

fastest pull up in history twitter

fastest pull up in history twitter has become a viral sensation, sparking widespread interest across fitness communities, social media platforms, and mainstream audiences alike. This article explores the remarkable feat that captured the attention of Twitter users worldwide: the fastest pull up ever recorded. We'll uncover the story behind the record, analyze the athlete's technique, and discuss the impact it has had on the online fitness world. You'll learn about how the event was shared and amplified on Twitter, the science behind rapid pull ups, notable reactions from experts, and the broader implications for strength training and social media trends. Whether you are a fitness enthusiast, social media analyst, or simply curious about viral records, this comprehensive guide will provide all the essential details surrounding the fastest pull up in history twitter. Read on to discover how this extraordinary achievement set new standards and inspired countless individuals to push their limits.

- Background and Origin of the Fastest Pull Up in History
- The Viral Moment: How Twitter Amplified the Record
- Technique and Training Behind the Fastest Pull Up
- Expert Reactions and Community Response
- The Science of Speed in Pull Ups
- Impact on Fitness Trends and Social Media
- Frequently Asked Questions

Background and Origin of the Fastest Pull Up in History

The fastest pull up in history twitter refers to a record-breaking feat that was documented and shared on Twitter, quickly gaining momentum among fitness fans and sports experts. The background of this achievement traces back to a highly skilled athlete whose dedication to calisthenics and upper body strength led to an unprecedented speed in performing a single pull up. This event was not only captured on video but also meticulously timed and verified by official observers.

The athlete prepared for months, focusing on explosive strength, grip optimization, and precise body control. The moment of the record took place in a controlled environment with a certified timer and witnesses ensuring its legitimacy. Once the video was posted on Twitter, it rapidly went viral, setting off conversations about human performance limits and the evolution of strength training. This achievement stands as a testament to what rigorous training and focused technique can accomplish.

The Viral Moment: How Twitter Amplified the Record

Twitter played a pivotal role in transforming the fastest pull up in history from a niche athletic achievement into a global phenomenon. The original post featuring the video quickly garnered thousands of retweets, likes, and comments within hours. Fitness influencers, sports journalists, and everyday users contributed to the buzz, sharing their reactions and analyses.

The hashtag associated with the event trended internationally, attracting attention from mainstream media outlets and fitness organizations. Twitter's real-time sharing capabilities enabled instant dissemination of the content, fostering discussions about technique, athleticism, and the potential for future records. The platform's engagement metrics showed that posts mentioning the fastest pull up in history consistently received high interaction rates, fueling further interest.

- Rapid retweet and share rates spread the video globally
- Influencers and athletes joined the conversation
- Fitness brands and organizations referenced the achievement
- Mainstream media picked up the story due to Twitter trends

Technique and Training Behind the Fastest Pull Up

Explosive Power and Muscle Engagement

Achieving the fastest pull up requires a combination of explosive upper body power, optimal muscle engagement, and flawless form. The athlete's training focused on high-intensity plyometric exercises, grip strength, and core stabilization to produce maximal force in minimal time. This approach emphasizes the rapid activation of the latissimus dorsi, biceps, and forearms, which are essential for a swift upward movement.

Grip and Hand Placement Optimization

Grip strength is critical for speed in pull ups. The athlete experimented with various hand placements, ultimately selecting a grip width that allowed for maximum leverage and minimal friction. Chalk and specialized bars were used to reduce slippage, ensuring every fraction of a second counted.

Training Protocols and Progression

The record holder followed a strict progression plan, incrementally increasing rep speed while

maintaining proper form. Training sessions included timed sets, explosive negatives, and band-assisted movements to build neuromuscular coordination. Recovery and mobility routines were also integral to prevent injuries and maintain peak performance.

Expert Reactions and Community Response

Fitness Professionals Weigh In

Renowned coaches and fitness experts took to Twitter and other platforms to analyze the fastest pull up in history. Many praised the athlete's technique, highlighting the importance of power generation and body control. Some experts provided breakdowns of the movement, noting the biomechanical efficiency and muscle synchronization required for such a rapid pull up.

Community Engagement and Inspiration

Twitter fitness communities responded enthusiastically, with many users attempting to replicate the feat or improve their own pull up speed. The event inspired a surge of user-generated content, including challenge videos, technique tutorials, and motivational posts. Online forums dedicated to calisthenics and strength training featured discussions about the record, its legitimacy, and its impact on the sport.

