

Quick Start Guide Take Shape For Life

Using historical and anthropological perspectives to examine mind-body relationships in western thought, this book interweaves topics that are usually disconnected to tell a big, important story in the histories of medicine, science, philosophy, religion, and political rhetoric. Beginning with early debates during the Scientific Revolution about representation and reality, Martensen demonstrates how investigators such as Vesalius and Harvey sought to transform long-standing notions of the body as dominated by spirit-like humors into portrayals that emphasized its solid tissues. Subsequently, Descartes and Willis and their followers amended this ‘new’ philosophy to argue for the primacy of the cerebral hemispheres and cranial nerves as they downplayed the role of the spirit, passion, and the heart in human thought and behavior. None of this occurred in a social vacuum, and the book places these medical and philosophical innovations in the context of the religious and political crises of the Reformation and English Civil War and its aftermath. Patrons and their interests are part of the story, as are patients and new formulations of gender. John Locke’s psychology and the emergence in England of a constitutional monarchy figure prominently, as do opponents of the new doctrines of brain and nerves and the emergent social order. The book’s concluding chapter discusses how debates over investigative methods and models of body order that first raged over 300 years ago continue to influence biomedicine and the broader culture today. No other book on western mind-body relationships has attempted this.

If you haven’t joined the social media revolution yet don’t fret, there’s still time! But with so much out there where do you even start? Something more than a text message, something less than a phone call, not engaging in these new types of online social messaging could mean you are missing out on the action without either “friends” or “followers”. Business, leisure and everything in-between is covered and this guide walks the uninitiated through setup to maintenance and gives you the skills to make your pages lively and relevant to the people you know or work with, and the folk you’re about to meet or reach out to. The term ‘social media’ covers an ever-expanding suite of apps, blogs and wikis, but this book focuses on the most popular, and personal, forms of social media: Facebook and Twitter. Significant attention is also paid to Google+, the latest direct challenge to Facebook’s overwhelming dominance of social networking. Start connecting now with The Rough Guide to Social Media for Beginners. Now available in ePub format. Grails is a full-stack web development framework that enables you to build complete web applications in a fraction of the time and with less code than other frameworks. Grails uses the principle of convention over configuration and the dynamic Groovy programming language. This revised and updated new edition shows you how to use Grails by iteratively building a unique, working application. By the time you’re done, you’ll have built and deployed a real, functioning website. Using this hands-on, pragmatic approach, you’ll explore topics such as Ajax in Grails, custom tags, and plugins. You’ll dig into Grails’ powerful view technology, Groovy Server Pages, and see how you can easily leverage the help offered by scaffolding to create custom user interfaces faster than you would have thought possible. Along the way, you’ll learn about domain classes, controllers, and GSP views. And you’ll see how Grails enables you to use powerful frameworks such as Spring and Hibernate. With Grails, you can get a lot done with little effort. With this book, you’ll get a lot done as well. Get started with Grails today. What You Need: Grails 2 will run on any machine that supports Java. Grails applications can be deployed on any Java Servlet container, including Tomcat, Jetty, WebLogic, JBoss, and Websphere.

An essential year–one resource for life with baby. Contains stories and advice, recommendations from a pediatrician, and career and budget guidance.

The MIDI Manual

The 100 Most Important Chemical Compounds: A Reference Guide

Yugantar: The Dream of Bharatarvarsha Takes Shape 2300 Years Ago

Methods and Techniques

Fly Casting Scandinavian Style

Freelance Writing Business: Step-by-Step Startup Guide

A Practical Guide to MIDI within Modern Music Production

Need to learn HTML. fast? This best-selling reference’s visual format and step-by-step, task-based instructions will have you up and running with HTML, in no time. In this completely updated edition of our best-selling guide to HTML, Web expert and best-selling author Elizabeth Castro uses crystal-clear instructions and friendly prose to introduce you to all of today’s HTML and XHTML essentials. You’ll learn how to design, structure, and format your Web site. You’ll create and use images, links, styles, lists, tables, frames, and forms, and you’ll add sound and movies to your site. Finally, you will test and debug your site, and publish it to the Web. Along the way, you’ll find extensive coverage of CSS techniques, current browsers (Opera, Safari, Firefox), creating pages for the mobile Web, and more. Visual QuickStart Guide—the quick and easy way to learn! Easy visual approach uses pictures to guide you through HTML and show you what to do. Concise steps and explanations get you up and running in no time. Page for page, the best content and value around. Companion Web site at www.cookbook.com/html offers examples, a lively question-and-answer area, updates, and more.

An eclectic mix of shapes and subjects populate Taking Shape—Jan D. Hodge’s full-length collection of carmina figurata (sometimes called shaped poems, pattern poetry, or figure poems). Hodge’s many masterpieces include depictions of a saxophone, a Madonna and Child, a combination piano/guillotine, and other silhouettes of amazing difficulty and detail. These poems are not only visually stunning, they are also sonically beautiful, and retain a transcendent freedom while conforming to both illustrative and metrical constraints. Taking Shape is a visual feast of inspired poetry. PRAISE FOR TAKING SHAPE: Are not all printed formal poems shaped poems? The sonnet, the hymn, the sestina, and the ghazal all have characteristic shapes rather like boxes that confine their subjects. In Jan D. Hodge’s Taking Shape the subjects have burst from their cages and confront us immediately with what they are. Then the words they are made of can reveal their inner beings. The long closure of “Spring” describes the best way to read these poems. I have long known what prayer is, but I never knew what one looked like until I read “Madonna and Child.” Fred Chappell, author of The Fred Chappell Reader Here is a perfect matching of shapes and poetry. Through a wide-ranging array of subjects and tones, Hodge’s mastery of language within such challenging constraints is truly impressive. Syntax and rhythm, metaphor and symbol (see for instance “The One That Got Away” or “The Lesson of the Snow”), connotational subtlety and nuance, Even the occasional poems—wedding, elegy, Valentine’s day, Halloween, Christmas, an early morning poetry reading—find new things to say and striking ways to say them. These poems reward reading again and again. — Robert J. Conley, author of Mountain Windong Jan D. Hodge is the master par excellence of carmina figurata. In Taking Shape you’ll see such word-pictures as the Chinese ideogram for spring; a harpsichord poised before a guillotine; a still life with quill pen and ink bottle, T-square and drafting triangle. More amazing still, Hodge forms many of the intricate images with metered language—in one case in medieval alliterative verse! In a poem about baseball Hodge writes, “forgiveness/ is the best/ we dare hope for in this bruised world/ the thinnest/ chance that lets us somehow/ slide home free”; here “only by grace . . . can we be safe.” Hodge knows of grace, his poems are full of grace, and Taking Shape, like grace itself, is a gift of utter beauty. — Vince Gotera, Editor, North American Review

