Washington Post Superb, smart, and succinct. --Forbes

the last lecture: The Christmas Shoes Donna VanLiere, 2008-05-27 Already a Christmas classic, The Christmas Shoes is an extraordinary tale based on the remarkably popular song of the same name, and adapted to a made-for-TV movie. The heartwarming story by NewSong instantly soared to the top of the charts, mesmerizing listeners. Donna VanLiere has captured the hearts of readers everywhere. The story follows the paths of a man and a boy through one fateful, snowy Christmas. Beautifully rendered and poignantly touching The Christmas Shoes tells a tale of hope, love and faith.

the last lecture: The Unwanted Kien Nguyen, 2008-10-22 Saigon fell to the Viet Cong on April 30, 1975. Kien Nguyen watched the last U.S. Army helicopter leave without him, without his brother, without his mother, without his grandparents. Left to a nightmarish existence in a violated and decimated country, Kien was more at risk than most because of his odd blond hair and his light eyes - because he was Amerasian. He was the most unwanted. Told with stark and poetic brilliance, this is a story of survival and hope, a moving and personal record of a tumultuous and important piece of history.

the last lecture: How to Do Nothing Jenny Odell, 2020-12-29 ** A New York Times Bestseller
** NAMED ONE OF THE BEST BOOKS OF THE YEAR BY: Time • The New Yorker • NPR • GQ • Elle • Vulture • Fortune • Boing Boing • The Irish Times • The New York Public Library • The Brooklyn Public Library A complex, smart and ambitious book that at first reads like a self-help manual, then blossoms into a wide-ranging political manifesto.—Jonah Engel Bromwich, The New York Times Book Review One of President Barack Obama's Favorite Books of 2019 Porchlight's Personal Development & Human Behavior Book of the Year In a world where addictive technology is designed to buy and sell our attention, and our value is determined by our 24/7 data productivity, it can seem impossible to escape. But in this inspiring field guide to dropping out of the attention economy, artist and critic Jenny Odell shows us how we can still win back our lives. Odell sees our attention as the most precious—and overdrawn—resource we have. And we must actively and continuously choose how we use it. We might not spend it on things that capitalism has deemed important ... but once we can start paying a new kind of attention, she writes, we can undertake bolder forms of political action, reimagine humankind's role in the environment, and arrive at more meaningful understandings of happiness and progress. Far from the simple anti-technology screed, or the back-to-nature meditation we read so often, How to do Nothing is an action plan for thinking outside of capitalist narratives of efficiency and techno-determinism. Provocative, timely, and utterly persuasive, this book will change how you see your place in our world.

the last lecture: Summary of The Last Lecture by Randy Pausch & Jeffrey Zaslow Abbey Beathan, 2019-06-10 The Last Lecture by Randy Pausch - Book Summary - Abbey Beathan (Disclaimer: This is NOT the original book.) If we were destined to perish tomorrow, what would we want as our legacy? How would your Last Lecture be? The Last Lecture is not about dying, it is about the dedication to overcome your obstacles and seizing every single moment of your life. You could summarize it as carpe diem but it's not so simple. The book is about the accumulation of the life of a brilliant man whom after facing terminal cancer, notices he is near his last lecture, the last mark he would leave. And it can be a lesson to all of us, to live like we were going to give our last lecture in order to make the most of it. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) We cannot change the cards we are dealt, just how we play the hand. - Randy Pausch Pausch's book is a combination of inspiration, intelligence and humor which is the reason why The Last Lecture was such a successful release. A book to encourage living our lives and continue moving forward despite how grim the situation might be. An inspirational tool to make you adopt an attitude of not giving up. A book to encourage us to leave a memorable legacy. P.S. The Last Lecture is an extraordinary book that will

make you seize every moment as it is your last so you can enjoy life to the fullest. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the Buy now with 1-Click Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge - Abbey Beathan

