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Sacred Cows Make the Best Burgers: Developing Change-Driving People and Organizations [Robert Kriegel, David Brandt] on Amazon.com. *FREE* shipping on qualifying offers. Sacred cows--outdated and costly business practices such as the reports that are never read or a slow-down of innovative ideas--exist in every company. Inspired by insights ...Latest environmental news, features and updates. Pictures, video and more.I eat Paleo meals occasionally, use Intermittent Fasting about once per week, eat Gluten Free at times, etc. If I had to come up for a term for it, I'd call it "Hybrid Dieting".About AFP. AFP is a global news agency delivering fast, accurate, in-depth coverage of the events shaping our world from conflicts to politics, economics, sports, entertainment and the latest ...