

Bulova Accutron Limited Edition

"Dolvett offers a dieting trifecta: easy, effective, and friendly to cheaters. He helps trick your metabolism into cooperating with his rapid weight loss formula for success." --Mehmet Oz, M.D. Want to finally lose the weight and keep it off? Want to be able to eat the foods you love? Reaching your goals can only happen when you don't feel deprived and you continue to stay motivated. Now, celebrity trainer and star of the hit reality series The Biggest Loser, Dolvett Quince, tells you how to do all of that and more in his revolutionary program, THE 3-1-2-1 DIET. This 21-day program works by manipulating your body's natural tendency to slow its metabolic rate in response to calorie restriction. It takes a new approach to getting lean-one scientifically based on changing up food and calories to tap into your body's potential to burn fat. This unconventional plan results in greater muscle and less fat than any other diet you've ever tried. Dolvett's effective eating plan is as easy as 3-1-2-1: three days of clean eating, one day of cheating, two more days of clean eating, and one final reward meal at the end of the week. No foods are off limits and you will never feel deprived because the plan is flexible enough to fit into any lifestyle. You'll lose weight fast-10 pounds or more in just 21 days-and you won't plateau. Dolvett's simple meal plans and delicious, easy-to-prepare recipes, together with his fast and effective workouts that combine cardio and body-shaping moves, will have you back in your skinny jeans in less than three weeks!

Marine Chronometers at Greenwich is the fifth, and largest, of the fine series of catalogues of instruments in the National Maritime Museum's collection. This extraordinary collection is generally considered to be the most important of its kind in existence and is housed at the Royal Observatory Greenwich.

"The Modern Clock" by Ward L. Goodrich. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

Incentive Marketing

The 3-1-2-1 Diet

The Long Journey Home from the Moon

Architectural Digest

The Impossible Collection of Watches

Chronographs for collectors

In volumes1-8: the final number consists of the Commencement annual.

Provides information on identifying, finding, and evaluating flea markets, offers buying and selling tips, and lists current prices for thousands of collectibles

Speed depicts the life of Bob Gilliland, an accomplished pilot and principle test pilot for the SR-71 Blackbird, and his journey with this record-breaking aircraft that helped win the Cold War.

Watches Inspired by Sailing, Yachting and Diving

Sea Time

Watches: A Guide by Hodinkee: A Guide by Hondikee

Road & Track

Magnificent Desolation

Richard Rogers: Inside Out

Richard Rogers (b. 1933) is one of the world’s most distinguished architects, as well as a powerful advocate for the role of architecture and urban design in improving everyday lives. Famous for his "inside out” architectural style, Rogers is known for such landmarks as the Centre Pompidou in Paris and the Lloyd’s building in London. This volume explores the origins of and influences on Rogers’s thinking and explains how his wide-ranging interests inform his design process. With contributions from major figures in a range of fields, as well as a new interview with Richard Rogers, this book shows why his work continues to be fresh, challenging, and inventive.

The Watch is the most popular book on vintage and contemporary mechanical watches, appealing to both beginners and experts. In the decade since it was published, the international audience of watch lovers and watch collectors has grown exponentially. It’s time for The Watch, Thoroughly Revised. For this new edition, the original author, Gene Stone, is joined by Stephen Pulvirent of Hodinkee.com. Together, they have thoroughly revamped the book to reflect the current state of the watch world, with the addition of new brands, new models, and more focused and nuanced coverage of the traditional brand leaders, including Rolex, Patek Philippe, Omega, and TAG Heuer.

A popular collector's guide to discovering the world of unusual, rare, and dazzlingly retro watches.

The SAR Magazine

The Michigan Alumnus

Marine Chronometers at Greenwich

The New Yorker

Catalog of Copyright Entries

Contains 44 reproductions of photographs from a series featuring a lone figure wearing a paper mask bearing the visage of the poet Arthur Rimbaud in seedy Manhattan locations. Includes also reproductions of drawings by Wojnarowicz and pages from his diaries.