Explore ways to bring and keep your library’s electronic services up to date! From editor Di Su: “Some years ago, if you were told that a library’s catalog would be available on a 24/7/365 basis, you’d think it was just another fad. Perhaps as influential as Johannes Gutenberg’s invention of movable type printing, the Internet is one of the most significant happenings in the information world in modern times.” In addition to showing you how library services have been influenced and enhanced by the advent of the Internet, Evolution in Reference and Information Services: The Impact of the Internet will enable you to make the most of the new opportunities that current technologies offer. This valuable book will also help you and your library avoid the pitfalls and new challenges to professional competency that come along with electronic research. Evolution in Reference and Information Services; gives you a review of the history of electronic reference looks at the increasing role of librarians as teachers and providers of technical help for users provides case studies and ways to evaluate electronic research methods suggests strategies for providing effective electronic services examines government Web site explores Internet sources of health information shows you how to establish electronic services through your library’s portal site looks at how to manage a library computer lab and much more!

Cocker spaniels puppies are cute, intelligent, lively and eager to please. Their friendliness, devotion and ability to adapt to different environments and people make them a very popular breed to own. This puppy guide book by Blair Smart will give you a quick and easy overview on cocker spaniel puppy care. It will take you by the hand through all you need to know about raising a cocker spaniel puppy, including: History of Breed Physical Attributes The Pros and Cons of a Cocker Spaniel Housing and Supplies Required Preparing for Your Puppy’s Arrival Welcoming Your Puppy Grooming and Cleaning Development Training Socialization Common Ailments Signs of a Healthy Puppy Show Requirements

Scaled Agile Framework for Lean Enterprises

The Simplified Beginner’s Guide to Developing a Scalable Online Strategy, Finding Your Customers, and Profitably Growing Your Business

Cannabis Business: Step-by-Step Startup Guide

The New Artist’s Manual

The Definitive Guide to Painting and Drawing

Quick-start Guide to Pocket Billiards

An Early History

Forex Trading QuickStart Guide“The Simplified Beginner’s Guide to Successfully Swing and Day Trading the Global Foreign Exchange Market Using Proven Currency Trading Techniques”ClydeBank Media LLC

The fourth century BCE is full of dangers and opportunities. Old republics are giving way to empires and cities. ‘Naastik’ sects are challenging the established varna system. The intellectual life of India is bristling like new shoots after the monsoon. The domination of the Kshatriyas and the Brahmanas is being challenged. State power is up for grabs. And the Macedonians are at the gates! Most people believe that Bharatarvarsha is only a dream. But not the Yugantar, a brotherhood of the wisest and most selfless thinkers of ancient India. Interesting turn of events bring ordinary people from different parts of the subcontinent into the fold of the Yugantar – a rebel blacksmith from Ujjayini, a Siddha doctor from Madurai; a doughty mariner from Muziris; a trader from Pataliputra and a widow run from Kaushambli. They represent a microcosm of the sub-continent. Each of them is drawn towards the Yugantar by a strange lum of events. Each has a prowess which the Yugantar can mould into a formidable force. They converge in Takshashila, the centre of learning and transformation. This is the story of how their will and determination contribute to a united Bharatarvarsha.

Retirement is a time of opportunity. Without the routine demands of working life, new ambitions can be realized and experiences enjoyed. Yet with so much to consider, people are often unsure how best to plan for their future. Furthermore, with rising retirement ages, the closure of many final salary pension schemes, poor annuity rates and uncertainty regarding universal benefits, the scope for concern and confusion is even greater. The Good Retirement Guide is essential reading for all those looking forward to making the most of their retirement, and offers clear and concise suggestions and advice on a broad range of retirement-related subjects, including finance (investments, pensions, annuities, benefits and tax), housing, health, holidays, starting a business and looking after elderly parents.

HTML, XHTML, and CSS, Sixth Edition

3ds Max Modeling for Games

Innovative Developments in Virtual and Physical Prototyping

The Bedford Guide for College Writers with Reader, Research Manual, and Handbook

Visual QuickStart Guide

A Reference Guide

The Good Retirement Guide 2013

Taking Shape explores the evolution of scientific and academic theories that have resulted in the concept of sustainability. Susannah Hagan uses this as a basis to argue for developments in the future and argues that these theories are not ‘just an intellectual and aesthetic regression’ as they are often perceived to be. By focusing on the impact of the new theories of sustainable technology and new materials in architecture, Hagan moves the discourse and practice of environmental sustainability within architecture towards a greater degree of awareness of both its cultural significance and cultural potential. In short, it demonstrates the capacity of sustainable architecture to embrace cultural and technical innovation.

The practical, accessible painting and drawing guidance that made The Artist’s Manual and The New Artist’s Manual beloved classics now returns in a new ebook. With the same breadth of content as the originals, this updated version is packed with easy to follow instructions, including comprehensive information about all varieties of materials and tools, along with hundreds of critical techniques for mastering composition, color, line, tone, and more. Copiously illustrated in 1,300 color photos and examples from working artists, this new edition is the definitive guide for artists of every skill level looking to begin, develop, and perfect their skills. The Complete Artist’s Manual is today’s essential studio companion.