the last lecture: Oathbringer Brandon Sanderson, 2018-10-04 'Brandon Sanderson is one of the greatest fantasy writers' FANTASY BOOK REVIEW From the bestselling author who completed Robert Jordan's epic Wheel of Time series comes a new, original creation that matches anything else in modern fantasy for epic scope, thrilling imagination, superb characters and sheer addictiveness. In Oathbringer, the third volume of the New York Times bestselling Stormlight Archive series, humanity faces a new Desolation with the return of the Voidbringers, a foe whose numbers are as great as their thirst for vengeance. The Alethi armies commanded by Dalinar Kholin won a fleeting victory at a terrible cost: The enemy Parshendi summoned the violent Everstorm, and now its destruction sweeps the world and its passing awakens the once peaceful and subservient parshmen to the true horror of their millennia-long enslavement by humans. While on a desperate flight to warn his family of the threat, Kaladin Stormblessed must come to grips with the fact that their newly kindled anger may be wholly justified. Nestled in the mountains high above the storms, in the tower city of Urithiru, Shallan Davar investigates the wonders of the ancient stronghold of the Knights Radiant and unearths the dark secrets lurking in its depths. And Dalinar realizes that his holy mission to unite his homeland of Alethkar was too narrow in scope. Unless all the nations of Roshar can put Dalinar's blood-soaked past aside and stand together - and unless Dalinar himself can confront that past - even the restoration of the Knights Radiant will not avert the end of civilization. 'I loved this book. What else is there to say?' Patrick Rothfuss, New York Times bestselling author of The Name of the Wind, on The Way of Kings

the last lecture: Cry Like a Man Jason Wilson, 2019-01-21 As a leader in teaching, training, and transforming boys in Detroit, Jason Wilson shares his own story of discovering what it means to "be a man" in this life-changing memoir. His grandfather's lynching in the deep South, the murders of his two older brothers, and his verbally harsh and absent father all worked together to form Jason Wilson's childhood. But it was his decision to acknowledge his emotions and yield to God's call on his life that made Wilson the man and leader he is today. As the founder of one of the country's most esteemed youth organizations, Wilson has decades of experience in strengthening the physical, mental, and emotional spirit of boys and men. In Cry Like a Man, Wilson explains the dangers men face in our culture's definition of "masculinity" and gives readers hope that healing is possible. As Wilson writes, "My passion is to help boys and men find strength to become courageously transparent about their own brokenness as I shed light on the symptoms and causes of childhood trauma and 'father wounds.' I long to see men free themselves from emotional incarceration—to see their minds renewed, souls weaned, and relationships restored."

the last lecture: The Penguin Lessons Tom Michell, 2015-10-27 A unique and moving real-life story of the extraordinary bond between a young teacher and a penguin, this book will delight readers who loved Marley & Me, Dewey the Library Cat, The Good Good Pig, and any book by Jon Katz. In 1975, twenty-three-year-old Englishman Tom Michell follows his wanderlust to Argentina, where he becomes assistant master at a prestigious boarding school. But Michell's adventures really begin when, on a weekend in Uruguay, he rescues a penguin covered in oil from an ocean spill, cleans the bird up, and attempts to return him to the sea. The penguin refuses to leave his rescuer's

side. “That was the moment at which he became my penguin, and whatever the future held, we’d face it together,” says Michell in this charming memoir. Michell names the penguin Juan Salvador (“John Saved”), but Juan Salvador, as it turns out, is the one who saves Michell. After Michell smuggles the bird back to Argentina and into his campus apartment, word spreads about the young Englishman’s unusual roommate. Juan Salvador is suddenly the center of attention—as mascot of the rugby team, confidant to the dorm housekeeper, co-host of Michell’s parties, and an unprecedented swimming coach to a shy boy. Even through the collapse of the Perónist government and amid the country’s economic and political strife, Juan Salvador brings joy to everyone around him—especially Michell, who considers the affectionate animal a compadre and kindred spirit. Witty and heartwarming, *The Penguin Lessons* is a classic in the making, a story that is both absurd and wonderful, exactly like Juan Salvador. Praise for *The Penguin Lessons* “I loved this book, and you will, too! It’s as charming, heartwarming, and surprising as a penguin on a roof terrace. What’s more, *The Penguin Lessons* teaches an important truth: that a single act of compassion can be repaid a thousand-fold.”—Sy Montgomery, author of *The Good Good Pig* and the National Book Award finalist *The Soul of an Octopus* “[Tom Michell’s] tone suits the material perfectly. . . . You believe every word. . . . No fool, this penguin. No fools, these publishers, who have unleashed such a delightful and charming book just in time for Christmas.”—Daily Mail (U.K.) “Heart-warming is a wholly inadequate phrase to describe this captivating story that is pure delight from beginning to end.”—The Bookseller (U.K.)

