

# Breaking The Cycle New Insights Into Violent Relationships

Raising Good Humans Allergies: New Insights for the Healthcare Professional: 2013 Edition Breaking the Cycle of Compulsive Behavior Juvenile Delinquency, 2000-2001 Life Sciences: New Insights Into Complex Organics in Space American Psychologist The winnowing oar - New Perspectives in Homeric Studies Policy & Politics in Nursing and Health Care Malaria: New Insights for the Healthcare Professional: 2012 Edition Creative Business Breaking the Cycle of Opioid Addiction ISG 44: Church Communities Confronting HIV and AIDS Intergenerational Cycles of Trauma and Violence: An Attachment and Family Systems Perspective Breaking the Cycle Breaking the Cycles of Hatred The Sex Offender: New insights, treatment innovations, and legal developments Study Skills Borreliosis: New Insights for the Healthcare Professional: 2012 Edition The Dark Side of Families The British National Bibliography Breaking the Cycle Issues in Mental Health Nursing Breaking Failure Conquering Chaos Breaking the Cycle of Divorce No Ordinary Disruption Breaking the Cycle True Love; Breaking the Cycle of Failed Relationships 28 Days to Breaking the Cycle Breaking the Cycle Breaking the Cycle Understanding the High-functioning Alcoholic Breaking the Cycle Love Is a Choice The Restless Heart: Breaking the Cycle of Social Identity The World & I. Total Recovery Overcoming Night Eating Syndrome Prisoners of Politics Breaking the Cycle

## **Raising Good Humans**

## **Allergies: New Insights for the Healthcare Professional: 2013 Edition**

## **Breaking the Cycle of Compulsive Behavior**

Let go of unhealthy relationships with the book that more than 850K people have trusted. Best-selling doctors, Hemfelt, Minirth, and Meier, walk you through their ten proven stages to recovery from codependency that results from external circumstances. Humans are susceptible to codependency because of our sinful tendency to use defense mechanisms to fool ourselves. In codependent relationships, deceitful games are played, and important Christian principles are often taken out of context and abused. God wants us to have healthy relationships with a balance between being dependent and independent. The doctors describe how the most effective means of overcoming codependent relationships is to establish or deepen a relationship with Christ Himself. They describe the causes of

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codependency, pointing out the factors that perpetuate it, and lead readers through their ten stages of recovery. Continue a deeper study with the Love Is a Choice workbook, available separately.

### **Juvenile Delinquency, 2000-2001**

This volume is an anthology of current newspaper, magazine and journal articles, that explore important topics in the study of juvenile delinquency.

### **Life Sciences: New Insights Into Complex Organics in Space**

Based of a unique eight-year study of violent marriages, Emerging from Hell assesses the emotional experiences of couples and answers some of the key questions surrounding battering - how relationships alter over time, which men are most dangerous to leave, how effective treatment is, etc.

### **American Psychologist**

Since Catelynn Lowell and Tyler Baltierra shared their story of teen pregnancy and adoption on the MTV's 16 and Pregnant and Teen Mom, they've been known for their inspiring commitment to growing up right. Between their experience placing

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their first daughter for adoption, and their struggle to cope with problems in their families, Catelynn and Tyler were challenged in every imaginable way. But against all odds, the childhood sweethearts rose above the dysfunction to become responsible adults whose story has inspired many others. How did two troublemaking kids from the trailer park make it through the storm of family dysfunction, teen pregnancy, and adoption without letting go of each other? What gave them the strength to conquer the chaos of their lives and go on to become people their children could be proud of? And what really happened when the cameras weren't there? Now, in their debut book, Catelynn and Tyler tell the story in their own words and they leave nothing out. From the wild behavior that went down before MTV to their experiences learning and teaching about adoption, Catelynn and Tyler lay it all out on the table. Open, honest, raw, and real, *Conquering Chaos* is an incredible look at two young people who beat the odds and used their victories to give hope to others.