Updated and reorganized, C++ Plus Data Structures, Fourth Edition explores the specifications, applications, and implementations of abstract data types with unmatched accessibility. Written by renowned author and educator Nell Dale, this text provides intuitive explanations that clarify abstract concepts, and approaches the study of data structures with emphasis on computer science theory and software engineering principles. Topics such as modularization, data encapsulation, information hiding, object-oriented decomposition, algorithm analysis, life-cycle software verification models, and data abstraction are carefully presented to foster good software engineering techniques in students from the beginning of their careers. In addition to the meaningful exercises and case studies that define Nell Dale’s teaching philosophy, this fourth edition provides an increased emphasis on object-oriented design and an early introduction of object-oriented concepts.

What is a chemical compound? Compounds are substances that are two or more elements combined together chemically in a standard proportion by weight. Compounds are all around us - they include familiar things, such as water, and more esoteric substances, such as trituranium octaoxide, the most commonly occurring natural source for uranium. This reference guide gives us a tour of 100 of the most important, common, unusual, and intriguing compounds known to science. Each entry gives an extensive explanation of the composition, molecular formula, and chemical properties of the compound. In addition, each entry reviews the relevant chemistry, history, and uses of the compound, with discussions of the origin of the compound’s name, the discovery or first synthesis of the compound, production statistics, and uses of the compound.

Handbook of Human Factors and Ergonomics in Consumer Product Design, 2 Volume Set

The Rough Guide to Social Media for Beginners

Evolution in Reference and Information Services

Understanding and Crafting the Mix

The Complete Artist’s Manual

SAFe 4.5 Reference Guide

Digital Marketing QuickStart Guide

Cash in, One Load at a Time The problem with most high-profit businesses is that you spend so much time on the job that you have little free time to enjoy the fruits of your labor. But coin-operated laundries are different. They’re low-maintenance, recession-proof, and you can make as much as \$200,000 a year working only part-time hours. But you have to know what you’re doing. And with our guide, you will. You’ll get an in-depth overview of the industry (where its been and where it’s likely to go) and learn everything you need to know before launching your own self-serve laundry business including: New ideas for marketing your laundry An expanded section on hiring and training attendants Updated information on card systems Recent advances in laundry equipment The latest on laws and regulations concerning laundries More ways to combine a laundry with other businesses You’ll also get first-hand advice from successful coin-op laundry owners on how to create an inviting atmosphere that will draw customers in and keep them coming back. Clean clothes are a necessity, not a luxury. People are going to use laundromats no matter how the stock market is performing. So if you’re looking for an easy-to-run business that will keep the cash flowing no matter how the rest of the economy is doing, you’ve found it. And while you’re at it, why not order our Vending Business guide, too? It makes an ideal companion business and it’s a great way to augment your income. This kit includes: • Essential industry and business-specific startup steps with worksheets, calculators, checklists and more. • Entrepreneur Editors’ Start Your Own Business, a guide to starting any business and surviving the first three years. • Downloadable, customizable business letters, sales letters, and other sample documents. • Entrepreneur ’s Small Business Legal Toolkit.

With its process-oriented rhetoric, provocative thematic reader, up-to-date research manual, and comprehensive handbook, The Bedford Guide for College Writers gives your students the tools they need to succeed as writers -- all in one book. Each of the book’s four main components has been carefully developed to provide an engaging, well-coordinated guide for student writers. This edition’s new, more open design and sharper focus on active learning do even more to help students develop transferable skills. The Bedford Guide for College Writers prepares students to be the confident, resourceful, and independent writers they will need to be.

This practical guide to materials and techniques for visual artists provides a basic introduction to color theory, the art of mixing pigments, painting and drawing methods, essential tools and materials, working with various media, creative ideas for composition, interviews with leading artists, and sample works.

Visual QuickStart Guide to MIDI within Modern Music Production, Fourth Edition, is a complete reference to MIDI. Written by David Miles Huber (a 4x Grammy-nomiated musician, producer and author), this best-selling guide provides clear explanations of what MIDI 1.0 and 2.0 are, acting as a guide for electronic instruments, the DAW, MIDI sequencing and how to make best use of them. You will learn how to set up an efficient MIDI system and how to get the most out of your production room and ultimately ... your music. Packed full of useful tips and practical examples on sequencing and mixing techniques, The MIDI Manual also covers in-depth information on system interconnections, controllers, groove tools, the DAW, synchronization and more. For the first time, the MIDI 2.0 spec is explained in light of the latest developments and is accompanied with helpful guidelines for the long-established MIDI 1.0 spec and its implementation chart. Illustrated throughout with helpful photos and screenshots, this is the most readable and clearly explained book on MIDI available.

Arizona & New Mexico Getting Started Garden Guide

Your Must-Have Manual for Life with Baby

The Quick Guide to Cocker Spaniel Puppies

Human Factors and Ergonomics in Consumer Product Design

A Modern Guide to Knifemaking

2016 Fourth Edition, High-Quality Reference Book and Study Guide Covering All Major Telecommunications Topics... in Plain English.

The Brain Takes Shape

In this essential guide, Abby Finer and Deborah Pearlman of the Warner Bros. Television Writers Workshop reveal insider tips and tricks aimed at paving the way to better scripts by new writers. The book focuses on all aspects of writing for television, from the definition and importance of sample material to what it takes to be a successful TV writer. In particular, the authors provide instruction on troubleshooting scripts—with a do and don’t list. For the novice scriptwriter, they include advice on how to research, brainstorm ideas, choose the right show, as well as write a beat sheet and outline in order to achieve a polished draft. Filled with practical advice and up-to-date industry information, each chapter provides strategies and insights that will jump-start a fledgling writing career toward success.