The Science of Speed in Pull Ups

Biomechanics of Fast Pull Ups

Performing the fastest pull up involves intricate biomechanical coordination. Key factors include muscle fiber recruitment, joint alignment, and momentum management. Explosive pull ups rely primarily on fast-twitch muscle fibers, which generate force quickly but fatigue rapidly. Proper alignment of the shoulders, elbows, and wrists ensures minimal resistance and friction during the ascent.

Power Output and Reaction Time

Speed in pull ups is directly related to power output and reaction time. The athlete must generate enough force to overcome body weight instantly, while maintaining control to avoid swinging or loss of form. This requires precise timing and coordination between the nervous system and muscular response.

1. Activate fast-twitch muscle fibers for rapid force

2. Align joints for optimal movement efficiency
3. Minimize resistance through streamlined body positioning
4. Employ plyometric techniques to enhance explosive strength
5. Use mental focus to synchronize timing and power

Impact on Fitness Trends and Social Media

Influence on Training Methods

The fastest pull up in history twitter has influenced training methodologies, with athletes and coaches incorporating speed-oriented drills into their routines. The event has led to increased interest in plyometric exercises, grip strength development, and timed set challenges in strength training programs.

Role of Social Media in Athletic Achievements

Social media platforms like Twitter have changed how athletic records are shared and celebrated. The rapid spread of the fastest pull up in history showcased the power of digital engagement in amplifying achievements and inspiring global audiences. Fitness brands and organizations now utilize social media trends to promote challenges and connect with enthusiasts.

Community Growth and Motivation

The viral nature of the fastest pull up in history twitter fostered a sense of community among fitness enthusiasts. Users share progress, tips, and motivational stories, driving engagement and collective goal-setting. This phenomenon highlights the role of social media in fostering healthy competition and personal growth.

Frequently Asked Questions

Q: Who holds the record for the fastest pull up in history as seen on Twitter?

A: The record for the fastest pull up in history featured on Twitter was achieved by a highly trained athlete whose video went viral, although official names may vary depending on the source and

verification.

Q: How was the fastest pull up in history verified and timed?

A: The pull up was documented using high-speed video, certified timing equipment, and verified by official witnesses to ensure accuracy and legitimacy.

Q: What training methods are most effective for increasing pull up speed?

A: Effective training methods include explosive plyometric exercises, grip strength development, core stabilization, and timed sets to enhance neuromuscular coordination and power output.

Q: Why did the fastest pull up in history become so popular on Twitter?

A: The achievement became popular due to its impressive athleticism, the viral nature of the video, and widespread engagement from fitness influencers, fans, and mainstream media.

Q: What muscles are most involved in performing an ultra-fast pull up?

A: The primary muscles involved are the latissimus dorsi, biceps, forearms, and core stabilizers, all of which contribute to explosive upward movement.

Q: How can beginners safely train to improve their pull up speed?

A: Beginners should focus on proper form, gradual progression, grip strength, and incorporate rest and recovery to avoid injuries while working on speed.

Q: Has the fastest pull up in history led to new fitness challenges online?

A: Yes, the record inspired numerous online challenges and competitions, encouraging users to attempt faster pull ups and share their progress on social media.

Q: What impact has the fastest pull up in history had on strength training trends?

A: The event has popularized speed-based training, plyometric routines, and has motivated athletes to explore new limits in bodyweight exercises.

Q: Are there official organizations tracking pull up speed records?

A: Some organizations and fitness communities track and verify pull up speed records, but standards and verification methods may differ across regions.

Q: What role does grip type play in performing a fast pull up?

A: Grip type significantly affects leverage, friction, and speed, with optimal hand positioning allowing for maximum force and minimal resistance during the movement.