### **The winnowing oar - New Perspectives in Homeric Studies**

Allergies: New Insights for the Healthcare Professional: 2013 Edition is a ScholarlyEditions™ book that delivers timely, authoritative, and comprehensive information about Genetics. The editors have built Allergies: New Insights for the Healthcare Professional: 2013 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Genetics in this book to be

deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of *Allergies: New Insights for the Healthcare Professional: 2013 Edition* has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

### **Policy & Politics in Nursing and Health Care**

Exploring the conditions under which children, as a function of their own abuse, become abusive themselves. That experiences from childhood affect our behavior in adulthood, especially in the ways we treat our children and intimate partners, is generally accepted. Indeed, theories of intergenerational transmission of violence indicate that if we ourselves have been abused and neglected as children, we will likely be abusive and neglectful to others close to us—thus extending the cycle across generations. However, many individuals who were maltreated as children do not replicate this cycle, and such models make little sense of the individual raised in a “good family” who is violent either as a child or as an adult. These discontinuities of cycles of violence and trauma have challenged professionals and nonprofessionals alike. However, broadening our vision and attending to new areas

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of research can help to illuminate this conundrum and open up new avenues of intervention. In this book, Pamela Alexander does just that. She proposes that an increased risk for abusive behavior or revictimization, as a function of one's own experiences of abuse or trauma in childhood, can best be understood through the complementary lenses of attachment theory (focusing on the relationship between the child and the caregiver) and family systems theory (focusing on the larger context of this relationship). That is, what a child acquires from her relationship with a caregiver is not simply a reflection of what she has "learned" from experiencing or witnessing abuse. Rather, it emerges from the child's felt experience of the relationship itself—on implicit emotional, physical, and neurobiological levels. Alexander founds the book on this multifaceted parent-child attachment relationship and its place in the wider family system, integrating clinical experience with close attention to the long-term neurobiological and epigenetic effects of trauma. She focuses on common outcomes of a history of maltreatment, and of child sexual abuse in particular, including peer victimization, partner violence, parenting problems, and sexual offending. A detailed review of the literature accompanies instructive case examples. Sources of trauma from outside the family, including combat exposure, political terrorism, foster care, and incarceration of parents are considered. Finally, Alexander analyzes the multiple sources of natural resilience—the neurobiological, the individual, the relational, and the social—to enable professionals of all backgrounds to tailor-make effective interventions for interrupting cycles of trauma and violence.

## **Malaria: New Insights for the Healthcare Professional: 2012 Edition**

### **Creative Business**

Our intuition on how the world works could well be wrong. We are surprised when new competitors burst on the scene, or businesses protected by large and deep moats find their defenses easily breached, or vast new markets are conjured from nothing. Trend lines resemble saw-tooth mountain ridges. The world not only feels different. The data tell us it is different. Based on years of research by the directors of the McKinsey Global Institute, *No Ordinary Disruption: The Four Forces Breaking all the Trends* is a timely and important analysis of how we need to reset our intuition as a result of four forces colliding and transforming the global economy: the rise of emerging markets, the accelerating impact of technology on the natural forces of market competition, an aging world population, and accelerating flows of trade, capital and people. Our intuitions formed during a uniquely benign period for the world economy—often termed the Great Moderation. Asset prices were rising, cost of capital was falling, labour and resources were abundant, and generation after generation was growing up more prosperous than their parents. But the Great Moderation has gone. The cost of capital may rise. The price of everything from

grain to steel may become more volatile. The world's labor force could shrink. Individuals, particularly those with low job skills, are at risk of growing up poorer than their parents. What sets *No Ordinary Disruption* apart is depth of analysis combined with lively writing informed by surprising, memorable insights that enable us to quickly grasp the disruptive forces at work. For evidence of the shift to emerging markets, consider the startling fact that, by 2025, a single regional city in China—Tianjin—will have a GDP equal to that of the Sweden, of that, in the decades ahead, half of the world's economic growth will come from 440 cities including Kumasi in Ghana or Santa Carina in Brazil that most executives today would be hard-pressed to locate on a map. What we are now seeing is no ordinary disruption but the new facts of business life— facts that require executives and leaders at all levels to reset their operating assumptions and management intuition.

### **Breaking the Cycle of Opioid Addiction**

This volume enables readers to analyse policy issues, enhance their political knowledge and skills and prepare for leadership roles in policy-making and public health. It cultivates the development of valuable skills including political and policy analysis, conflict management, lobbying, and more.