Innovative Developments in Virtual and Physical Prototyping presents essential research in the area of Virtual and Rapid Prototyping. The volume contains reviewed papers presented at the 5th International Conference on Advanced Research in Virtual and Rapid Prototyping, hosted by the Centre for Rapid and Sustainable Product Development of the Polytechnic Institute of Leiria, Portugal, from September 28 to October 1, 2011. A wide range of topics is covered, such as CAD and 3D Data Acquisition Technologies, Additive and Nano Manufacturing Technologies, Rapid Tooling & Manufacturing, Biomanufacturing, Materials for Advanced Manufacturing Processes, Virtual Environments and Simulation, Applications of Virtual and Physical Prototyping Technologies. Innovative Developments in Virtual and Physical Prototyping is intended for engineers, designers and manufacturers who are active in the areas of mechanical, industrial and biomedical engineering.

In A Modern Guide to Knifemaking, survivalist Laura Zerra, one of the stars of Naked and Afraid on the Discovery Channel, shares her essential knifemaking tips and tricks, including step-by-step instructions for both forging and stock removal. We all use a knife pretty much every day, but for Zerra, her daily life often depends on the blade she takes with her into the wild. She’s learned about what works and what doesn’t, what steel will hold an edge, and what nuances in blade design will make or break a knife. From design to sharpening, A Modern Guide to Knifemaking covers every step in the knifemaking process. To begin, you will consider what you want your knife to accomplish, develop a design, and make a prototype. Zerra takes you through choosing and buying steel for your knife and then teaches you to build your own forge. You will learn forging basics and then move on to forge the shape of your knife and make the blade fit. From there, you will cut the blade profile, grind in bevels to make the edge of the knife, heat treat and temper your blade, grind and polish it, and make a handle and sheath for it. You will also learn sharpening techniques to maintain the edge of your new knife. Throughout, Zerra has included Pro-Tips from some of the leading knifemakers working today including Ken Onion, Kaila Cumings, and Mike Jones. A Modern Guide to Knifemaking covers every detail of knifemaking so you can make yourself the perfect knife.

Fully updated! Prepare for Microsoft Exam 70-413 - and help demonstrate your real-world mastery designing, and implementing Windows Server infrastructure in an enterprise environment. Designed for experienced IT professionals ready to advance their status, Exam Ref focuses on the critical-thinking and decision-making acumen needed for success at the MCSE level. Focus on the expertise measured by these objectives: Plan and deploy a server infrastructure Design and implement network infrastructure services Design and implement network access services Design and implement an Active Directory infrastructure (logical) Design and implement an Active Directory infrastructure (physical) This Microsoft Exam Ref is fully updated for Windows Server 2012 R2 Organizes its coverage by objectives for Exam 70-413 Features strategic, what-if scenarios to challenge candidates Designed for IT professionals responsible for designing, implementing, and maintaining a Windows Server 2012 infrastructure in an enterprise-scaled, highly virtualized environment.

Insider’s Guide to Game Character, Vehicle, and Environment Modeling

Taking Shape: A New Contract Between Architecture and Nature

Grails 2: A Quick-Start Guide

The Warner Bros. Television Writers Workshop Guide

Maya 7 for Windows and Macintosh

The Complete Guide to Painting and Drawing Materials and Techniques

The secrets of billiards–taught by two of its greatest players Pool legend Steve Mizerak has teamed up with Ewa Mataya Laurance, the “Striking Viking,” to write A Quick-Start Guide to Pocket Billiards, an essential resource for players of all levels to learn the skills required to attain proficiency at the game and then take their games to the next level. In clear, step-by-step instructions and friendly language, it teaches readers how to: Think like a pro Select and hold the perfect cue Sink balls Analyze and set up shots Play the offensive in a game

Understanding and Crafting the Mix, 3rd edition provides the framework to identify, evaluate, and shape your recordings with clear and systematic methods. Featuring numerous exercises, this third edition allows you to develop critical listening and analytical skills to gain greater control over the quality of your recordings. Sample production sequences and descriptions of the recording engineer’s role as composer, conductor, and performer provide you with a clear view of the entire recording process. Dr. William Moylan takes an inside look into a range of iconic popular music, thus offering insights into making meaningful sound judgments during recording. His unique focus on the aesthetic of recording and mixing will allow you to immediately and artfully apply his expertise while at the mixing desk. A companion website features recorded tracks to use in exercises, reference materials, additional examples of mixes and sound qualities, and mixed tracks.

A step-by-step approach through the complex Medicare Maze. The book breaks down Medicare Parts ‘A,B,C & D’. Teaching what these parts cover. How do you apply. What are your options, and how to maximize your benefits while lower your costs and avoiding any penalties. The book also goes in-depth into Medicare supplemental “Medigap” plans (A thru N) What our best plan options? What does it cover? what are the advantages and disadvantages? The book will break down your Medicare options into an easy to understand explanation taking away any guesswork you may have. Since the beginning of the concepts of family therapy, mental health professionals have known that the family – the system – is a powerful source of support for change or a powerful force for resistance to change. Some professionals work with individuals, some with families and some with groups. However, all work with the context of the systems -- family, group, community, country, etc. Students, especially beginning students, are overwhelmed and confused at the variety of approaches to working with clients. Many programs introduce students to individual as well as systems concepts in the course of training. Students need assistance in learning this variety of theories. They need to be able to compare and contrast theories and techniques to determine when and where to utilise the best skills in order to facilitate client change. Dr. Karin Jordan has compiled a comprehensive text that enables the students to discover each theory as it is presented in its purist form. The text is accessible yet the content provides comprehensive knowledge of each theory. Dr. Jordan has brought together the master educators and clinicians in our fields to write about their particular expertise.

