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For example, this option allows you to center the wallpaper, present it as tile or stretch it to fit your computer screen. Click ok to apply the wallpaper you wish to use on your Windows desktop. Anthropomorphism, or the allocation of human characteristics to animals and other non-humans, may be frowned during some scientific circles, but animals where the incorrect imothio looks good only for your desktop. Download wallpapers of some very expressed animals here. Remember, we are now requesting your participation in Wednesday's wallpaper series! You'll find a choice here, but post your favorites for this week's topic in the following discussions. Stick to our format as best you can, including a title, image, resolution, and a link. Happy wallpapers! 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Move City!Download This Wallpaper | Martell Olivier on Flickr 5616x3744Blue Ring!Download This wallpaper | Wall Paper 2592x1677 Sparkling City!Download This wallpaper | Wall Paper 1920x1200 Night Train!Download This Wallpaper | Wall Paper 2560x1600Oakland Bridge!Download This wallpaper | Wall Paper 1920x1200Street Lamp!Download This wallpaper | Wall Paper 1920x1200 Light Warp!Download This | Wall Paper 1920x1080Cave!Download This wallpaper | Wall Paper 1920x1200 Blue Light!Download This wallpaper | Wall Paper 2120x1192Dim Parking Lot!town!ood Wallpaper | Wall Paper 1911x1080 for more large wallpapers, check out our previous wallpapers Wednesday. Do you have good background photos you'd like to share? My email has a link with wednesday wallpaper in the subject line. Posting your job is very encouraging! The karindalziel reader uses multiple desktops with themed activity to help keep any desktop organized and simple for that activity. His setup uses five different wallpapers such as: read - very self-explanive writing - blogs, articles, etc. draw - all manner of art-related activities, including photo manipulation, images, etc. - is to get for programming (I just learn) - for BitTorrent, file transfer, etc. (this computer is also my file server for home) as he explains The idea is to keep the distinctive activities available on the desktop distinctive. To get a better idea of how it works in practice, check out those five desktops in use (with notes). You may not need a distinctive wallpaper to separate activities into different desktops (see Desktop Field Configured), but as a pious virtual desktop user, I love the idea. If you want to build your own version, check out the tutorial he is looking for and create some backgrounds yourself. The new desktop arrangement with open apps [Flickr] last updated on March 17, 2020 Josh Waitzkin has led full life as chess master and international martial arts champion, and from this writing he is not yet 35. The Art of Learning: An Inner Journey to Optimal Performance chronicles his journey from chess prodigy (and the subject of the movie Searching for Bobby Fischer) to world championship Tai Chi Chuan with important lessons identified and explained along the way. Marketing expert Seth Godin has written and said he must make his determination to change three things as a result of reading a business book, the reader will find many lessons in waitzkin volume. Whiteskin has a list of principles that appear throughout the book, but it's not always clear exactly what the principles are and how they tie the knot together. It doesn't really hurt the readability of the book, though, and it's at best a minor inconvenience. There are many lessons for the coach or leader, and as someone who teaches college, he was president of the chess club in middle school and about two years ago began studying martial arts, I found the book fascinating, handy and informative. Whiteskin's chess work began among the Houstons in New York's Washington Field, and he learned how to focus among the noises and distractions this brings. It's an experience to train him ins and outs of aggressive game chess as well as the importance of endurance The players he interacted with. He was discovered on the field in Washington by chess teacher Bruce Pandolphi, who became his first coach, transforming him from prodigious talent to one of the best young players in the world. The book presents Whiteskin's life as a conflicting study; perhaps this is deliberate given Waitzkin's accepted fascination with Eastern philosophy. One of the most useful lessons relates to the aggression of park chess players and young fascinators who put their queens in early, set up elaborate traps and then stop making mistakes by opponents. These are great ways to quickly dispatch weaker players, but it doesn't make stamina or skill. He contrasts these approaches with the details that lead to real dominance in the long run. According to Waitzkin, an unfortunate fact in chess and martial arts - and perhaps by expanding in education-is that people learn many superficial and sometimes impressive tricks and techniques without developing a subtle command of