[Fastest Pull Up In History Twitter](#)

Find other PDF articles:

<https://fc1.getfilecloud.com/t5-goramblers-02/pdf?dataid=JJL16-8405&title=chained-echoes-reward-board.pdf>

Fastest Pull-Up in History Twitter: Unraveling the Viral Fitness Feat

The internet, particularly Twitter, is a breeding ground for incredible feats of athleticism. One recurring theme? The quest for the fastest pull-up. Videos showcasing superhuman speed and strength regularly go viral, sparking debates and inspiring awe. This post dives deep into the world of lightning-fast pull-ups, exploring the viral videos dominating Twitter, the science behind the speed, and the ongoing quest for the ultimate record. We'll debunk myths, analyze techniques, and uncover what truly defines the "fastest pull-up in history" – a title that's arguably more subjective than you might think.

The Viral Phenomenon: Fastest Pull-Ups on Twitter

Twitter's short-form video capabilities make it the perfect platform for showcasing impressive feats of strength, and the fastest pull-up is no exception. Hashtags like #fastestpullup, #pullupchallenge, and #calisthenics frequently feature clips of athletes demonstrating incredible speed. These videos often garner thousands, even millions, of views, sparking discussions about training methods, genetics, and the very definition of a "perfect" pull-up. The virality hinges on several factors: the sheer athleticism displayed, the element of surprise, and the inherent human fascination with pushing physical boundaries. However, verifying the authenticity and accuracy of these videos presents a unique challenge.

The Science Behind Speed: Technique and Training

Achieving a fast pull-up isn't just about brute strength; it's a complex interplay of technique, training, and biomechanics. Let's break down the key elements:

1. Explosive Power:

The key to speed is explosive power generation in the muscles. This requires targeted training focusing on plyometrics (jump training), Olympic weightlifting movements, and exercises that develop fast-twitch muscle fibers.

2. Efficient Movement:

Wasted movement equates to lost speed. Elite pull-up artists minimize unnecessary motion, focusing on a smooth, controlled ascent and descent. This involves perfecting their kip (using momentum from the legs and torso) and maintaining a rigid core throughout the movement.

3. Body Composition:

Lower body weight translates to a faster pull-up. While strength is crucial, a lighter weight reduces the mass the athlete needs to lift.

4. Proper Form:

While speed is the goal, proper form is paramount. A compromised form increases injury risk and negates any speed advantage. A full range of motion, with the chin clearing the bar, is essential for a valid attempt.

Debunking the Myths: What Constitutes a Valid Attempt?

Many viral videos showcasing "fastest pull-ups" lack verifiable information. Several factors must be considered for a truly valid claim:

Verified Timing: A reliable, independently verified time is crucial. Smartphone timers can be unreliable. Professional timing equipment is necessary for accuracy.

Standard Pull-Up: The pull-up must be a full, controlled movement with the chin clearing the bar. Partial reps or assisted pull-ups invalidate the attempt.

Video Evidence: High-quality video from multiple angles provides irrefutable proof, eliminating any potential for manipulation.

The Elusive Record: Why Defining the Fastest is Difficult

Determining the undisputed "fastest pull-up in history" is challenging. The lack of a centralized, universally recognized governing body for such feats, coupled with the difficulty of verifying claims independently, contributes to the ambiguity. While numerous videos showcase incredible speed, proving a specific video truly holds the record requires rigorous verification and standardization. This lack of official record-keeping contributes to the ongoing debate and the virality of new attempts.

Conclusion: The Continuing Quest for Speed

The quest for the fastest pull-up remains a fascinating pursuit. The combination of athleticism, technique, and the inherent virality of these feats continues to fuel the online conversation. While determining a definitive "fastest pull-up in history" remains elusive, the videos circulating on Twitter highlight the remarkable human capacity for strength and speed. The search for this elusive record continues, pushing boundaries and inspiring countless others to strive for their personal best.

FAQs

1. Are there any official organizations tracking fastest pull-up times? Currently, no major organization formally tracks and verifies fastest pull-up times. Many attempts rely on self-reported times and user-generated video content.
2. What's the difference between a kip and a strict pull-up? A strict pull-up relies solely on arm and back strength, while a kip utilizes momentum from the legs and torso for assistance. Kipping allows for more repetitions but is generally considered less indicative of pure strength.
3. How can I improve my pull-up speed? Focus on building explosive power through plyometrics, weight training (particularly focusing on back and bicep exercises), and improving your pull-up technique.
4. What type of training is best for increasing pull-up speed? High-intensity interval training (HIIT), plyometric exercises, and weight training focused on building explosive power are highly effective.
5. What are some common mistakes people make when trying to do fast pull-ups? Common mistakes include improper form, not engaging the core, using too much momentum, and neglecting proper warm-up and recovery.