BulovaA History of Firsts

Bulova: A History of Firsts chronicles the extraordinary American watch company in a fittingly unusual manner: by recounting an epic, multi-generational picaresque that runs from the Gilded Age up through present-day New York City. Joseph Bulova, the man behind the movement by which America would set its time, was an iconoclastic industrialist who introduced standardized mass production to fine mechanical watchmaking, fostering in turn a corporate culture of innovation that endures today. Less a traditional corporate history than an exactingly curated periodical, this profound new title features eight visually captivating chapters comprising an essay each by luminaries including style journalists David Coggins and Matthew Hranek, music-industry legend Nile Rodgers, advertising writer Stuart Elliott, noted horology authority Jack Forster and more, all edited by luxury historian Aaron Sigmond.

Going There

The Ultimate Omega Speedmaster Guide

Eat and Cheat Your Way to Weight Loss--up to 10 Pounds in 21 Days

A Catalogue Raisonné

MB&F: the First Fifteen Years

The Joseph Bulova School of Watchmaking Training Manual

Air Vagabonds is the story of the amazing, true (mis)adventures of a band of rogues piloting aircraft alone into exotic and deadly destinations. In the late 1970s and through the 1980s the demand for light aircraft eclipsed anything seen before or since. This created the need for a small air force of pilots—ferry pilots—willing to fly thousands of planes to clients in every corner of the globe. Long-range solo flying is not for everyone, and it attracted a cast of eccentric, unforgettable mavericks who flew from one misadventure to the next, battling storms, desert winds, aircraft malfunctions, primitive navigational aids, loneliness, chemical imbalances, and dangerous Third World politics. Some carried on international scams and love affairs, some were lost at sea, some imprisoned by African despots. They're all here, described with humor and high drama by one of their own, a survivor with phenomenal recall, a knack for distinguishing character from bluster, and a great ear for dialogue and aviation lore.

The first watch connoisseur's guide to explore a century of high-performing, stylish chronometers for watersports adventures above and below the waves--sailing, yachting and diving. From the Rolex Submariner, Omega Seamaster and Blancpain Fifty Fathoms to dive watches by DOXA, Tudor, IWC, Patek Philippe and TAG Heuer, SEA TIME: Watches Inspired by Sailing, Yachting and Diving takes a pinpoint-periscope look at more than 100 contemporary and vintage nautical-inspired mechanical timepieces. With a foreword by best-selling adventure novelist Clive Cussler and images by fine-art photographer Peter Eaton Gurnz, SEA TIME--written by Aaron Sigmond and Mark Bernardo--interweaves history, the sailing-countdown chronographs and dive watches' classic style in a comprehensive, first-of-its-kind monograph. A detailed look at the development and history of these oceanic- and coastal-inspired chronometers is followed by an encyclopedic index: chapters include "The Icons" (the dozen most classic dive watches ever made), "Sailing and Regatta Watches," "Dive Watches" and--for those merely lounging instead of plunging into the briny deep--"By the Pool and At the Shore." Informative and visually striking, this captivating guide is the ideal gift for watch collectors and timepiece devotees, as well as all those who have a timeless appreciation for rakish, sporty style. SEA TIME, a sequel to the much-lauded DRIVE TIME: Watches Inspired by Automobiles, Motorcycles and Racing, is, like its predecessor, the first book of its kind.

The book's many photographs offer a retrospective exhibition of the watches of George Daniels, Svend Andersen, Vincent Calabrese, Philippe Dufour, Antoine Prezioso, Franck Muller, Aniceto Jimâenez Pita, Alain Silberstein, Marco Lang, Vianney Halter and Roger Smith.