## **ISG 44: Church Communities Confronting HIV and AIDS**

From tragedy to triumph, Miss Alma takes you on her journey of disappointment, abandonment, and renewal. Having survived being raped by her father, heartbroken by her first love, drug abuse, and serving time in federal prison, Miss Alma holds on to the wisdom her mother gave her, proving that her spirit is unbreakable and how the power of Love can conquer anything!

## **Intergenerational Cycles of Trauma and Violence: An Attachment and Family Systems Perspective**

This unique volume attests to the coming of age of research on family violence. Leading authorities in this interdisciplinary area offer useful insights into such concerns as wife-battering, child neglect and abuse, and criteria for distinguishing when child abuse or marital violence have actually taken place.

## **Breaking the Cycle**

America's criminal justice system reflects irrational fears stoked by politicians seeking to win election. Pointing to specific policies that are morally problematic and have failed to end the cycle of recidivism, Rachel Barkow argues that reform

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guided by evidence, not politics and emotions, will reduce crime and reverse mass incarceration.

### **Breaking the Cycles of Hatred**

How did I go from one bad choice to another, get my heart broken over and over, and finally stop? I will tell you how in step to step direction what I finally did to break that cycle. You have to fix your relationship with yourself and get clear about what you deserve! You have to cut it off early when you realize this is going to be another mistake. You can't allow your fantasies and hope for them to change to waste the life you have. This is it! This is the only life you have! Today is the day to make those changes and be smart about who you spend your time with. I will explain to you that even someone who feels totally unworthy can find the relationship they truly need, and how to keep it healthy and happy!

### **The Sex Offender: New insights, treatment innovations, and legal developments**

### **Study Skills**

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In the wake of recent advances in the treatment of longstanding problems pertaining to the interpretation of Homeric poetry, this volume brings together cutting-edge research from a cohort of acclaimed scholars on Homer and the Homeric Hymns. The variety of topics covered spans the entire field of Homeric philology: the methods and solutions provided for a new edition of the Odyssey, the puzzle of the relation between the festival of the Panathenaea and the Homeric text, the disclosure of the meaning of notorious cruces pertaining to arcane formulas, the two emblematic heroes of the Iliad and the Odyssey, Achilles and Odysseus, Homeric poetics, the range and use of repetition in a traditional medium, the composition of the Homeric epics, the Apologoi and 'Cyclic' Narrative, as well as the Homeric Hymns to Hermes and Aphrodite.

### **Borreliosis: New Insights for the Healthcare Professional: 2012 Edition**

### **The Dark Side of Families**

A new title in the ISG series to help Christians and churches around the world meet the enormous challenges that HIV/AIDS presents, particularly in African countries.

## **The British National Bibliography**

What drives people to pursue a life of peace and happiness? A sense of lack! Trying to earn something that God has already granted creates a never-ending cycle. One does not have to earn righteousness, sanctification, and redemption; they are free through Jesus Christ. In this book, Dr. James B. Richards shatters limiting mindsets about Christianity, challenges old beliefs, and sets individuals free to live like Jesus.

## **Breaking the Cycle**

This volume spotlights the thinking of millions of "successful" people who excel in other ways, but remain powerless against and under the control of alcohol.

## **Issues in Mental Health Nursing**

While many people in business have strong analytic skills, creativity has been undervalued in many organisations. The authors draw attention to creative thinking and action and how this can be used to solve business problems and improve performance. They show how some companies have achieved success as a result of creativity and provide a step by step guide for companies and

individuals to become more creative. The book also contains numerous scenarios that encourage the reader to solve problems imaginatively and to apply these creative thoughts to their own business problems.

### **Breaking Failure**

Why can't I get better? Did my doctors miss something? How can I recover? According to Dr. Gary Kaplan, conventional thinking about the nature of chronic pain and depression is essentially flawed. Although physicians continue to diagnose conditions like migraines, fibromyalgia, chronic fatigue, chronic back pain, depression, anxiety, and PTSD, a growing body of research shows that these are in fact symptoms of something else--a deep-rooted inflammation in the brain. This inflammation can affect the nervous system for months--even years--to devastating effect. In *Total Recovery*, Dr. Kaplan demonstrates that it is possible to quiet the inflammatory state at the root of chronic pain and depression, and lays out a revolutionary new medical approach to ending your suffering and reclaiming your health.

