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# Ten Ways To Change The World In Your 20s Libuse Binder

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*Ten Ways To Change The World In Your 20s Libuse Binder*

*November, 13 2024*

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**Ten Ways to Change the World in Your Twenties** HarperCollins  
INSTANT NEW YORK TIMES  
BESTSELLER “One of the most important books I’ve ever read—an indispensable guide to thinking clearly about the world.” – Bill Gates “Hans Rosling tells the story of ‘the secret silent miracle of human progress’ as only he can. But *Factfulness* does much more than that. It also explains why progress is so often secret and silent and teaches readers how to see it clearly.” —Melinda Gates “*Factfulness* by Hans Rosling, an outstanding international public health expert, is a hopeful book about the potential for human progress when we work off facts

rather than our inherent biases.” - Former U.S. President Barack Obama  
*Factfulness*: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends—what percentage of the world’s population live in poverty; why the world’s population is increasing; how many girls finish school—we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates, and investment bankers. In *Factfulness*, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-

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time collaborators, Anna and Ola, offers a radical new explanation of why this happens. They reveal the ten instincts that distort our perspective—from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where fear rules) to how we perceive progress (believing that most things are getting worse). Our problem is that we don't know what we don't know, and even our guesses are informed by unconscious and predictable biases. It turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn't mean there aren't real concerns. But when we worry about everything all the time

instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, *Factfulness* is an urgent and essential book that will change the way you see the world and empower you to respond to the crises and opportunities of the future. --- "This book is my last battle in my life-long mission to fight devastating ignorance...Previously I armed myself with huge data sets, eye-opening software, an energetic learning style and a Swedish bayonet for sword-swallowing. It wasn't enough. But I hope this book will be." Hans Rosling, February 2017.

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## The 10[ Decision Harper Collins

Great poetry calls into question everything. It dares us to break free from the safe strategies of the cautious mind. It opens us to pain and joy and delight. It amazes, startles, pierces, and transforms us. It can lead to communion and grace. Through the voices of ten inspiring poets and his own reflections, the author of Sacred America shows how poetry illuminates the eternal feelings and desires that stir the human heart and soul. These poems explore such universal themes as the awakening of wonder, the longing for love, the wisdom of dreams, and the courage required to live an authentic life. In thoughtful commentary on each work, Housden offers glimpses into his personal spiritual journey and invites readers to contemplate the significance of the poet's message in their own lives. In *Ten Poems to Change Your Life*, Roger

Housden shows how these astonishing poems can inspire you to live what you always knew in your bones but never had the words for. "The Journey" by Mary Oliver "Last Night as I Was Sleeping" by Antonio Machado "Song of Myself" by Walt Whitman "Zero Circle" by Rumi "The Time Before Death" by Kabir "Ode to My Socks" by Pablo Neruda "Last Gods" by Galway Kinnell "For the Anniversary of My Death" by W. S. Merwin "Love After Love" by Derek Walcott "The Dark Night" by St. John of the Cross

### Drawdown SCB Distributors

The Coronavirus pandemic has revealed a very big secret we 've been keeping from ourselves and each other: We can be remarkably agile in the face of change. How is it that we are able to so radically and rapidly change our daily behavior in order to follow the social distancing and stay-at-home policies during the pandemic,

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and yet--pandemic or not--we typically find it difficult, if not impossible, to reach smaller personal goals like dieting, getting organized or changing destructive habits? The pandemic is life-threatening, so it ignites our survival instincts, activating that part of our brains charged with speedily and efficiently getting us to safety. But cholesterol, alcohol, and physical passivity are all life-threatening, and many of us humans have done a lousy job changing in regard to these issues, even when we have reliable information that they are killing us. Why do we struggle to change what would so obviously help ourselves individually? Ross Ellenhorn 's book, *How we Change (and the Ten Reasons Why We Don ' t)* gives a fascinating answer. A clinician and thought leader in the mental health and addiction fields, he suggests that we ' re often looking in the

wrong direction when we try to decipher the factors that support human change. He suggests that it ' s much more fruitful to look at why we don ' t change, than figure out why we do. By looking at the reasons we don ' t change, we give ourselves the best chance of actually changing in meaningful ways. Ellenhorn explains how we are wired to double down on the familiar because of what he calls the "Fear of Hope" - the act of protecting ourselves from further disappointment—and identifies the “ 10 Reasons Not to Change ” to help us see why we behave the way we do when we are faced with the challenge of hope. Among them are:

- To change means raising your expectations and thus risking that you ' ll disappoint yourself.
- Once you change, you are more accountable to make other changes than if you stayed the same
- When you change, your future become

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much less predictable. - Change means destroying psychological monuments you ' ve built to commemorate past injuries - Every time you change, you raise the possibility of losing or disrupting your relationship with certain people By addressing this little known reality of fear of hope, and how it influences the 10 Reasons Not to Change, Ellenhorn actually gives us hope, helping us to work toward the change we seek. Ellenhorn speaks to the core of our insecurities and fears about ourselves, with a humor and kindness. By turning our judgments about self-destructive behaviors into curious questions about them, he teaches us to think about our actions to discover what we truly want - even if we ' re going about getting it in the wrong way. *How We Change* is a brilliant approach that will forever alter our perspective - and help us achieve the transformation we truly seek.

*Change the World for Ten Bucks* Penguin Updated for today's readers, Dale Carnegie's timeless bestseller *How to Win Friends and Influence People* is a classic that has improved and transformed the professional and personal and lives of millions. One of the best-known motivational guides in history, Dale Carnegie's groundbreaking book has sold tens of millions of copies, been translated into almost every known language, and has helped countless people succeed. Originally published during the depths of the Great Depression—and equally valuable during booming economies or hard times—Carnegie's rock-solid, time-tested advice has carried countless people up the ladder of success in their professional and personal lives. *How to Win Friends and Influence People* teaches you: -How to

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communicate effectively -How to make people like you -How to increase your ability to get things done -How to get others to see your side -How to become a more effective leader -How to successfully navigate almost any social situation -And so much more! Achieve your maximum potential with this updated version of a classic—a must-read for the 21st century.

**The Future of Nursing** Simon and Schuster

How will artificial intelligence change our world within twenty years? A WALL STREET JOURNAL, WASHINGTON POST, AND FINANCIAL TIMES BEST BOOK OF THE YEAR • “ This inspired collaboration between a pioneering technologist and a

visionary writer of science fiction offers bold and urgent insights. ” —Yann LeCun, winner of the Turing Award; chief AI scientist, Facebook “ Amazingly entertaining . . . Lee and Chen take us on an immersive trip through the future. . . . Eye-opening. ” —Mark Cuban AI will be the defining development of the twenty-first century. Within two decades, aspects of daily human life will be unrecognizable. AI will generate unprecedented wealth, revolutionize medicine and education through human-machine symbiosis, and create brand-new forms of communication and entertainment. In liberating us from routine work,

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however, AI will also challenge the organizing principles of our economic and social order. Meanwhile, AI will bring new risks in the form of autonomous weapons and smart technology that inherits human bias. AI is at a tipping point, and people need to wake up—both to AI’s radiant pathways and its existential perils for life as we know it. In this provocative, utterly original work, Kai-Fu Lee, the former president of Google China and bestselling author of *AI Superpowers*, teams up with celebrated novelist Chen Qiufan to imagine our world in 2041 and how it will be shaped by AI. In ten

gripping short stories, they introduce readers to an array of eye-opening 2041 settings, such as:

- In San Francisco, the “job reallocation” industry emerges as deep learning AI causes widespread job displacement
- In Tokyo, a music fan is swept up in an immersive form of celebrity worship based on virtual reality and mixed reality
- In Mumbai, a teenage girl rebels when AI’s crunching of big data gets in the way of romance
- In Seoul, virtual companions with perfected natural language processing (NLP) skills offer orphaned twins new ways to connect
- In Munich, a rogue



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scientist draws on quantum computing, computer vision and other AI technologies in a revenge plot that imperils the world. By gazing toward a not-so-distant horizon, *AI 2041* offers urgent insights into our collective future—while reminding readers that, ultimately, humankind remains the author of its destiny.