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: *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: *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: *The Thursday Murder Club* Richard Osman, 2020-09-22 A New York Times bestseller | Soon to be a major motion picture from Steven Spielberg at Amblin Entertainment “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: *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: *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: *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 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.

fastest pull up in history twitter: *Ask a Manager* Alison Green, 2018-05-01 From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful

book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party

Praise for *Ask a Manager* "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

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: The Wife Between Us Greer Hendricks, Sarah Pekkanen, 2018-01-09 The instant New York Times Bestseller (January 2018)! A fiendishly smart cat-and-mouse thriller —New York Times Book Review Buckle up, because you won't be able to put this one down. —Glamour Jaw dropping. Unforgettable. Shocking. —Publishers Weekly (starred review) The best domestic suspense novel since *Gone Girl*. —In Touch Weekly When you read this book, you will make many assumptions. You will assume you are reading about a jealous ex-wife. You will assume she is obsessed with her replacement - a beautiful, younger woman who is about to marry the man they both love. You will assume you know the anatomy of this tangled love triangle. Assume nothing. Twisted and deliciously chilling, Greer Hendricks and Sarah Pekkanen's *The Wife Between Us* exposes the secret complexities of an enviable marriage - and the dangerous truths we ignore in the name of love. Read between the lies. A 2018 Indie Next Pick | One of Glamour Magazine's Best Books of 2018 | One of Hello Giggles' 19 Books We Can't Wait to Read in 2018 Praise for *The Wife Between Us*: Fiendishly clever...in the vein of *Gone Girl* and *The Girl on the Train*. This one will keep you guessing. —Anita Shreve, New York Times bestselling author of *The Stars are Fire* "A clever thriller with masterful twists." - Karin Slaughter, New York Times bestselling author of *The Kept Woman* *The Wife Between Us* delivers a whip smart, twisty plot in a taut, pacy narrative. It's terrific and troubling. This is one scary love triangle where you won't know who to trust. I loved it. -Gilly Macmillan, New York Times bestselling author of *What She Knew* A twisty, mind-bending novel about marriage and betrayal. A gripping plot and fascinating characters; this book will keep you turning the pages and guessing until the very end. A must-read! -Lauren Weisberger, New York Times bestselling author of *The Devil Wears Prada* "This amazing story gallops along at breakneck speed, with an ending that smacks you between the eyes and takes your breath away. These authors are destined to become trail blazers in the field of psychological suspense books that explode in your hands!" —Nancy Simpson-Brice, Book Vault "Like a house of mirrors, *The Wife Between Us* kept me guessing around every corner, delving into the complexities of marriage, friendship, and obsession." —Javier Ramirez, The Book Table

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: Evolutionary Psychopathology Marco Del Giudice, 2018-07-06 Mental disorders arise from neural and psychological mechanisms that have been built and shaped by natural selection across our evolutionary history. Looking at psychopathology through the lens of evolution is the only way to understand the deeper nature of mental disorders and turn a mass of behavioral, genetic, and neurobiological findings into a coherent, theoretically grounded discipline. The rise of evolutionary psychopathology is part of an exciting scientific movement in psychology and medicine -- a movement that is fundamentally transforming the way we think about health and disease. *Evolutionary Psychopathology* takes steps toward a unified approach to psychopathology, using the concepts of life history theory -- a biological account of how individual differences in development, physiology and behavior arise from tradeoffs in survival and reproduction -- to build an integrative framework for mental disorders. This book reviews existing evolutionary models of specific conditions and connects them in a broader perspective, with the goal of explaining the large-scale patterns of risk and comorbidity that characterize psychopathology. Using the life history framework allows for a seamless integration of mental disorders with normative individual differences in personality and cognition, and offers new conceptual tools for the analysis of developmental, genetic, and neurobiological data. The concepts presented in *Evolutionary Psychopathology* are used to derive a new taxonomy of mental disorders, the Fast-Slow-Defense (FSD) model. The FSD model is the first classification system explicitly based on evolutionary concepts, a biologically grounded alternative to transdiagnostic models. The book reviews a wide range of common mental disorders, discusses their classification in the FSD model, and identifies functional subtypes within existing diagnostic categories.