basic principles. Tricks and traps can impress (or vanquish) are authentic, but they are of limited usefulness against someone who really knows what he's doing. Strategies that rely on quick opaque checks are likely to falter against players who can deflect attacks and turn one into a long middle game. Banging more players with a four-move matte check is superficially satisfying, but it doesn't do much to make one's game better. He offers a child as an anecdote who wins many games against more opposition but who refuses to embrace real challenges, settled for a long string of victories over more clearly players (pages 36-37). It reminds me of the advice I recently got from a friend of mine: always try to make sure you're the stupidest person in the room to learn all the time. Most of us, though, draw our own worth of big fish in small ponds. Whiteskin's discussions will see chess as an intellectual boxing match, and especially given his discussion of martial arts later in the book of talent. Those familiar with boxing will remember Muhammad Ali's strategy against George Farns in the 1970s: Sarman was a heavy hitter, but he has never been in a long struggle. Ali won with his Rope-A-Doop strategy and patiently absorbed Foreman's blows and waited for Foreman to exhaust himself. His lesson of chess is apt (p. 34-36) as he discusses promising young players who are more aggressively focused on winning fast rather than developing their games. Waitzkin focuses on these stories and helps our understanding of learning in the second chapter by discussing institutional and inescapable approaches to learning. Institutional theorists believe that things are believers. So it's deeply personal. In contrast, introverse theorists see losses as an opportunity. Step by step, inse forward, novices can become masters (c. 30). They are on occasion when presented with difficult materials because of their approach towards mastering something over time directions. The theorists of the institution collapse under pressure. Whiteskin is at odds with his approach, in which he spent a lot of time tackling end-of-game strategies in which both players had very few pieces. In contrast, he said many young students begin by learning a wide array of inaural changes. These games have damaged themselves in the long run; (mvevery very talented kid expected to win without much resistance. When the game was a struggle, they weren't emotionally ready. For some of us, pressure becomes a source of paralysis, and mistakes are the beginning of a downward spiral (pages 60, 62). As Waitzkin argues, however, a different approach is necessary if we are to reach our full potential. A deadly flaw of shock and awe, a blitz approach to chess, martial arts, and ultimately everything that needs to be learned is that everything can be learned with ratte. Waitzkin derides martial arts doctors who become form collectors with fantasy kicks and twirls that have absolutely no combat value (p. 117). One might say the same thing about the troubled set. This is not the achieved principles - Waitzkin's focus on Tae Chi was to refine some basic principles (page 117)—but there is a profound difference between technical skill and real understanding. Knowing the moves is one thing, but knowing how to determine what to do next is quite something else. Whiteskin's intense focus on refined principles and processes meant he remained strongly in the next round as his opponents were cleared. His approach to martial arts is summarized in this passage (page 123): I had condensed my body mechanics in a strong state, while most of my opponents had large, delicate and relatively impractical repertoire. The fact is that when there is fierce competition, those who succeed have a little more hond skills than others. It's rarely a mysterious technique that gets us to the top, but also a deep mastery of what might well be a basic skill set. The depth of each day of the week beats the breadth because it opens up a channel for our intangible, unconscious, creative components of our hidden potential. In Chapter 14, he discusses the mystical illusion that instead something so clearly internalized that almost the small inceptible movements are incredibly powerful embodied in this quote from Wu-Yo-Hessing, and in the 19th century they write, If the opponent doesn't move, then I'm not moving. In the smallest move of the opponent, I move first. Ali Looking at intelligence means linking effort successfully through a teaching and encouragement process (page 32). In other words, genetics and raw talent can only take you so far before working hard to pick up laxity (p. 37). Another useful lesson concerns the use of disalles (Jeff, pages 33-132). Waitzkin suggested using a problem in one area to adapt and strengthen other areas. I have a personal example to support this. I always regret quitting basketball in high school. I remember my sophomore year - last year I played - I broke my thumb and, instead of focusing on cardiovascular conditioning and other aspects of my