Reference Reborn: Breathing New Life into Public Services Librarianship

The Quick Theory Reference Guide

Step-by-step instruction for forging your own knife from expert bladesmiths, including making your own handle, sheath and sharpening

The Working Cat’s Guide to Babyville

The Impact of the Internet

“The Simplified Beginner’s Guide to Successfully Swing and Day Trading the Global Foreign Exchange Market Using Proven Currency Trading Techniques”

Clearinghouse Review

THE ULTIMATE BEGINNER’S GUIDE TO FOREX TRADING – INCLUDES A COMPREHENSIVE ONLINE LIBRARY OF TRADING DIGITAL TOOLS! THE ONLY Forex Trading Book Complete With a Library of FREE Digital Trading Tools Including the Author’s Own Trade Analyzer and a Powerful Trading Indicator Billions of dollars are moving through the forex market every hour. Are you ready to start trading? Foreign exchange traders capitalize on exposure to the largest financial market in the world. Foreign currency markets run around the clock, and with little more needed than an internet connection, popular currency pairs can be traded from anywhere on the globe. With high liquidity, a decentralized marketplace, and commission-free trading across the board, foreign exchange trading is a powerful tool for anyone who wants to take control of their own financial success story. In Forex Trading QuickStart Guide, author and veteran trader Troy Noonan draws on his decades-long career spent in the trenches of the foreign currency markets to outline the exact path that new forex traders should take. The book presents insights distilled from thousands of trades on the global forex markets, including guidance on technical and fundamental analysis, interpreting charts, and mastering the psychology of successful forex traders. Will trading successes, the lessons learned from painful failures, and the resulting forex trading fundamentals that Troy has imparted to thousands of trading students are on full display in this book. It doesn’t matter if you are an experienced trader who is new to the foreign currency asset class or a complete novice just getting started—this book will demystify the international foreign currency market and put you firmly on the path to success! Forex Trading QuickStart Guide Is Perfect For: - Complete beginners - even if you’ve never placed a forex trade before! - People who tried trading foreign currency in the past but didn’t find success because of complicated courses or phony forex “gurus” - Existing forex traders who want to hone their skills & increase their earning potential - Anyone who wants the freedom of making full-time income with part-time effort! Forex Trading QuickStart Guide Explains: - The Inner Workings of the Foreign Exchange Market - Currency pairs – How to Spot Opportunities and Execute Winning Trades - How to Back Test and Validate your Forex Trades Plans to Minimize Trading Risk! You Will Learn: - The Mechanics of the Foreign Currency Markets – How to Analyze Popular Currency Pairs, How to Identify Good Entry Points, and How to Interpret the Geopolitical Factors Others Miss - Technical and Fundamental Analysis – How to Interpret the Language of the Markets and Know When to Hold On to Your Money, How to Spot Warning Signs and the Signals That Tell Pro Traders When to Make a Move - The Psychology of Trading Forex – The Often Discounted But Essential Mindset Changes That Bring Pro Traders to the Head of the Pack - How to Pick a Broker – What Essential Features to Look For in a World-Class Broker, How to Read the Charts They Provide, How to Interpret Chart Patterns, and More! *LIFETIME ACCESS TO FREE FOREX TRADING DIGITAL ASSETS* Forex Trading QuickStart Guide comes with lifetime access to a library of exclusive tools and videos designed to help you get started quickly and become a better trader faster. *GIVING BACK* ClydeBank Media proudly supports One Tree Planted as a reforestation partner. *All market exposure, including forex trading, carries a risk of financial loss. Losses may exceed deposits. No system or trading approach can eliminate financial risk.

THE ULTIMATE BEGINNER’S GUIDE TO DIGITAL MARKETING IN 2022 – INCLUDES A COMPREHENSIVE ONLINE LIBRARY OF DIGITAL MARKETING TOOLS! The future of business growth is digital. Are you prepared? Digital marketers tap into an unprecedented ability to discover and reach motivated customers at scale. Now more than ever, digital marketing strategies are the key for emerging brands, new and veteran entrepreneurs, and businesses of all sizes to convert customers in digital spaces. With the availability of cost-effective advertising, content marketing, social media marketing, email marketing and more, there has never been a better time to connect with your customers and grow your business. In Digital Marketing QuickStart Guide, author and veteran marketer Benjamin Sweeney distills a decade’s worth of marketing experience into a crash course that covers everything from marketing fundamentals to sophisticated digital strategies. Infused with marketing wisdom that is as invaluable on day one as on day one thousand, Digital Marketing QuickStart Guide equips readers with the skills and strategies they need to reach customers and grow their businesses. Whether you are a freelancer selling your services to businesses, an entrepreneur who needs more customers, a student who needs to get up to speed fast, or an online creator, artist, or influencer you will find value in these pages. It doesn’t matter if you have never run a Facebook Ad before or are a successful entrepreneur who just can’t make your digital marketing efforts click—anyone can become a savvy digital marketer by using the tools and tactics presented in this book! Digital Marketing QuickStart Guide Is Perfect For: - Entrepreneurs who want to take control of their digital marketing and grow their business - Freelancers and members of the gig economy looking to diversify their service offerings - In-house or agency marketers who want to brush up on digital marketing fundamentals - Business and marketing students who need a digital marketing edge - Influencers, artists, creators, and anyone who needs to sell or connect with more people in digital spaces! Digital Marketing QuickStart Guide Explains: - How to use digital marketing channels to connect with more people and win more customers - How to nail down exactly who your customer is and how to create a marketing strategy that reaches those people where they spend time online - How to boost your search rankings and get your business seen by the millions of people using search engines every day - How to use social media marketing to increase engagement and round out an effective marketing strategy You Will Learn: - Modern Marketing Fundamentals – How Timeless Marketing Basics Can Be Repurposed for Digital Spaces - Building Your Own Digital Marketing Toolkit – Exactly How Digital Marketing Tools Work and How to Use Them - Digital Marketing in Action – How to Organize and Implement Campaigns that Reach and Convert at Scale - Digital Strategy Design – How to Structure Your Digital Marketing Strategy to Save Money and Get Results - Digital Marketing Core Concepts – Using Social, Email, Cost-Effective Advertising, Mastering SEO, and More! *LIFETIME ACCESS TO FREE DIGITAL MARKETING DIGITAL ASSETS* Digital Marketing QuickStart Guidescomes with lifetime access to a huge library of exclusive tools designed to help you get started quickly and hit your marketing goals faster. *GIVING BACK* ClydeBank Media proudly supports One Tree Planted as a reforestation partner.

