

Many people wonder how all-you-can-eat buffet can be profitable. It turns out these restaurants use a few tricks to stay in business. Because most people fill their plates with food from the first three trays they see, restaurants tend to place cheaper, more filling foods like pasta, rice, or potatoes at the front of the buffet line. What's more, platters of expensive items like steak or seafood are refilled less frequently than others to discourage extra helpings.

These restaurants also typically use smaller plates and bowls to limit customer portions. Meanwhile, cups and glasses are usually quite large, encouraging diners to fill up on drinks. Another restaurant practice is to set prices based on the average food cost per person, which is calculated by dividing the total food cost by the average number of customers per day. While some customers eat more than the average cost, most customers eat less, so the restaurant earns a profit. Ever since Herb McDonald put an American twist on a Swedish concept, all-you-can-eat restaurants have been a hit with hungry customers. Though these restaurants may seem like a surefire way to lose money, clever business practices have enabled them to turn a profit and feed countless people in the process.

Imagine getting happily lost among winding stone alleys in beautiful sunny weather, with a striking church stretching high above you and the sound of running water all around. If that seems like a perfect day to you, Freiburg should be on your travel list. Freiburg is located just on the edge of Germany's famous Black Forest, somewhat far from other German cities but very close to the borders of both France and Switzerland.

Known for some of the best weather in the country, it's surrounded by green mountains and has a river that runs right through the middle of town. The river is a popular place for taking a dip to cool off on hot summer days. The city was founded around 900 years ago as a market town. People came there to trade freely, and the locals' relative wealth made them proud and independent. They have a history of standing up for their personal freedoms and even destroyed the lord's castle in the thirteenth century, when he tried to raise taxes. After a university was established in the city in 1457, it became a cultural center for the arts and sciences. The first things you'll notice while walking through Freiburg's old city center are the many narrow water-filled channels. In the Middle Ages, they served as a water supply and were used to fight fires. An old Freiburg legend says that if you step or fall in one, you'll marry a local.

Stress is an unavoidable part of life. Our distant ancestors faced it when they went hunting in the deep jungle or fishing on the open sea. Today, common stress-inducing tasks include sitting for an important job interview or taking a final exam. Whatever the event may be, rituals have helped us deal with stress and the unknown for thousands of years. The actions that make up a ritual can be simple or elaborate. Either way, rituals have been proven effective in reducing stress and anxiety in diverse situations. One situation, for instance, is the performance of high-pressure tasks, such as taking part in a sporting competition or singing on stage.

Tennis champion Rafael Nadal has a sequence of pre-match rituals that include taking a cold shower and listening to music, activities which, Nadal has claimed, sharpen his senses. Singer Beyoncé's pre-show ritual includes saying a prayer with her band members. As a cultural phenomenon, rituals help individuals deal with grief resulting from loss. Hindu mourning rituals call for the shaving of one's head, while Jewish rituals require men to grow out their beards during the period of mourning. Loss is often accompanied by feelings of uncertainty, so it's unsurprising that rituals can help alleviate the feeling of sadness that arises when a loved one passes away. Besides high-pressure tasks and the experience of loss, another stress-inducing scenario is boredom, a common feature of modern life. Boredom may arise from the daily grind — doing the same things day in and day out. Even here, rituals can help manage your mood and improve your overall well-being.

Digital is an Internet media organization offering music, news and entertainment to millions of subscribers. The dynamic, fast-growing enterprise, which is only seven years old, has over 300 employees. The company is planning to move into bigger headquarters soon.

Danish co-founder and CEO, Clara Jensen, is a strong believer in the concept of 'happiness at work'.

Jensen is aware that employees who enjoy their work environment will be more engaged, productive, innovative and happy. This in turn will lead to greater customer satisfaction and success for the organization.

Giving everyone a voice is a core value of the company and Jensen wants her employees' input on design of the new offices.

The supermarket sector is highly competitive throughout the world. In many countries a small number of retailers control a large proportion of the grocery market. In Australia, the industry is dominated by just two main competitors, while the USA has four major players and South Africa has five. Market research group Kantar reports that four supermarket chains have two-thirds of the market in the UK.

In many European markets, the competition has become even more intense in recent years. This is because discount supermarket chains selling similar products for much lower prices have gained a considerable market share.

However, the supermarket industry has not been able to expand across international borders well. Major chains from the USA, France, and the UK have not had much success in the largest retail markets in Asia, such as Japan and China.

Everyone gets nervous during an interview. Sometimes, an interviewee can show their anxiety by saying things that are inappropriate or even embarrassing. For the most part, interviewers understand and are often sympathetic. However, there are three common statements that should never be said during an interview.

First, you should never state your intention of asking questions during an interview. It's unnecessary to make such a statement; you can simply ask questions throughout the interview or wait until the interviewer asks if you have any questions. You should never ask about the salary at the beginning of the interview.

By doing so, you put the interviewer in a defensive position. Take the opportunity to showcase your skills, stay calm, and listen to what the interviewer has to say. Give the interviewer a chance to know about you and your skills first. Finally, don't express your doubts that you may not want the job. The goal of an interview is to secure a job offer. Put your doubts aside, and focus your energy on learning more about the organization and the position. Once you get a job offer, then you can make the decision if the job is right for you.

You may be surprised.

Dear Ms. Peterson,

Thank you for your email and your email submission. I can certainly assist you in correcting the mistakes on your résumé.

First of all, do not include any graphics, colors, or strange font on your résumé. You can place such things in your portfolio, if you're applying for a designer or artist job. On your résumé, you should focus on making it clear and easy to read. Use black ink, white paper, 10-point size font. Make sure your spacing is consistent throughout your document.

Secondly, your résumé does not need to be three pages long. A good résumé conveys the most important information about you, and you can save descriptions of your experience for the interview, your portfolio, or your LinkedIn profile. I would suggest cutting down to two pages. If you have any questions about what should be cut, please don't hesitate to contact me again.

As always, continue checking for spelling and grammar mistakes. I suggest getting someone to read your résumé every time you make changes. Your résumé, however, has none of those mistakes. I also appreciate that your experience and education are expressed honestly. I will be glad to offer further assistance if you need it. Best of luck to you!

Sincerely,

Colin Maxwell

Dear Matt,

I'm sorry to have to inform you that we have still not resolved the technical problems that we discussed at the last meeting. I know it was agreed that we would solve all the issues but the problems are highly complex and are taking much more time than expected to handle. I have put two new people into the team to help with this, but this will increase project costs. I have attached a new cost proposal for your attention.

In terms of deadline, I am concerned that we may not finish this before Phase 2 – the first customer pilot that is planned. Can we discuss the project timing and find a way to delay by one week, which will give us the time we need to get things back on track?

Many apologies, but these problems are very typical.

Raj