game (like working with my left hand), I waited for improvement before I got to work. Waitzkin offers another useful chapter titled Slowing Down Time in which he discusses ways to sharpen and harness intuition. He discusses the chunky process, which is encapsulating problems to gradually larger problems until one performs a complex set of calculations implicitly, without having to think about it. His technical example of chess, especially in the footnote of page 143, is instructive. A chess grandmaster is very internalized about parts and scenarios; the grandmaster can process a much larger amount of information with less effort than an expert. Mastery is the process of turning expressed into intuitive. There is much that is familiar for people who read books like this, such as having to speed themselves up, to determine clearly defined goals, the need to relax, techniques to get in the area, and so on. Anecdotal show her points beautifully. Throughout the book, he put his methodology to get in the area, another concept that people will find useful in performance-based jobs. He calls it the soft zone (season three) and consists of being flexible, flexible and able to adapt to the conditions. Martial artists and david allen's devotees getting things to do may recognize this as having a mind like water. He contrasts this with the hard zone that calls for a cooperative world for your performance. Like dry shoots, you're fragile, ready to snap under pressure (p. 54). The soft area is resistant, like a flexible blade of grass that can move and survive hurricane force winds (p. 54). Another illustration refers to making sandals if one encounters a journey with a field of thorns (p. 55). Not on success over a submissive world or excessive power, but on intelligent preparation and cultivated resilience (p. 55). Much will be familiar here for creative people: you're trying to think, but that a song by which a band keeps banging away in your head. The only option for Whiteskin was to calm down with noise (c. 56). In From the economy, there are limitations: He discusses top performers Michael Jordan, Tiger Woods and others who are not obsessed with the latest defeat and who knows how to relax when they need to (page 179). NFL quarterback Jim Harbaugh's experience is also useful as the more he could drop things while the defense was on the field, the sharper he was on the next drive (p. 179). Waitzkin discussed the more things he learned while experimenting in human performance, especially given cardiovascular interval training, which can have a profound impact on his ability to quickly release tension and recover from mental fatigue (page 181). This is the latest concept —to the improvement of mental fatigue — which is likely what most academics need help with. There is a lot about pushing boundaries here; however, it should be right to do so: as Whiteskin writes, Jackson Polok could draw like a camera, but instead he chose to sputter the color in a wild way that pulsed with emotion (P85). This is another good lesson for academics, managers and educators. Waitzken emphasizes paying close attention to detail when receiving training, especially from his Tae Chi trainer William. C Chen. Tae-Chi is not about providing resistance or force, but about the ability to combine with energy (opponent), function to it and overcome softness (p. 103). The book is littered with stories from people who did not reach their potential because it does not get opportunities to improve or because they refused to adapt to the conditions. The lesson is emphasized in Chapter 17, where he discusses making sandals when faced with a thorny path such as a rival at least. The book offers several principles that help it become better educators, thinkers and managers. Celebrating the results should be secondary to celebrating the processes that produced those results (pages 45 to 47). There is also a study in conflict starting on page 185, and that's what I have been trying to learn. Waitzkin pointed to himself in matches unable to relax between matches while some of his opponents were pressured to analyze their games in between. This leads to extreme mental exhaustion: This willingness of competitors to exhaust themselves between rounds of matches is surprisingly widespread and very self-destructive (page 186). The art of learning, regardless of our field, has a lot to teach us. I found it particularly relevant given my chosen career and my decision to start studying martial arts when I started teaching. Insights are numerous and workable and the fact that Waitzkin has used the principles he now teaches to become a world-class competitor in two highly demanding competitions It makes it much easier to read. I recommend this book to anyone in a leadership position or in a position that requires extensive learning and adaptation. It is to say that I recommend this book to everyone. More on Learning!Featured Photo Credit: Jazmin Quaynor via unsplash.com unsplash.com

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