More than 30 subject authors have contributed to these up-to-date essays on public services librarianship, including timely topics such as new service configurations, the impact of e-resources in reference and collection development, and innovative outreach. • Over 30 contributors, including established experts and the next generation of leaders in reference and public services librarianship • A subject index guides readers to topics of interest.

The Must-have Reference Guide for SAFe® Professionals “There are a lot of methods of scale out there, but the Scaled Agile Framework is the one lighting up the world.” – Steve Elliot, founder/CEO AgileCraft “Since beginning our Lean-Agile journey with SAFe, Vantiv has focused its strategic efforts and its execution. We have improved the predictability of product delivery while maintaining high quality, and have become even more responsive to customers—resulting in higher customer satisfaction. And just as important, employee engagement went up over the past year.” – Dave Kent, Enterprise Agile Coach, Vantiv Fully updated to include the new innovations in SAFe 4.5, the SAFe® 4.5 Reference Guide is ideal for anyone serious about learning and implementing the world’s leading framework for enterprise agility. Inside, you’ll find complete coverage of the scaledagileframework.com knowledge base, the website that thousands of the world’s largest brands turn to for building better software and systems. SAFe was developed from real-world field experience and provides proven success patterns for implementing Lean-Agile software and systems development at enterprise scale. This book provides comprehensive guidance for work at the enterprise Portfolio, Large Solution, Program, and Team levels, including the various roles, activities, and artifacts that constitute the Framework. Education & Training Key to Success The practice of SAFe is spreading rapidly throughout the world. The majority of Fortune 100 companies have certified SAFe professionals and consultants, as do an increasing percentage of the Global 200. Case study results – visit scaledagileframework.com/case-studies – typically include: 30 – 75% faster time-to-market 25 – 75% increase in productivity 20 – 50% improvements in quality 10 – 50% increased employee engagement Successful implementations may vary in context but share a common attribute: a workforce well trained and educated in SAFe practices. This book – along with authorized training and certification – will help you understand how to maximize the value of your role within a SAFe organization. The result is greater alignment and visibility, improved performance throughout the enterprise, and ultimately better outcomes for the business.

Everything You Need to Know About Health, Property, Investment, Leisure, Work, Pensions and Tax

How to Navigate the Medicare Maze

Exam Ref 70-413 Designing and Implementing a Server Infrastructure (MCSE)

Starting Your Television Writing Career

Step-by-Step Startup Guide

Quick Start Guide That Will Take You Step-By-step Through the Medicare Process When You Qualify for Medicare

Set up your business for success with the perfect shot. The experts at Entrepreneur provide a two-part guide to success. First, learn how to take your writing career into your own hands as a professional freelance writer. Then, master the fundamentals of business startup including defining your business structure, funding, staffing, and more. This kit includes: Essential industry and business-specific startup steps with worksheets, calculators, checklists, and more Entrepreneur magazine’s Start Your Own Business, a guide to starting any business and surviving the first three years and beyond Interviews and advice from successful entrepreneurs in the industry Worksheets, brainstorming sections, and checklists Entrepreneur’s Startup Resource Kit (downloadable) MORE ABOUT ENTREPRENEUR’S STARTUP RESOURCE KIT Every small business is unique. Therefore, it’s essential to have tools that are customizable depending on your business’s needs. That’s why Entrepreneur is also offering you access to our Startup Resource Kit. Get instant access to thousands of business letters, sales letters, sample documents, and more—all at your fingertips! You’ll find the following: The Small Business Legal Toolkit When your business dreams go from idea to reality, you’re suddenly faced with laws and regulations governing nearly every move you make. Learn how to stay in compliance and protect your business. The “how do I get started?” questions every business owner faces along with a thorough understanding of the legal and tax requirements of your business. Sample Business Letters 1000+ customizable business letters covering every type of written business communication you’re likely to encounter as you communicate with customers, suppliers, employees, and others. Plus a complete guide to business communication that covers every question you may have about developing your own business communication style. Sample Sales Letters The experts at Entrepreneur have compiled more than 1000 of the most effective sales letters covering introductions, prospecting, setting up appointments, cover letters, proposal letters, and the all-important follow-up letter, and letters covering all aspects of sales operations to help you make the sale and generate new customers and huge profits.

Every day we interact with thousands of consumer products. We not only expect them to perform their functions safely, reliably, and efficiently, but also to do so seamlessly that we don’t even think about it. However, with the many factors involved in consumer product design, from the application of human factors and ergonomics principles to reducing risks of malfunction and the total life cycle cost, well, the process just seems to get more complex. Edited by well-known and well-respected experts, the two-volumes of Handbook of Human Factors and Ergonomics in Consumer Product Design simplify this process. The first volume, Human Factors and Ergonomics in Consumer Product Design: Methods and Techniques, outlines the how to incorporate Human Factors and Ergonomics (HF/E) principles and knowledge into the design of consumer products in a variety of applications. It discusses the user-centered design process, starting with how mental workload affects every day interactions with consumer products and what

lessons may be applied to product design. The book then highlights the ever-increasing role of information technology, including digital imaging, video and other media, and virtual reality applications in consumer product design. It also explores user-centered aspect of consumer product development with discussions of user-centered vs. task-based approach, articulation and assessment of user requirements and needs, interaction with design models, and eco design. With contributions from a team of researchers from 21 countries, the book covers the current state of the art methods and techniques of product ergonomics. It provides an increased knowledge of how to apply the HF/E principles that ultimately leads to better product design.

