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taking vitamins, 'working' on your relationships and reading self-help books. Your goal here should be to develop and pursue your self-destructive tendencies to their fullest potential, and have a good time doing it.

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Destruction recounts the epic story of the precipitous rise and fall of the recording industry over the past three decades, when the incredible success of the CD turned the music business into one of the most glamorous, high-profile industries in the world -- and the advent of file sharing brought it to its knees. In a comprehensive,

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fast-paced account full of larger-than-life personalities, Rolling Stone contributing editor Steve Knopper shows that, after the incredible wealth and excess of the '80s and '90s, Sony, Warner, and the other big players brought about their own downfall through years of denial and bad decisions in the face of dramatic advances in

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technology. Big Music has been asleep at the wheel ever since Napster revolutionized the way music was distributed in the 1990s. Now, because powerful people like Doug Morris and Tommy Mottola failed to recognize the incredible potential of file-sharing technology, the labels are in danger of



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becoming completely obsolete. Knopper, who has been writing about the industry for more than ten years, has unparalleled access to those intimately involved in the music world's highs and lows. Based on interviews with more than two hundred music industry sources -- from Warner Music chairman Edgar Bronfman Jr. to

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renegade Napster creator Shawn Fanning

-- Knopper is the first to offer such a detailed and sweeping contemporary history of the industry's wild ride through the past three decades. From the birth of the compact disc, through the explosion of CD sales in the '80s and '90s, the emergence of Napster, and the secret talks

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That led to iTunes, to the current collapse of the industry as CD sales plummet, Knopper takes us inside the boardrooms, recording studios, private estates, garage computer labs, company jets, corporate infighting, and secret deals of the big names and behind-the-scenes players who made it all happen. With unforgettable

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portraits of the music world's mighty and formerly mighty; detailed accounts of both brilliant and stupid ideas brought to fruition or left on the cutting-room floor; the dish on backroom schemes, negotiations, and brawls; and several previously unreported stories, *Appetite for Self-Destruction* is a riveting, informative,

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and highly entertaining read. It offers a broad perspective on the current state of Big Music, how it got into these dire straits, and where it's going from here -- and a cautionary tale for the digital age.

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Practical, proven self help steps show how to transform 40 common self-defeating behaviors, including procrastination, envy, obsession, anger, self-pity, compulsion, neediness, guilt, rebellion, inaction, and more.

A guide for people who want to

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To An Unhealthier You  
experience a higher level of happiness and joy. Includes for practicing forgiveness, acceptance, Emotional Freedom Technique, EFT, NLP and self hypnosis. Understand how to use the mind instead of the allowing thoughts to control the mind.

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in self-destructive behavior? This book identifies seven dangerous habits even well-run companies fall victim to—and helps you diagnose and break these habits before they destroy you. Through case studies from some of yesterday's most widely praised corporate icons, you'll learn how companies slip into "addiction"



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and slide off the rails...why some never turn around...and how others achieve powerful turnarounds, moving on to unprecedented levels of success. You will learn how an obsession with volume leads inexorably to rising costs and falling margins...how companies fall victim to denial, myth, ritual, and orthodoxy... how

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They start wasting vital energy on culture conflict and turf wars...how they blind themselves to emerging competition...how they become arrogant, complacent, and far too dependent on their traditional competences. Most important, you'll find specific, detailed techniques for curing—or, better yet, preventing—every

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one of these self-destructive habits. The  
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it, and escape it The stigma of arrogance  
Escape this fault that [breeds in a dark,  
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Six warning signs and five solutions The  
curse of incumbency Stop your core  
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A guide for the uninitiated parent presents humorous and practical advice for awkward baby-related social situations, including boudoir, travel, and regurgitation etiquette.

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Despite a childhood of privilege and a college degree, Tony Joppa's extended adolescence was fueled by drugs, alcohol, and apathy. When a drunk-driving accident lands him in jail, Joppa begins his journey to sobriety and self-awareness with the help of AA, Buddhism, and the teachers he meets along the way.

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