*How We Change* Grand Central Publishing  
Finding the courage to embrace change and take chances is the only way to succeed. Business, culture, and competitive landscapes have fundamentally changed, but basic principles and best practices for succeeding and future-proofing both yourself and your organization haven't.

With a mix of compelling stories, research from the social sciences and psychology, and real-world insights, *Make Change Work for You* shows readers how to reignite their career, rekindle their creativity, and fearlessly innovate their way to success by providing the tools needed to master uncertainty and conquer every challenge they'll face in life or business. *Make Change Work for You* opens with an overview of the most common factors that lead to self-defeating behaviors, including fear of failure, embarrassment, underperformance, rejection, confrontation, isolation, and change itself. Using a simple four-part model, Steinberg guides readers to understand and better respond to the challenges that change can bring: Focus: Define the problem and come to understand it objectively. Engage: Interact

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with the challenge and try a range of solutions. Assess: Review the response(s) generated by your tactics. React: Adjust your strategy accordingly. And, finally, the book shows readers how to develop the vital personal and professional skills required to triumph in the “ new normal ” by understanding and engaging in the 10 new habits that highly successful people share: 1. Play the Odds 2. Embrace Tomorrow Today 3. Seek Constant Motion 4. Lead, Don ’ t Follow 5. Never Stop Learning 6. Create Competitive Advantage 7. Connect the Dots 8. Pick Your Battles 9. Set and Align Your Priorities 10. Always Create Value

Bring Your Human to Work: 10 Surefire Ways to Design a Workplace That Is Good for People, Great for Business, and Just Might

Change the World Sourcebooks, Inc. Many organizations think proper treatment of clients is common sense. WRONG. The basics must be taught and reinforced to create the ultimate customer experience. "The 10[ Decision: How Small Change Pays Off Big" shares 11 guiding principles of service, as well as techniques to attract and keep new customers in a way that doesn't cost a fortune.

Living Well, Spending Less Penguin Named one of the most important nonfiction books of the 21st century by Entertainment Weekly , Slate , Chronicle of Higher Education , Literary Hub, Book Riot , and Zora

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A tenth-anniversary edition of the iconic bestseller— “ one of the most influential books of the past 20 years, ” according to the Chronicle of Higher Education—with a new preface by the author “ It is in no small part thanks to Alexander ’ s account that civil rights organizations such as Black Lives Matter have focused so much of their energy on the criminal justice system. ” —Adam Shatz, London Review of Books Seldom does a book have the impact of Michelle Alexander ’ s *The New Jim Crow*. Since it was first published in 2010, it has been cited in judicial decisions and has been adopted in campus-wide and community-wide reads; it helped inspire the creation of the Marshall Project and the new \$100 million Art for Justice Fund; it has been the winner of numerous prizes, including the prestigious NAACP Image Award; and it has spent nearly 250 weeks on the New York Times bestseller list. Most important of all, it has spawned a whole generation of criminal justice reform activists and organizations motivated by Michelle Alexander ’ s unforgettable argument that “ we have not ended racial caste in America; we have merely redesigned it. ” As the Birmingham News proclaimed, it is “ undoubtedly

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the most important book published in this century about the U.S. ” Now, ten years after it was first published, The New Press is proud to issue a tenth-anniversary edition with a new preface by Michelle Alexander that discusses the impact the book has had and the state of the criminal justice reform movement today.