the last lecture: Death Coming Up the Hill Chris Crowe, 2014 Douglas Ashe keeps a weekly record of historical and personal events in 1968, the year he turns seventeen, including the escalating war in Vietnam, assassinations, rampant racism, and rioting; his first girlfriend, his parents’ separation, and a longed-for sister.

the last lecture: Leading Matters John L. Hennessy, 2018-09-04 In *Leading Matters*, current Chairman of Alphabet (Google’s parent company), former President of Stanford University, and Godfather of Silicon Valley, John L. Hennessy shares the core elements of leadership that helped him become a successful tech entrepreneur, esteemed academic, and venerated administrator. Hennessy’s approach to leadership is laser-focused on the journey rather than the destination. Each chapter in *Leading Matters* looks at valuable elements that have shaped Hennessy’s career in practice and philosophy. He discusses the pivotal role that humility, authenticity and trust, service, empathy, courage, collaboration, innovation, intellectual curiosity, storytelling, and legacy have all played in his prolific, interdisciplinary career. Hennessy takes these elements and applies them to instructive stories, such as his encounters with other Silicon Valley leaders including Jim Clark, founder of Netscape; Condoleezza Rice, former U.S. Secretary of State and Stanford provost; John Arrillaga, one of the most successful Silicon Valley commercial real estate developers; and Phil Knight, founder of Nike and philanthropist with whom Hennessy cofounded Knight-Hennessy Scholars at Stanford University. Across government, education, commerce, and non-profits, the need for effective leadership could not be more pressing. This book is essential reading for those tasked with leading any complex enterprise in the academic, not-for-profit, or for-profit sector.

the last lecture: Pale Blue Dot Carl Sagan, Ann Druyan, 2011-07-06 “Fascinating . . . memorable . . . revealing . . . perhaps the best of Carl Sagan’s books.”—The Washington Post Book World (front page review) In *Cosmos*, the late astronomer Carl Sagan cast his gaze over the magnificent mystery of the Universe and made it accessible to millions of people around the world. Now in this stunning sequel, Carl Sagan completes his revolutionary journey through space and time. Future generations will look back on our epoch as the time when the human race finally broke into a radically new frontier—space. In *Pale Blue Dot*, Sagan traces the spellbinding history of our launch into the cosmos and assesses the future that looms before us as we move out into our own solar system and on to distant galaxies beyond. The exploration and eventual settlement of other worlds is neither a fantasy nor luxury, insists Sagan, but rather a necessary condition for the survival of the human race. “Takes readers far beyond *Cosmos* . . . Sagan sees humanity’s future in the stars.”—Chicago Tribune

the last lecture: Dreaming the Soul Back Home Robert Moss, 2012-05-08 In this extraordinary book, shamanic dream teacher Robert Moss shows us how to become shamans of our own souls and healers of our own lives. The greatest contribution of the ancient shamans to modern healing is the understanding that in the course of any life we are liable to suffer soul loss — the loss of parts of our vital energy and identity — and that to be whole and well, we must find the means of soul recovery. Moss teaches that our dreams give us maps we can use to find and bring home our lost or stolen soul parts. He shows how to recover animal spirits and ride the windhorse of spirit to places of healing and adventure in the larger reality. We discover how to heal ancestral wounds and open the way for cultural soul recovery. You'll learn how to enter past lives, future lives, and the life experiences of parallel selves and bring back lessons and gifts. "It's not just about keeping soul in the body," Moss writes. "It's about growing soul, becoming more than we ever were before." With fierce joy, he incites us to take the creator's leap and bring something new into our world.

the last lecture: Positive Psychology William C. Compton, Edward Hoffman, 2019-01-09 Topically organized, *Positive Psychology: The Science of Happiness and Flourishing* presents a highly engaging, up-to-date introduction to positive psychology. Authors William C. Compton and Edward Hoffman invite students to apply practices to their own lives, contexts, and experiences to ensure understanding. The text examines how positive psychology applies to stressors and health within such traditional research areas as developmental, clinical, personality, motivational, social, and behavioral psychology. Furthermore, the text offers perspectives on positive emotional states, research and theory on positive traits, coverage of positive institutions, and a look at the future of positive psychology. The Third Edition reflects significant growth in field with hundreds of new references and expanded content on topics including mindfulness, money and subjective well-being, and romantic love.

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