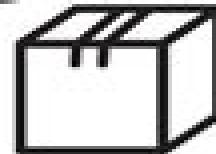


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# Reddit Same Day Delivery Download

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**You Should Quit Reddit** Jacob Desforges, 2023-02-21 In recent years countless books articles and documentaries have addressed the negative effects that social media platforms have wrought on their users and society. However these former works are incomplete nearly no attention has been paid to Reddit one of the most popular websites in the world. Reddit is certainly unique among social platforms but its potential for addiction and darker side of nefarious activity should absolutely not be understated. Additionally nearly no actionable advice has been provided to users of these platforms. The audience is told that these websites and apps are harming their mental health wasting their time and that they are addictive which would logically make the task of quitting rather difficult but then provided zero guidance on how to disconnect from them. Over 200 000 users gather on Reddit's r/NoSurf community to discuss reducing their internet use the forum is filled with reports of people who want to quit Reddit but find themselves psychologically compelled to return to the site over and over. For moderate to heavy users of these platforms quitting is clearly not so simple. You Should Quit Reddit is a paradigm shift in the genre. Jacob Desforges was a Reddit user of over a decade and a self-admitted Reddit addict who spent on average around three hours daily on the site. Not only is this the first book investigating Reddit's flaws as a platform but it is also written from the perspective of someone who experienced firsthand the struggle that comes with quitting these addictive platforms. This book therefore also provides readers with the practical advice tools and techniques needed to shatter the cycle of digital addiction enabling them to quit visiting Reddit and other time wasting websites for good so they can effectively reclaim their time to use in a more intentional manner.

*Target 100* Liz Josefsberg, 2017-12-19 When I was losing weight Liz was more than my coach she was my rock and I couldn't have done it without her. She just got it because she'd been through it herself and helped about a million other people through it too. Target 100 is Liz in book form smart supportive and full of practical simple solutions. Liz changed my life and my whole concept of dieting and now can change yours too. Jessica Simpson When did weight loss get so complicated? Today it feels like there are a million different apps tools workouts and eating plans designed to help you lose weight. Some promise success via drastic unlivable restrictions others are so complex they turn losing weight into a second job. In *Target 100* celebrity weight loss coach Liz Josefsberg shows you don't have to be a slave to your weight loss program. You don't have to count every gram of every nutrient and every calorie you eat at every meal. Believe it or not weight loss can be simple. It can even be fun. A 15 year veteran of the weight loss industry and who lost and kept off 65 pounds herself. Liz has accrued a high profile clientele. She helped Oscar winner Jennifer Hudson lose weight and transform her life and coached Jessica Simpson to shed over 50 pounds of baby weight twice. But along with the likes of Charles Barkley and Katie Couric Josefsberg has also coached thousands of others everyone from stay at home moms to office jockeys. Along the way she's learned what works and what doesn't when it comes to lasting weight loss and she's ready to share her secrets with the rest of us. *Target 100* streamlines the weight loss process into six easy to follow guidelines and

shows you how to adjust them to fit your lifestyle personalizing the program so that it works for you Josefsberg offers tips worksheets and powerful insights to help you fine tune a range of weight related behaviors from battling stress to getting more sleep setting the stage for permanent long term weight loss Instead of counting calories you ll learn how simple changes come together to jumpstart your health and wellbeing such as Drinking 100 ounces of water a day Exercising for 100 minutes a week Adding 100 minutes of Sleep a week De Stressing for 100 minutes a week And more Warm and no nonsense encouraging and informative Target 100 is a holistic and revolutionary wellness book with a simple message You don t need to be perfect to lose weight or transform yourself into someone you re not You can lose weight for good with the world s simplest weight loss program **The Revolution That Wasn't** Spencer Jakab,2022-02-01 The saga of GameStop and other meme stocks is revealed with the skill of a thrilling whodunit Jakab writes with an anti Midas touch If he touched gold he would bring it to life Burton G Malkiel author of A Random Walk Down Wall Street From Wall Street Journal columnist Spencer Jakab the real story of the GameStop squeeze and the surprising winners of a rigged game During one crazy week in January 2021 a motley crew of retail traders on Reddit s r wallstreetbets forum had seemingly done the impossible they had brought some of the biggest richest players on Wall Street to their knees Their weapon was GameStop a failing retailer whose shares briefly became the most traded security on the planet and the subject of intense media coverage The Revolution That Wasn t is the riveting story of how the meme stock squeeze unfolded and of the real architects and winners of the GameStop rally Drawing on his years as a stock analyst at a major bank Jakab exposes technological and financial innovations such as Robinhood s habit forming smartphone app as ploys to get our dollars within the larger story of evolving social and economic pressures The surprising truth What appeared to be a watershed moment a revolution that stripped the ultra powerful hedge funds of their market influence placing power back in the hands of everyday investors only tilted the odds further in the house s favor Online brokerages love to talk about empowerment and democratizing finance while profiting from the mistakes and volatility created by novice investors In this nuanced analysis Jakab shines a light on the often misunderstood profit motives and financial mechanisms to show how this so called revolution is on balance a bonanza for Wall Street But Jakab argues there really is a way for ordinary investors to beat the pros by refusing to play their game

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