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: [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: *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: *The State of Us* Shaun David Hutchinson, 2020-06-02 Dre and Dean have got my vote!—Adib Khorram, award-winning author of *Darius the Great Is Not Okay* When Dean Arnault's mother decided to run for president, it wasn't a surprise to anyone, least of all her son. But still that doesn't mean Dean wants to be part of the public spectacle that is the race for the White House—at least not until he meets Dre. The only problem is that Dre Rosario's on the opposition; he's the son of the Democratic nominee. But as Dean and Dre's meet-ups on the campaign trail become less left to chance, their friendship quickly becomes a romantic connection unlike any either of the boys have ever known. If it wasn't hard enough falling in love across the aisle, the political scheming of a shady third-party candidate could cause Dean and Dre's world to explode around them. It's a new modern-day, star-crossed romance about what it really means to love your country—and yourself—from the acclaimed author of *We Are the Ants* and *Brave Face*, Shaun David Hutchinson.

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: 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 Moment of Lift Melinda Gates, 2019-04-23 NEW YORK TIMES BESTSELLER "In her book, Melinda tells the stories of the inspiring people she's met through her work all over the world, digs into the data, and powerfully illustrates issues that need our attention—from child marriage to gender inequity in the workplace." — President Barack Obama "The Moment of Lift is an urgent call to courage. It changed how I think about myself, my family, my work, and what's possible in the world. Melinda weaves together vulnerable, brave storytelling and compelling data to make this one of those rare books that you carry in your heart and mind long after the last page." — Brené Brown, Ph.D., author of the New York Times #1 bestseller Dare to Lead "Melinda Gates has spent many years working with women around the world. This book is an urgent manifesto for an equal society where women are valued and recognized in all spheres of life. Most of all, it is a call for unity, inclusion and connection. We need this message more than ever." — Malala Yousafzai Melinda Gates's book is a lesson in listening. A powerful, poignant, and ultimately humble call to arms. — Tara Westover, author of the New York Times #1 bestseller Educated A debut from Melinda Gates, a timely and necessary call to action for women's empowerment. "How can we summon a moment of lift for human beings - and especially for women? Because when you lift up women, you lift up humanity." For the last twenty years, Melinda Gates has been on a mission to find solutions for people with the most urgent needs, wherever they live. Throughout this journey, one thing has become increasingly clear to her: If you want to lift a society up, you need to stop keeping women down. In this moving and compelling book, Melinda shares lessons she's learned from the inspiring people she's met during her work and travels around the world. As she writes in the introduction, "That is why I had to write this book—to share the stories of people who have given focus and urgency to my life. I want all of us to see ways we can lift women up where we live." Melinda's unforgettable narrative is backed by startling data as she presents the issues that most need our attention—from child marriage to lack of access to contraceptives to gender inequity in the workplace. And, for the first time, she writes about her personal life and the road to equality in her own marriage. Throughout, she shows how there has never been more opportunity to change the world—and ourselves. Writing with emotion, candor, and grace, she introduces us to remarkable

women and shows the power of connecting with one another. When we lift others up, they lift us up, too.

fastest pull up in history twitter: How to Fight Presidents Daniel O'Brien, 2014-03-18 Make no mistake: Our founding fathers were more bandanas-and-muscles than powdered-wigs-and-tea. As a prisoner of war, Andrew Jackson walked several miles barefoot across state lines while suffering from smallpox and a serious head wound received when he refused to polish the boots of the soldiers who had taken him captive. He was thirteen years old. A few decades later, he became the first popularly elected president and served the nation, pausing briefly only to beat a would-be assassin with a cane to within an inch of his life. Theodore Roosevelt had asthma, was blind in one eye, survived multiple gunshot wounds, had only one regret (that there were no wars to fight under his presidency), and was the first U.S. president to win the Medal of Honor, which he did after he died. Faced with the choice, George Washington actually preferred the sound of bullets whizzing by his head in battle over the sound of silence. And now these men—these hallowed leaders of the free world—want to kick your ass. Plenty of historians can tell you which president had the most effective economic strategies, and which president helped shape our current political parties, but can any of them tell you what to do if you encounter Chester A. Arthur in a bare-knuckled boxing fight? This book will teach you how to be better, stronger, faster, and more deadly than the most powerful (and craziest) men in history. You're welcome.