Price Guide to Flea Market Treasures

Retro Watches

The Watch, Thoroughly Revised

Bulova

How to Be Invisible

Assembly

Includes Part 1, Number 2: Books and Pamphlets, Including Serials and Contributions to Periodicals July - December)

PRESENTATION: THE ULTIMATE BOOK ABOUT ROLEX
Rolex Encyclopedia is the most complete and updated guide on vintage and modern Rolex watches and it includes every Rolex produced from 1905 until today. A travel through time which you won't be able to interrupt! There is a big story behind every important brand: a story made of great ideas, great adventures, enterprises and innovations that have changed the world that we knew. This is the case of Rolex. Many things have already been said about its story, but the love and passion of Guido Mondani Editore have no limits and this is why the Rolex Encyclopedia wants to reach the soul of the story of this important brand, which has changed the world of watchmaking forever. No one before has ever written so much about the great enterprises of Rolex: a story of outstanding pioneers, of courageous and far-sighted persons, of state-of-the-art watches, which almost represent the Holy Grail for watch collectors. A story told in three big books that in their kind are definitely another unique mission.
TOPICS
Ask yourself a question, any question ... What is the origin of the name Rolex? Where does the nickname "Bubble Back" come from? How many pieces of the Rolex Split-Seconds model were produced? When was the Submariner model created to commemorate the Panama Channel? How many Marks exist for the Submariner and Sea-Dweller models? How many Daytona watch models were produced? How many hours does it take to produce a Cerachrom bezel? You will find all the answers in here. Furthermore, these books also provides the estimates of every Rolex, basing on the conditions, and the updated price of all watches in production.
MODELS
Air-King, Bart Simpson, Bicchierini dial, Bubble Back, Buckley dial, Comex, Chronographs, Cosmograph, Dato-compax, Daytona, Deep Sea, Double Red, Exclamation mark, Explorer I, Explorer II, Explorer dial, Feet First, Glidelock, Glossy dial, GMT-Master, Ghost dial, Green, Hulk, James Bond, Lumi dial, Meter First, Milgauss, Military, Moon Phases, Oman dial, Oyster Date, Oyster DateJust, Oyster DateJust II, Oyster Day-Date, Oyster Day-Date II, Oyster No Date, Panerai, Patent Pending, Patrizzi Dial, Personalized dials (Astrua, Bucherer, Cartier, Cuervos y Sobrinos, Panama Canal, Polipetto, Ronchi, Serpico y Laino, Tiffany, Verga, Versace), Prince, Quartz, Rehaut, Sea-Dweller, Sky-Dweller, Spider dial, Sub-aqua, Submariner, Texano, Triplesix, Tropical dial, Turn- O-Graph, Underline, Yacht Master.

The international magazine of fine interior design.

Rimbaud in New York 1978-79

The Modern Collectors' Guide

Oceans, Airmen, and a Quest for Adventure

Protect Your Home, Your Children, Your Assets, and Your Life

The Life of a Test Pilot and Birth of an American Icon

Catalog of Copyright Entries. Third Series

"Fascinating... a regular field manual... meticulously researched and very entertaining." --G. Gordon Liddy
A thoroughly revised and updated edition of the essential guide to preserving your personal security
From cyberspace to crawl spaces, new innovations in information gathering have left the private life of the average person open to scrutiny, and worse, exploitation. In this thoroughly updated third edition of his immensely popular guide How to Be Invisible, J.J. Luna shows you how to protect your home address, hide your ownership of vehicles and real estate, use pagers with dumbphones, switch to low-profile banking and invisible money transfers, use alternate signatures, and how to secretly run a home-based business. J.J. Luna is an expert and highly trained security consultant with years of experience protecting himself, his family, and his clients. Using real life stories and his own consulting experience, J.J. Luna divulges legal methods to attain the privacy you crave and deserve, whether you want to shield yourself from casual scrutiny or take your life savings with you and disappear without a trace. Whatever your needs, Luna reveals the shocking secrets that private detectives and other seekers of personal information use to uncover information and then shows how to make a serious commitment to safeguarding yourself. There is a prevailing sense in our society that true privacy is a thing of the past. In a world where privacy concerns that only continue to grow in magnitude, How to Be Invisible, Third Edition is a critical antidote to the spread of new and more efficient ways of undermining our personal security. Privacy is a commonly-lamented casualty of the Information Age and of the world's changing climate--but that doesn't mean you have to stand for it. This new edition of J. J. Luna's classic manual contains step-by-step advice on building and maintaining your personal security, including brand new chapters on:
- The dangers from Facebook, smartphones, and facial recognition
- How to locate a nominee (or proxy) you can trust
- The art of pretexting, aka social engineering
- Moving to Baja California Sur; San Miguel de Allende, Guanajuato; Cuenca, Ecuador; or Spain's Canary Islands
- The secrets of international privacy, and much more!