Colleges That Change Lives HarperCollins Wall Street Journal bestseller “ A welcome revelation. ” --The Financial Times Award-winning Wharton Professor and Choiceology podcast host Katy Milkman has devoted her career to the study of behavior change. In this ground-breaking book, Milkman reveals a proven path that can take you from where you are to where you want to be, with a foreword from psychologist Angela Duckworth, the best-selling author of Grit. Change comes most readily when you understand what's standing between you and success and tailor your solution to that roadblock. If you want to work out more but find exercise difficult and boring, downloading a goal-setting app probably won't help. But what if, instead, you transformed your workouts so they became a source of pleasure instead of a chore? Turning an uphill battle into a downhill one is the key to success. Drawing on Milkman's original research and the work of her world-renowned scientific collaborators, How to Change shares strategic methods for identifying and overcoming common barriers to change, such as impulsivity, procrastination, and forgetfulness. Through case studies and engaging

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stories, you ' ll learn:

- Why timing can be everything when it comes to making a change
- How to turn temptation and inertia into assets
- That giving advice, even if it's about something you're struggling with, can help you achieve more

Whether you're a manager, coach, or teacher aiming to help others change for the better or are struggling to kick-start change yourself, *How to Change* offers an invaluable, science-based blueprint for achieving your goals, once and for all.

### 10 Ways to Change Your Life at Any Age!

Harmony

From the renowned psychologist who introduced the world to “growth mindset” comes this updated edition of the million-copy bestseller—featuring transformative insights into redefining success,

building lifelong resilience, and supercharging self-improvement.

“Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.” —Bill Gates, *GatesNotes*

“It ' s not always the people who start out the smartest who end up the smartest.”

After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work,

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sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

Leading Change Independently  
Published

Recent years have seen the Church living a difficult season of self-examination, prayerful reassessment, and change: change in policies, in practices, in the way we see ourselves as Catholics. For those wondering, Where will it all

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lead? history itself

How to Change Your Mind McGraw Hill Professional

Based on a Navy SEAL's inspiring graduation speech, this #1 New York Times bestseller of powerful life lessons "should be read by every leader in America" (Wall Street Journal). If you want to change the world, start off by making your bed. On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's slogan, "What starts here changes the world," he shared the ten principles he learned during Navy Seal training that helped him overcome

challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves-and the world-for the better. Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and courage. Told with great humility and optimism, this timeless book provides simple wisdom, practical advice, and words of encouragement that will inspire

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readers to achieve more, even in life's darkest moments. "Powerful." --USA Today "Full of captivating personal anecdotes from inside the national security vault." --Washington Post "Superb, smart, and succinct." --Forbes

Ten Ways to Improve Your Life Currency

"If you do one thing different, read this book! It is filled with practical, creative, effective, down-to-earth solutions to life's challenging problems." —Michele Weiner-Davis, author of *Divorce Busting*

The 20th anniversary edition of a self-help classic, updated with a new preface: Tapping into widespread popular interest in highly effective, short-term therapeutic approaches to personal problems, author Bill O' Hanlon offers 10 Solution Keys to help you free yourself from "analysis paralysis" and quickly get unstuck from

aggravating problems. Tired of feeling stuck all the time when you're trying to solve a problem or are facing conflict? Do you get easily flustered or angry when a negative confrontation arises? Have you ever wished you could communicate more easily with your spouse, kids, colleagues, or anyone else you have a difference in opinion with? In this newly updated edition of *Do One Thing Different*, Bill O' Hanlon will arm you with his ten easy Solution Keys so that you can move quickly from "stuck" to "smooth sailing" in all aspects of your life. Humorous, direct, and—most important of all—effective, these keys will help you change how you view and "do" your problems—from difficult relationships to enhancing sexuality and resolving conflicts of all kinds. The next time you have a problem, try one of these Solution Keys: Break Problem Patterns: Change



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any one of what you usually do in the problem situation by doing one thing different! Example: If you usually get angry and defensive, sit quietly and listen. Find and Use Solution Patterns: Import solutions from other situations where you felt competent. Examples: What do you know on the golf course that you forget when you get behind the wheel of your car? What do you say to resolve a problem with an angry customer that you don't say to your angry partner? Shift Your Attention: Focus on what you would like to have happen rather than on what is happening. Grounded in therapeutic practice, *Do One Thing Different* will put you back in control of your emotions and your life.