### **Conquering Chaos**

Based on a unique eight-year study of violent marriages, *Emerging from Hell*

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assesses the emotional experiences of couples and answers some of the key questions surrounding battering - how relationships alter over time, which men are most dangerous to leave, how effective treatment is, etc.

### **Breaking the Cycle of Divorce**

Sandy Riggin is a counselor and abuse survivor. During her personal journey of healing, she discovered a method of recovery that leads to resolution of childhood abuse. She combines traditional cognitive therapy with a new counseling paradigm called Cognitive Emotional Restructuring Therapy that addresses the abuse itself on an emotional level. CERT helps abuse survivors change the messages they give themselves and shows them how to face the abuse. She takes them back to the abuse itself and to who they were as children when the abuse was happening. She teaches them how to embrace their inner children, emotionally restructure what happened and to forgive their perpetrators. She teaches them how to speak their truth and to resolve the abuse on an emotional level. She completes the circle by reintegrating the cognitive tools so abuse survivors can help their inner children to grow up emotionally.

### **No Ordinary Disruption**

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Making your marriage healthy—and making it last—has never been harder. In an age when the pressures on marriage are heavy and divorce is more accepted and easier to obtain, marriages seem to fail as often as they succeed. When you come from a home of divorce, making your own marriage work is even tougher than the norm. Fortunately, in *Breaking the Cycle of Divorce*, author John Trent, an adult child of divorce himself, gives you the encouragement, insight, and tools you need to beat the odds. Learn how you can, in fact, succeed where your parents failed.

### **Breaking the Cycle**

This comprehensive text-workbook helps you acquire the tools and skills you need to read effectively and learn independently.

### **True Love; Breaking the Cycle of Failed Relationships**

Two little girls defy the odds of success and share their journey to success from where it began in a rural New Hampshire town to become nationally known leaders. Dr. Wendy Wright, Family Nurse Practitioner and Award-winning Corporate Executive, Christine Beckwith, write an emotional memoir designed to inspire the reader while providing valuable life lessons. These childhood friends forged independent yet woven paths to the very top of their respective and celebrated

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careers. Their stories give the readers engaging and thought-provoking insight in the triumph of overcoming odds. Connected by respective family legacies the authors share how their paths paralleled, how their start didn't define them, and how their parents broke the cycle to set them on course for personal and professional success. Wendy and Christine are experienced speakers, popular with audiences across podcasts, radio, and professional conventions. However, they have never before told their real stories. In *Breaking the Cycle*, they open their lives, their dreams, their stories of tragedy and pain, triumph and success in a beautiful literary contribution that is sure to change the trajectory of all that read this book. How appropriate to begin the book with one little word "Hope"!

### **28 Days to Breaking the Cycle**

Anyone who has struggled with sex addiction knows that living with constant sexual compulsions can be extremely difficult. But summoning the courage to find help for this condition can be even more of a challenge. If addictions to pornography, strip clubs, massage parlors, prostitutes, phone sex, or chat rooms have made you feel trapped, this book can help you find a way to break free. Written by a former sex addict who specializes in counseling people who suffer from sexually compulsive behavior, *Breaking the Cycle* presents a step-by-step plan to enjoying a life of productivity and purpose. You can free yourself from the powerful, compulsive urges that may have damaged your career, finances, or

relationships with friends and family. The exercises in this book will show you how to regain control of your life and build meaningful intimate connections with others.

### **Breaking the Cycle**

### **Breaking the Cycle**

An evidence-based guide to using cannabis to enhance pain relief safely, effectively, and economically while reducing the risks of opioid addiction. Opioid addiction has exploded to epidemic proportions in the U.S. Drug overdose is now the leading cause of accidental death. In 2012, 259 million prescriptions were written for opioids—more than enough to give every American adult their own bottle of pills. Uwe Blesching, author of *The Cannabis Health Index*, clearly and thoroughly lays out the overwhelming benefits of using cannabis—not only to reduce the nation’s dependence on opioids—but also to manage the craving and withdrawal symptoms of opioid addiction, and especially to address the pain that leads to drug use and addiction in the first place. Citing statistics showing that states allowing legal access to cannabis have seen a 25 percent drop in opioid-related deaths, Blesching explains how precision applications of cannabis can

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alleviate the mental and emotional aspects of pain by modulating numerous neurotransmitters and their emotional counterparts. He presents a convincing case for the powerful benefits of cannabis in reducing the risks of addiction and overdose, cutting monetary costs, and restoring a sense of balance and control to those who struggle with pain.