'Project Cheers is a story of brilliant organization and endeavor by three men dedicated to an idea which many thought crazy. That idea was a fantastically fast twin hulled craft called Cheers, designed specifically by Dick Newick to win the Single-handed Transatlantic Race in 1968.' This is the second edition of this historically significant sailing classic since its first publishing in 1969. A website; http:

//www.cheersdicknewick.wordpress.com is ever developing to compliment the book. Photos, links, updates, bio's, and eventually video, complement the story.

Forty years ago, Buzz Aldrin became the second human - minutes after Neil Armstrong - to set foot on a celestial body other than the Earth. The event remains one of mankind’s greatest achievements and was witnessed by the largest worldwide television audience in history. In the years since, millions more have had their earth-centric perspective changed forever by gazing at the iconic photograph of Aldrin standing on the surface of the Moon with the blackness of space behind him. He described what he saw as 'magnificent desolation.' The flight of Apollo 11 made Aldrin one of the most famous people on the planet, yet few people know the rest of the story. In Magnificent Desolation, Aldrin not only gives us a harrowing first-person account of the lunar landing that came within seconds of failure, as well as the ultimate insider's view of life as one of the superstars of America's space program, he also opens up with remarkable candor about his more personal trials - and eventual triumphs - back on Earth. From the glory of being part of the mission that fulfilled President Kennedy's challenge to reach the Moon before the decade was out, Aldrin returned home to an Air Force career stripped of purpose or direction, other than as a public relations tool that NASA put to relentless use in a seemingly nonstop world tour. The twin demons of depression and alcoholism emerged - the first of which Aldrin confronted early and publicly and the second of which he met with denial until it nearly killed him. As an adventure story, a searing memoir of self-destruction and self-renewal, and as a visionary rallying cry to once again set our course for Mars and beyond, Magnificent Desolation is the thoroughly human story of a genuine hero.

1962: July-December

Jewelers' Circular/keystone

Third series

Moonwatch Only

Chilton's Jewelers' Circular/keystone

Speed

In the highly anticipated new volume in Assouline's bestselling Ultimate Collection, The Impossible Collection of Cigars envisions the ultimate humidor brimming with the most remarkable cigars of the twentieth and twenty-first centuries from the most prestigious makers. Like the pop of the Champagne cork, the flick of the lighter or the strike of the match and the first draw of the smoke are synonymous with celebration, relaxation, and comradery. A luxurious pause from the world around, an exceptional, hand-rolled cigar has cemented itself as a civilized passion and genteel hobby over the course of centuries. The Impossible Collection of Cigars is a bid for readers to journey to the fabled Cuban tobacco farms, get up close and personal with the torcedores (master cigar rollers) as they discover the world's most commendable and coveted cigars. Considering the differences and attributes of cigars like Nicaragua's Padrón to Dominican Republic's Arturo Fuente and Davidoff of Geneva, Honduras' Rocky Patel to the Bahamas' Graycliff, and, of course, Cuba's arsenal of legendary smokes, Sigmond's is a list any connoisseur could only dream of. This hand-bound, oversized luxury edition, featuring hand-tipped and authentic cigar bands and presented in a traditional dress trade cigar box is a must-have for the collection of any sincere cigar aficionado.

Managing and marketing through motivation.