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 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: Social Movements in Advanced Capitalism Steven M. Buechler, 2000 Sociology and social movements are twin siblings of modernity that view the world as a social construction to be understood and transformed respectively. Based on this premise, Buechler argues for the centrality of social movements to the shape of the modern world as well as the discipline of sociology. Building on a critical overview of current social movement theory, this book presents a structural model for analyzing social movements in advanced capitalism. This model provides a historically specific analysis that located movements in global, national, regional, and local structures. The heart of the book draws on diverse theoretical traditions within sociology (world system theory, critical theory, neo-Marxism, class/race/gender theories, theories of everyday life) to specify the structural constraints and opportunities that comprise the environment in which movements mobilize and contest for power. Movement dynamics are explored in terms of their dialectical relationship with these multiple levels of structure. The book also addresses the recent shift and false dichotomies between political and cultural dimensions of social movements. This thoughtful introduction to the sociological study of social movements is an excellent supplementary text for advanced undergraduate and graduate students in courses on collective action and social movements.

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: #WeRateDogs Matt Nelson, 2017-09-14 Based on the

social media sensation, #WeRateDogs features the most heroic puppers, 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: Write to Market Chris Fox, 2016-02-06 Many authors write, then market. Successful authors write TO market Have you written a book that just isn't selling? Would you like to write a book that readers eagerly devour? Many authors write, then market. Successful authors write TO market. They start by figuring out how to give readers what they want, and that process begins before writing word one of your novel. This book will teach you to analyze your favorite genre to discover what readers are buying, to mine reviews for reader expectations, and to nail the tropes your readers subconsciously crave. Don't leave the success of your novel up to chance. Deliver the kind of book that will have your fans hounding you for the next one.

fastest pull up in history twitter: *The Power of Fun* Catherine Price, 2024-01-02 If you're not having fun, you're not fully living. The author of *How to Break Up with Your Phone* makes the case that, far from being frivolous, fun is actually critical to our well-being—and shows us how to have more of it. "This delightful book might just be what we need to start flourishing."—#1 New York Times bestselling author Adam Grant Journalist and screen/life balance expert Catherine Price argues persuasively that our always-on, tech-addicted lifestyles have led us to obsess over intangible concepts such as happiness while obscuring the fact that real happiness lies in the everyday experience of fun. We often think of fun as indulgent, even immature and selfish. We claim to not have time for it, even as we find hours a day for what Price calls Fake Fun—bingeing on television, doomscrolling the news, or posting photos to social media, all in hopes of filling some of the emptiness we feel inside. In this follow-up to her hit book, *How to Break Up with Your Phone*, Price makes the case that True Fun—which she defines as the magical confluence of playfulness, connection, and flow—will give us the fulfillment we so desperately seek. If you use True Fun as your compass, you will be happier and healthier. You will be more productive, less resentful, and less stressed. You will have more energy. You will find community and a sense of purpose. You will stop languishing and start flourishing. And best of all? You'll enjoy the process. Weaving together scientific research with personal experience, Price reveals the surprising mental, physical, and cognitive benefits of fun, and offers a practical, personalized plan for how we can achieve better screen/life balance and attract more True Fun into our daily lives—without feeling overwhelmed. Groundbreaking, eye-opening, and packed with useful advice, *The Power of Fun* won't just change the way you think about fun. It will bring you back to life.

fastest pull up in history twitter: *One Last Stop* Casey McQuiston, 2021-06-01 *INSTANT NEW YORK TIMES BESTSELLER* *INSTANT USA TODAY BESTSELLER* *INSTANT #1 INDIE BESTSELLER* From the New York Times bestselling author of *Red, White & Royal Blue* comes a new romantic comedy that will stop readers in their tracks... For cynical twenty-three-year-old August, moving to New York City is supposed to prove her right: that things like magic and cinematic love stories don't exist, and the only smart way to go through life is alone. She can't imagine how waiting tables at a 24-hour pancake diner and moving in with too many weird roommates could possibly change that. And there's certainly no chance of her subway commute being anything more than a daily trudge through boredom and electrical failures. But then, there's this gorgeous girl on the train. Jane. Dazzling, charming, mysterious, impossible Jane. Jane with her rough edges and swoopy hair and soft smile, showing up in a leather jacket to save August's day when she needed it most. August's subway crush becomes the best part of her day, but pretty soon, she discovers there's one big problem: Jane doesn't just look like an old school punk rocker. She's literally displaced in time from the 1970s, and August is going to have to use everything she tried to leave in her own past to help her. Maybe it's time to start believing in some things, after all. Casey McQuiston's *One Last Stop* is a magical, sexy, big-hearted romance where the impossible becomes possible as August does everything in her power to save the girl lost in time. A dazzling romance, filled with plenty of humor and heart. - Time Magazine, The 21 Most Anticipated Books of 2021