Lifting the veil on all facets of the marijuana industry, this step-by-step guide sheds light on business opportunities available as cannabis becomes legal and regulated across the globe. From retailers to growers, producers, and suppliers, there’s a seemingly never-ending list of startup opportunities in this emerging market, and we’ll give you the tools you need to succeed. Plus, this kit includes: Essential industry-specific startup essentials including industry trends, best practices, important resources, possible pitfalls, marketing musts, and more Entrepreneur Editors’ Start Your Own Business, a guide to starting any business and surviving the first three years Interviews and advice from successful entrepreneurs in the industry Worksheets, brainstorming sections, and checklists Entrepreneur’s Startup Resource Kit (downloadable) More about Entrepreneur’s Startup Resource Kit Every small business is unique. Therefore, it’s essential to have tools that are customizable depending on your business’s needs. That’s why with Entrepreneur is also offering you access to our Startup Resource Kit. Get instant access to thousands of business letters, sales letters, sample documents and more - all at your fingertips! You’ll find the following: The Small Business Legal Toolkit When your business dreams go from idea to reality, you’re suddenly faced with laws and regulations governing nearly every move you make. Learn how to stay in compliance and protect your business from legal action. In this essential toolkit, you’ll get answers to the “how do I get started?” questions every business owner faces along with a thorough understanding of the legal and tax requirements of your business. Sample Business Letters 1000+ customizable business letters covering every type of written business communication you’re likely to encounter as you communicate with customers, suppliers, employees, and others. Plus a complete guide to business communication that covers every question you may have about developing your own business communication style. Sample Sales Letters The experts at Entrepreneur have compiled more than 1000 of the most effective sales letters covering introductions, prospecting, setting up appointments, cover letters, proposal letters, the all-important follow-up letter and letters covering all aspects of sales operations to help you make the sale, generate new customers and huge profits.

Renowned Southwest gardening experts Mary Irish and Judith Phillips share their firsthand experiences with gardening in Arizona and New Mexico. The southwestern United States is home to some of the most beautiful landscapes and formations in the entire country. Alongside its famed attractions - the Grand Canyon, Rio Grande Gorge, and Havasu Falls among them - the region caters to a vast array of unique plant life, specially adapted to thrive in warm, dry climates as well as at high elevations. In Arizona & New Mexico Getting Started Garden Guide, authors and local gardening legends Mary Irish and Judith Phillips feature region-specific advice on planting, growing, and caring for more than 150 of the best-performing and most desirable plants across Arizona and New Mexico. Flowers and grasses, desert perennials and trees, shrubs and vines . . . this plant-by-plant guide includes useful information for the novice and the experienced gardener alike, paying special attention to low-water-use species that enjoy the specific climates of these two states. From the spectacular blooms of the claret-cup hedgehog to the puffballs of the Baja fairy duster, each plant is featured with full-color photography, detailed planting and care instructions, and recommendations for plants that can peacefully coexist with them. With an intuitive layout, pronunciation guides, a custom icon key for readily accessible plant facts, and color-coded USDA zone maps, Arizona & New Mexico Getting Started Garden Guide is the simplest, most foolproof plant manual for gardening everywhere from Carlsbad to Kingman.

A Resource for Expert and Novice Mental Health Professionals
Coin-Operated Laundry: Entrepreneur’s Step-by-Step Startup Guide

The Art of Recording

Forex Trading QuickStart Guide

Taking Shape - carmina figurata

Proceedings of the 5th International Conference on Advanced Research in Virtual and Rapid Prototyping, Leiria, Portugal, 28 September - 1 October, 2011

CPH Exam Quick Reference Review

Adding tools that allow users to realize the 2D Toon look of comic books, cartoons, manga and anime: create spectacular clothing, fur or long hair for characters; and move data quickly back and forth between Maya and Adobe Photoshop or Illustrator, an already cool program just got even cooler. Here to take budding animators and modelers from 0 to 60 fast in Maya 7 is the eagerly update to everybody’s favorite Maya tome: Maya 7: Visual QuickStart Guide! In these pages, best-selling authors Danny Riddell and Steve Anzovin use a combination of task-based instruction and strong visual aids to take readers step by step through all of Maya’s essentials: unsurpassed character rigging and posing, integration with essential production tools such as Photoshop, Illustrator and more. Both beginning users, who want a thorough introduction to the topic, and more advanced users, who are looking for a convenient reference, will find what they need here in straightforward language and through readily accessible examples, peppered with tons of timesaving tips and tricks. By the end of the volume, users will be creating their own alternate universes in Maya. A comprehensive resource, this handbook covers consumer product research, case study, and application. It discusses the unique perspective a human factors approach lends to product design and how this perspective can be critical to success in the market place. Divided into two volumes, the handbook includes introductory and summary chapters on case study design, design method process, error and hazards, evaluation methods, focus groups, and more. It discusses white goods, entertainment systems, personnel audio devices, mobile phones, gardening products, computer systems, and leisure goods.