### How to Change the World Harlequin

Every leader in the social sector starts out believing they can change the

world. But they often find that making a clear, measurable difference isn't easy. Few, by mid-career, are achieving quite as much impact as they anticipated. Some leaders settle for that and focus on having a decent career. Others don't sit back. Instead, they look to take their effectiveness as a social sector leader to another level. This book shares the experience of more than 25 exceptional leaders running successful charities, social enterprises and public service mutuals. 'We need honest discussion and bold solutions to the challenges facing our society today. This book will help you play your part in leading the change we all need to see,' Norman Lamb MP  
We're seeing increasing insecurity

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and instability in the charity sector as funding becomes harder to secure.

This book will help you adapt to these changing times, survive and succeed.'  
Dawn Austwick, CEO Big Lottery Fund  
It's Up to Us

ReadHowYouWant.com

In her second compilation of published writing, Brianna Wiest explores pursuing purpose over passion, embracing negative thinking, seeing the wisdom in daily routine, and becoming aware of the cognitive biases that are creating the way you see your life. This book contains never before seen pieces as well as some of Brianna's most popular essays, all of which

just might leave you thinking: this idea changed my life.

100 Ways to Motivate Yourself Ten  
Ways to Change the World in Your  
Twenties

#1 New York Times Bestseller  
REVISED WITH NEW MATERIAL  
Winner of the 2014 Living Now Book  
Award for Inspirational Memoir "An  
enormously smart, clear-eyed, brave-  
hearted, and quite personal look at the  
benefits of meditation." —Elizabeth  
Gilbert Nightline anchor Dan  
Harrisembarks on an unexpected,  
hilarious, and deeply skeptical odyssey  
through the strange worlds of  
spirituality and self-help, and  
discovers a way to get happier that is  
truly achievable. After having a

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nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless:

meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

### How We Change Penguin

This text explores the experiences of tempered radicals. These are people who want to become valued and successful members of their organisations without selling out on who they are and what they believe in.

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The Fourth Industrial Revolution  
Ballantine Books

- New York Times bestseller •

The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world “ At this point in time, the Drawdown book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of

grounded hope. ” —Per Espen Stoknes, Author, What We Think About When We Try Not To Think About Global Warming “ There ’ s been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom. ” —David Roberts, Vox “ This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook. ” —Peter Kareiva, Director

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of the Institute of the Environment and Sustainability, UCLA In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world

are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth ' s warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

eBook Partnership

WALL STREET JOURNAL BESTSELLER

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The secret to business success? Get REAL. Erica Keswin has spent over 20 years and be HUMAN! As human beings, we are working with top business leaders and built to connect and form relationships. So, executives to build successful organizations that honor relationships. it should be no surprise that relationships must also translate into the workplace, Featuring case studies from top brands where we spend most of our time! such as, Lyft, Starbucks, Mogul, and Companies that recognize this will retain the most productive, creative, and loyal SoulCycle, to name a few, Bring Your employees, and invariably seize the competitive edge. The most successful Human to Work distills the key practices leaders are those who actively form applicable advice that any business leader quality relationships with their employees, who honor fundamental human can use to build a “ human workplace. ” qualities—authenticity, openness, and basic politeness—and apply them day in and day These building blocks include: • Understanding your company ’ s role in the world, beyond financial profit • Encouraging employees to be healthy in body and spirit • Running your meetings out. Paying attention and genuinely caring about the effects people have on one another other is key to developing a winning culture where people perform at the top of their game and want to work. As a workplace strategist and business coach, back to the community • Simply saying

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“ thank you ” A human company is real, genuine, aligned, and true to itself. A real company flaunts its humanity, instead of hiding it. It ’ s what the most successful, sustainable companies are doing today, and there ’ s no reason yours can ’ t be the same. Keswin ’ s leadership lessons foster fairness, devotion, and joy in the workplace—all critical elements of a successful business. By bringing your human to work, you can design a workplace that is good for people, great for business, and just might change the world.

#### Factfulness Currency

The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's

increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue

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doctorates. Furthermore, regulatory and institutional obstacles -- including limits on nurses' scope of practice -- should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.