The third edition of this definitive and popular book, marking the 60th anniversary of the Speedmaster Now includes 17 new Speedmasters and an additional 120 new illustrations Updated models, serial range, and popularity index make this a must-buy for collectors "Moonwatch Only is certainly one of the best books ever written about a single watch model." - William Massena - Timezone.com "It is an indescribable reference work and a true must-have for every Speedmaster collector." - Forbes "This book sets a new standard. Not only for books on the Omega Speedmaster, but for watch books in general. I've never seen anything like it, and believe me when I tell you that I could fill an impressive sized wall with books on watches. Authors of other books or publishers should take a look at Moonwatch Only as well to see how it should be done." - Robert Jan Broer - FratelloWatches "The OMEGA Speedmaster Professional - the Moonwatch - has done things that no other timepiece has done and it's been worn in places that only a few human beings have been." - Captain Eugene Cernan, 'Last man on the moon' There are very few timepieces in the world that deserve a definitive and comprehensive book such as this one. The OMEGA Speedmaster Professional Moonwatch is one of them. Initially designed for automobile racing teams and engineers, the Omega Speedmaster embarked on a very different trajectory when NASA chose it to accompany astronauts heading for the Moon in 1965. Its involvement in the space adventure has propelled the Moonwatch to the top of the list of celebrated timepieces. After years of research and observation, the authors present a complete panorama of the Moonwatch in a systematic work that is both technical and attractive, making it the inescapable reference book for this legendary watch. This third edition marking the 60th anniversary of the Speedmaster has been enriched with numerous new features including a 16-page gallery of astronauts and their Speedmaster, QR codes to extend your exploration and a detailed story of a vintage Speedmaster.

30 min chrono

Rolex Encyclopedia

Masters of Contemporary Watchmaking

Intellectual Property Law of Canada - Second Edition

The Impossible Collection of Cigars

Incentive

An inside look at the world's first conceptual and artistic watchmaking laboratory, from its processes to its inspirations The MB&F adventure starts in Geneva in 2005. After 15 years working for prestigious names in the world of fine watchmaking, Maximilian Büsser launched Maximilian Büsser & Friends (MB&F), the world's very first conceptual and artistic watchmaking laboratory. MB&F designs and manufactures limited series of radical, innovative, and extraordinary watches that are always the result of a close collaboration between exceptional independent professional watchmakers and the overflowing imagination of the brand's founder. MBF reinterprets horological tradition into three-dimensional mechanical sculptures that tell time. From the launch of the first Horological Machine in 2007, followed by the Legacy Machine in 2011, to the most recent creations, MB&F's watches and clocks are genuine kinetic sculptures. Beyond a mere reasoned catalogue, MB&F: The First Fifteen Years invites the reader to dive into the process of creating and fabricating these incredible watches. Brimming with technical prowess, surrealist inspirations, and science fiction, this book is an invitation to discover the watchmaking of the future.

Over a short ten-year time-span, Hodinkee has positioned itself as the preeminent and most distinguished destination for modern and vintage wristwatch enthusiasts. Exiting a career in finance, Ben Clymer decided to fuse his horological and writing passions in order to start a blog discussing everything from new products to vintage wristwatch auctions. Titling his endeavor after the Czech word hodinky, which means 'little watch, ' Clymer sought to create a platform that was casual and accessible to all levels of enthusiasts--within a few years The New York Times dubbed him the "High Priest of Horology." What started as a humble blog quickly transformed into a full-fledged magazine and e-comm hub for some of the world's leading watch brands. Celebrating the decade milestone since Hodinkee's founding, this book captures the storied expertise of the world's leading experts on time. With chapters breaking down chronographs, dive watches, high design, and horological icons, this book is a connoisseur's compendium for the timepiece veterans and novices alike.

In this stunning new addition to the Assouline series, British historian Nicholas Foulkes has selected the 100 breakthrough timepieces of the twentieth century. Featuring illustrious names such as Audemars Piguet, Blancpain, Jaeger-LeCoultre, Patek Philippe, Rolex, and Tag Heuer, this collection includes the 1915 Omega Lawrence of Arabia aviator chronograph, the 1962 Breitling Navitimer Cosmonaut, and the 1985 Ulysse Nardin Astrolabium. Beautiful timepieces invite us to join a story, and these examples unfold the narrative of one of the most dynamic periods in human history.