### **Understanding the High-functioning Alcoholic**

This new title from ACP Press focus on the impasses that doctors encounter with their patients and how changes in the physician's thinking can help improve challenging interactions with patients and their families.

### **Breaking the Cycle**

The statistics are powerful and alarming: Perhaps as many as 6 million Americans suffer from night eating syndrome, or NES, a newly identified eating disorder which describes behavior patterns in which an individual obsessively consumes more than half of his or her daily caloric intake after eight o'clock in the evening. More significant is the further finding that more than 33 percent of morbidly obese individuals, persons who are 100 or more pounds overweight, are affected by this disorder. Experts agree that NES shares characteristics of not only eating disorders

but also sleep and mood disorders. Sufferers tend to exhibit symptoms such as feelings of anxiety and guilt, insomnia, or interrupted sleep. Typical NES behaviors include absent appetite during the day, a consistent pattern of eating more food after dinner than during the meal itself, and recurrent episodes of waking and eating throughout the night. This book offers a step-by-step strategy for managing and overcoming this disorder. From this book, you will first learn to identify the signs of NES, and then use journaling exercises to discover what automatic thoughts surround your night eating. Having identified the problematic behaviors, you'll find out how to break these patterns with healthier food choices, more structured mealtimes, and a series of relaxation and visualization techniques.

### **Love Is a Choice**

“A wise and fresh approach to mindful parenting.” —Tara Brach, author of *Radical Acceptance* A kinder, more compassionate world starts with kind and compassionate kids. In *Raising Good Humans*, you'll find powerful and practical strategies to break free from “reactive parenting” habits and raise kind, cooperative, and confident kids. Whether you're running late for school, trying to get your child to eat their vegetables, or dealing with an epic meltdown in the checkout line at a grocery store—being a parent is hard work! And, as parents, many of us react in times of stress without thinking—often by yelling. But what if, instead of always reacting on autopilot, you could respond thoughtfully in those

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moments, keep your cool, and get from A to B on time and in one piece? With this book, you'll find powerful mindfulness skills for calming your own stress response when difficult emotions arise. You'll also discover strategies for cultivating respectful communication, effective conflict resolution, and reflective listening. In the process, you'll learn to examine your own unhelpful patterns and ingrained reactions that reflect the generational habits shaped by your parents, so you can break the cycle and respond to your children in more skillful ways. When children experience a parent reacting with kindness and patience, they learn to act with kindness as well—thereby altering generational patterns for a kinder, more compassionate future. With this essential guide, you'll see how changing your own “autopilot reactions” can create a lasting positive impact, not just for your kids, but for generations to come. An essential, must-read for all parents—now more than ever. “To raise the children we hope to raise, we have to learn to become the person we hoped to be.... This wonderful book will help you handle the ride.” —KJ Dell’Antonia, author of *How to Be a Happier Parent* “Hunter Clarke-Fields shares her wisdom and personal experience to help parents create peaceful families.” —Joanna Faber and Julie King, coauthors of *How to Talk So Little Kids Will Listen*

### **The Restless Heart: Breaking the Cycle of Social Identity**

Violence so often begets violence. Victims respond with revenge only to inspire seemingly endless cycles of retaliation. Conflicts between nations, between ethnic