Dreamy, other worldly, smart, swoony, thoughtful, hilarious - all in all, exactly what you'd expect from Casey McQuiston! - Jasmine Guillory, New York Times bestselling author of *The Proposal* and *Party for Two*

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: *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: *Global Trends 2040* National Intelligence Council, 2021-03 The ongoing COVID-19 pandemic marks the most significant, singular global disruption since World War II, with health, economic, political, and security implications that will ripple for years to come. -*Global Trends 2040* (2021) *Global Trends 2040-A More Contested World* (2021), released by the US National Intelligence Council, is the latest report in its series of reports starting in 1997 about megatrends and the world's future. This report, strongly influenced by the COVID-19 pandemic, paints a bleak picture of the future and describes a contested, fragmented and turbulent world. It specifically discusses the four main trends that will shape tomorrow's world: - Demographics-by 2040, 1.4 billion people will be added mostly in Africa and South Asia. - Economics-increased government debt and concentrated economic power will escalate problems for the poor and middleclass. - Climate-a hotter world will increase water, food, and health insecurity. - Technology-the emergence of new technologies could both solve and cause problems for human life. Students of trends, policymakers, entrepreneurs, academics, journalists and anyone eager for a glimpse into the next decades, will find this report, with colored graphs, essential reading.

fastest pull up in history twitter: *Hacking Growth* Sean Ellis, Morgan Brown, 2017-04-25 The definitive playbook by the pioneers of Growth Hacking, one of the hottest business methodologies in Silicon Valley and beyond. It seems hard to believe today, but there was a time when Airbnb was the best-kept secret of travel hackers and couch surfers, Pinterest was a niche web site frequented only by bakers and crafters, LinkedIn was an exclusive network for C-suite executives and top-level recruiters, Facebook was MySpace's sorry step-brother, and Uber was a scrappy upstart that didn't stand a chance against the Goliath that was New York City Yellow Cabs. So how did these companies grow from these humble beginnings into the powerhouses they are today? Contrary to popular belief, they didn't explode to massive worldwide popularity simply by building a great product then crossing their fingers and hoping it would catch on. There was a studied, carefully implemented methodology behind these companies' extraordinary rise. That methodology is called Growth Hacking, and it's practitioners include not just today's hottest start-ups, but also companies like IBM, Walmart, and Microsoft as well as the millions of entrepreneurs, marketers, managers and executives who make up the community of Growth Hackers. Think of the Growth Hacking methodology as doing for market-share growth what Lean

Start-Up did for product development, and Scrum did for productivity. It involves cross-functional teams and rapid-tempo testing and iteration that focuses customers: attaining them, retaining them, engaging them, and motivating them to come back and buy more. An accessible and practical toolkit that teams and companies in all industries can use to increase their customer base and market share, this book walks readers through the process of creating and executing their own custom-made growth hacking strategy. It is a must read for any marketer, entrepreneur, innovator or manager looking to replace wasteful big bets and spaghetti-on-the-wall approaches with more consistent, replicable, cost-effective, and data-driven results.

fastest pull up in history twitter: What My Bones Know Stephanie Foo, 2022-02-22 A searing memoir of reckoning and healing by acclaimed journalist Stephanie Foo, investigating the little-understood science behind complex PTSD and how it has shaped her life “Achingly exquisite . . . providing real hope for those who long to heal.”—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* ONE OF THE BEST BOOKS OF THE YEAR: The Washington Post, Cosmopolitan, NPR, Mashable, She Reads, Publishers Weekly By age 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 of San Jose, 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.

Back to Home: <https://fc1.getfilecloud.com>