A Study of Time Keeping Mechanism; Its Construction, Regulation and Repair

A History of Firsts

Navajo Times

Air Vagabonds

Flight International

The Modern Clock

This treatise on Canadian intellectual property law, written by members of the I.P. practice group of Stikeman, Elliott, is a comprehensive source for answering many of the I.P. questions that arise for both lawyers and corporate counsel. With technologies and new ideas driving today's economy as never before, intellectual property is a key factor in business success. While intellectual property is especially vital for knowledge-based industries, its importance cuts across sectors as well as national boundaries. To meet this challenge, Stikeman, Elliott takes a multi-disciplinary approach to the practice. Their team comprises dynamic and highly creative professionals, including intellectual property, corporate and international trade lawyers, who bring a wide range of training and experience to every transaction. This expertise has been critical to businesses throughout Canada and around the world who want to preserve, protect and exploit their intellectual property to the fullest while reducing the risks of jeopardizing their intellectual property assets. In addition to this work being an eminently practical reference source, it also provides insightful practice commentaries and detailed analysis of all major intellectual property law subjects. In sum, the Intellectual Property Law of Canada is a publication that anyone with Canadian I.P. interests or questions should not be without.

This heartbreaking, hilarious, and brutally honest memoir shares the deeply personal life story of a girl next door and her transformation into a household name. ?For more than forty years, Katie Couric has been an iconic presence in the media world. In her brutally honest, hilarious, heartbreaking memoir, she reveals what was going on behind the scenes of her sometimes tumultuous personal and professional life - a story she's never shared, until now. Of the medium she loves, the one that made her a household name, she says, "Television can put you in a box; the flat-screen can flatten. On TV, you are larger than life but smaller, too. It is not the whole story, and it is not the whole me. This book is." Beginning in early childhood, Couric was inspired by her journalist father to pursue the career he loved but couldn't afford to stay in. Balancing her vivacious, outgoing personality with her desire to be taken seriously, she overcame every obstacle in her way: insecurity, an eating disorder, being typecast, sexism . . . challenges, and how she dealt with them, setting the tone for the rest of her career. Couric talks candidly about adjusting to sudden fame after her astonishing rise to co-anchor of the TODAY show, and guides us through the most momentous events and news stories of the era, to which she had a front-row seat: Rodney King, Anita Hill, Columbine, the death of Princess Diana, 9/11, the Iraq War . . . In every instance, she relentlessly pursued the facts, ruffling more than a few feathers along the way. She also recalls in vivid and sometimes lurid detail the intense pressure on female anchors to snag the latest "get"—often sensational tabloid stories like Jon Benet Ramsey, Tonya Harding, and OJ Simpson. Couric's position as one of the leading lights of her profession was shadowed by the shock and trauma of losing her husband to stage 4 colon cancer when he was just 42, leaving her a widow and single mom to two daughters, 6 and 2. The death of her sister Emily, just three years later, brought yet more trauma—and an unwavering commitment to cancer awareness and research, one of her proudest accomplishments. Couric is unsparing in the details of her historic move to the anchor chair at the CBS Evening News—a world rife with sexism and misogyny. Her "welcome" was even more hostile at 60 Minutes, an unrepentant boys club that engaged in outright hazing of even the most established women. In the wake of the MeToo movement, Couric shares her clear-eyed reckoning with gender inequality and predatory behavior in the workplace, and downfall of Matt Lauer—a colleague she had trusted and respected for more than a decade. Couric also talks about the challenge of finding love again, with all the hilarity, false-starts, and drama that search entailed, before finding her midlife Mr. Right. Something she has never discussed publicly—why her second marriage almost didn't happen. If you thought you knew Katie Couric, think again. Going There is the fast-paced, emotional, riveting story of a thoroughly modern woman, whose journey took her from humble origins to superstardom. In these pages, you will find a friend, a confidante, a role model, a survivor whose lessons about life will enrich your own.

Project Cheers