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groups, between strangers, and between family members differ in so many ways and yet often share this dynamic. In this powerful and timely book Martha Minow and others ask: What explains these cycles and what can break them? What lessons can we draw from one form of violence that might be relevant to other forms? Can legal responses to violence provide accountability but avoid escalating vengeance? If so, what kinds of legal institutions and practices can make a difference? What kinds risk failure? *Breaking the Cycles of Hatred* represents a unique blend of political and legal theory, one that focuses on the double-edged role of memory in fueling cycles of hatred and maintaining justice and personal integrity. Its centerpiece comprises three penetrating essays by Minow. She argues that innovative legal institutions and practices, such as truth commissions and civil damage actions against groups that sponsor hate, often work better than more conventional criminal proceedings and sanctions. Minow also calls for more sustained attention to the underlying dynamics of violence, the connections between intergroup and intrafamily violence, and the wide range of possible responses to violence beyond criminalization. A vibrant set of freestanding responses from experts in political theory, psychology, history, and law examines past and potential avenues for breaking cycles of violence and for deepening our capacity to avoid becoming what we hate. The topics include hate crimes and hate-crimes legislation, child sexual abuse and the statute of limitations, and the American kidnapping and internment of Japanese Latin Americans during World War II. Commissioned by Nancy Rosenblum, the essays are by Ross E. Cheit, Marc

Galanter, Fredrick C. Harris, Judith Lewis Herman, Carey Jaros, Frederick M. Lawrence, Austin Sarat, Ayelet Shachar, Eric K. Yamamoto, and Iris Marion Young.

### **The World & I.**

Malaria: New Insights for the Healthcare Professional / 2012 Edition is a ScholarlyEditions™ eBook that delivers timely, authoritative, and comprehensive information about Malaria. The editors have built Malaria: New Insights for the Healthcare Professional / 2012 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Malaria in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Malaria: New Insights for the Healthcare Professional / 2012 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

### **Total Recovery**

## **Overcoming Night Eating Syndrome**

Borreliosis: New Insights for the Healthcare Professional / 2012 Edition is a ScholarlyPaper™ that delivers timely, authoritative, and intensively focused information about Borreliosis in a compact format. The editors have built Borreliosis: New Insights for the Healthcare Professional / 2012 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Borreliosis in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Borreliosis: New Insights for the Healthcare Professional / 2012 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>.

## **Prisoners of Politics**

TIME-PROVEN TECHNIQUES FOR REDUCING RISK AND IMPROVING PERFORMANCE IN MISSION-CRITICAL BUSINESS ACTIVITIES Proven in high-stakes, high-risk

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environments—from defense to healthcare For business functions ranging from marketing to HR, R&D to M&A Indispensable for all executives, entrepreneurs, strategists, and product managers This guide brings together simple, risk-free, and low-cost ways to break cycles of business failure and underperformance. These techniques aren't new or trendy: they've repeatedly proven themselves in mission-critical disciplines ranging from manufacturing to space exploration, with lives and billions of dollars on the line. They work. And they'll work for you, too. First, you'll learn how to use well-proven Failure Mode and Effects Analysis (FMEA) techniques to anticipate potential failure points before you introduce products, implement strategy, or launch marketing campaigns. Next, utilizing Root Cause Analysis (RCA), you'll learn to uncover the root cause of business problems, so you can solve them once and for all. Third, you'll discover how to use an Early Warning System (EWS) to identify "driver" variables in your business, gaining timely and actionable insights without complex predictive modeling. Whatever your role in decision-making, leadership, strategy, or product management, Breaking Failure will help you mitigate risk more effectively, achieve better results—and move forward in your career When lives are on the line, when billions of dollars are at risk, failure is not an option. That's why industries such as aerospace, chemical engineering, and healthcare have pioneered world-class methods for identifying, anticipating, and mitigating failure. In Breaking Failure, Alexander D. Edsel helps you adapt these proven techniques to the realities of your business. You'll discover how to plan more effectively for contingencies, and how to uncover and address

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the root causes of poor performance in business functions ranging from marketing to hiring. Equally valuable, you'll learn how to systematically improve your situational awareness, so you can uncover problems before they damage relationships, brand reputation, or business performance. Adapted to be 100% practical and actionable, these techniques will help companies of all sizes, in all markets. As you move towards greater speed and agility, they will become even more indispensable. A practical, systematic approach to "Breaking Failure" in your company Use Problem Framing to overcome the human bias towards thoughtless action Use Failure Mode & Effect Analysis (FMEA) to anticipate problems, prioritize risks, and plan corrective actions Use Root Cause Analysis (RCA) to identify true causes of failure in any process, product, or project Use an Early Warning System (EWS) to quickly recognize signs of underperformance Use Pre-Planned Exit Strategies and Exit Triggers to end failure and underperformance issues you can't fix

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