This is an old version of Telecom 101. Please see https://play.google.com/store/books/details?id=NLHbDwAAQBAJ for the Fifth Edition 2020! Packed with information, authoritative, up to date, covering all major topics - and written in plain English - Telecom 101 Telecommunications Reference Book is an invaluable textbook and day-to-day reference on telecommunications. Telecom 101 core knowledge set required in the telecommunications business today; the technologies, the players, the products and services, jargon and buzzwords, and most importantly, the underlying ideas... and how it all fits together. The course materials for Teracom’s famous Course 101 Telecom, Datacom and Networking for Non-Engineers, augmented with additional topics and bound in this book, bring you consistency, completeness and unbeatable value. Our approach can be summed up with a simple philosophy: Start at the beginning. Progress in a logical order. Build one concept on top of another. Finish at the end. Avoid jargon. Speak in plain English. Bust the buzzwords, demystify jargon, and cut through doubletalk! Fill gaps and build a solid base of structured knowledge. Understand how everything fits together... knowledge and understanding that lasts a lifetime. Ideal for anyone needing a book covering all major topics in telecom, data communications, IP and networking... in plain English. A wealth of clear, concise, organized knowledge, impossible to find in one place anywhere else! Join thousands of satisfied customers. Get your copy today! 7" x 9" softcover - 264 pages 4th edition • Published March 2016 print ISBN 9781894887038 eBook ISBN 9781894887786 Print quantities are limited. Order today to avoid disappointment. Your Go-To Telecommunications Resource Covering all major topics, we begin with the Public Switched Telephone Network (PSTN), then • progress in a logical order, building one concept on top of another, • from voice to data, • fundamentals to digital, packets, IP and Ethernet, VoIP, • fiber and wireless, DSL and cable, routers and networks, MPLS, ISPs and CDNs, • and finish with the Brave New World of IP Telecom, where voice, data and video are the same thing. • An invaluable day-to-day reference handbook • Learn and retain more reading a hard copy, professionally printed and bound • Up-to-date: published 2016. Allows you to study and review topics before attending a course • An economical and convenient way to self-study ... these are the materials to an instructor-led course that costs \$1395 to attend. • The Certification Study Guide for the prestigious Telecommunications Certification Organization (TCO) Certified Telecommunications Analyst (CTA) telecommunications certification. Value by our top instructor, Eric Coll, M.Eng., Telecom 101 contain 35 years of knowledge and learning distilled and organized into an invaluable study guide and practical day-to-day reference for non-engineers. Looking through the chapter list and detailed outline below, you’ll see that many chapters of Telecom 101 are like self-contained reference books on specific topics, like the PSTN, IP, LAN and cellular. You can get all of these topics bound in one volume for one low price. Compare this to hunting down and paying for multiple books by different authors that may or may not cover what you need to know- and you’ll agree this is a very attractive deal. Career- and productivity-enhancing training... an investment that will be repaid many times over. Chapter List Telecom 101 three parts: Fundamentals of Telecommunications, Telecommunications Technologies, and the IP Telecommunications Network. PART I FUNDAMENTALS OF TELECOMMUNICATIONS 1 INTRODUCTION 2 FUNDAMENTALS OF TELEPHONY 3 SWITCHING 4 THE TELECOMMUNICATIONS INDUSTRY We begin with the fundamentals of telephony and the telephone network - the basis for understanding everything else. First is the Public Switched Telephone Network (PSTN): loops and trunks, circuit-switching, analog, the voiceband and Plain Ordinary Telephone Service (POTS). Plus, new for the fourth edition: Voice over IP (VoIP) is now part of the fundamentals. Next is switching, starting with traditional telephone switches: Centrex, PBX and PBX trunks, and how that relates to the new softswitches, Hosted PBX and SIP trunking. This part is completed with a chapter on the telecommunications business: Local Exchange Carriers and Inter-Exchange Carriers, ILECs and CLECs, the main players and how carriers interconnect. PART II TELECOMMUNICATIONS TECHNOLOGIES 5 DIGITAL 6 TRANSMISSION SYSTEMS 7 THE NETWORK CLOUD AND SERVICE PROVISIONING 8 FIBER OPTICS 9 DSL AND CABLE MODEMS: LAST MILE ON COPPER 10 WIRELESS The second part is devoted to telecommunications technologies: the actual methods used to implement circuits and services. We begin with digital: what digital is, how voice and video are digitized, and how digitized information is actually transmitted. The next chapter is transmission systems: the high-capacity systems developed to carry many users’ traffic. This starts with the installed base of channelized systems, the hierarchy of DS0, DS1 and DS3 rates and an overview of T1, T3, SONET and ISDN. Then our attention turns to the new generation packetized systems, introducing the concepts of overbooking and bandwidth on demand instead of channels, how this is implemented with frames and packets, and how they coexist and transition from channels to packets. Then we understand the ‘Network Cloud’, how services are actually implemented, the three basic types of services and the equipment used for each. Completing this part are chapters on the technologies used to implement the network: Fiber Optics, including fundamentals of fiber, wave-division multiplexing, the network core, Metro Networks, Passive Optical Networks and fiber to the premise. Last Mile on Copper: DSL and Cable Modems, including fundamentals of modems, DSLAMs, VDSL, broadband and cable modems. Wireless, concentrating on mobile communications: cellular and mobility concepts, the technologies TDMA, CDMA and OFDM, the generations from 1G to 4G, and the systems GSM, UMTS, 1X and LTE. Chapter is completed with WiFi and satellite. PART III THE IP PACKET-SWITCHED TELECOM NETWORK (IP-PSTN) 11 ‘DATA’ COMMUNICATIONS CONCEPTS 12 CODING, FRAMES AND PACKETS 13 THE OSI LAYERS AND PROTOCOL STACKS 14 ETHERNET, LANS AND VLANS 15 IP NETWORKS, ROUTERS AND ADDRESSES 16 MPLS AND CARRIER NETWORKS 17 THE INTERNET 18 WRAPPING UP The third part of Telecom 101 is dedicated to the new-generation IP telecommunications network. We begin by understanding how convergence was achieved by treating voice and video like data - then accordingly, cover the fundamentals of what used to be called ‘data communications’: DTEs, DCEs, LANs and WANs and the crucial concepts of packets and frames. There are so many factors that need to be performed to implement phone calls, television, web browsing, email and everything else over the IP network, a structure is necessary to be able to identify and discuss separate issues separately. For this purpose, there is a chapter on the OSI Reference Model and its layers, identifying what the layers are, examples of protocols for each layer and how they work together. Then we begin moving up the layers. The next chapter is on Ethernet, LANs and VLANs (Layer 2), including MAC addresses and MAC frames, LAN cables, Optical Ethernet, LAN switches and how VLANs are used to separate traffic. The next chapter is all about IP (Layer 3): how routers implement the network, routing tables, IP addresses, subnets, IPv4 address classes, static addresses and DHCP; public addresses, private addresses and NAT; and an overview of IP version 6. On a real-world telecom network, a traffic management system is required. This is implemented with a technique called in general virtual circuits, and in particular, with MPLS. The next chapter in the book covers the fundamentals, briefly reviews legacy technologies X.25, Frame Relay, ATM, then focuses on MPLS and how it is used to implement VPNs. Class of Service, service integration and traffic aggregation. The last main chapter is on the Internet: its origins, what an ISP is and how an ISP connects to the rest of the Internet via transit and peering, the web, the Domain Name System, HTML and HTTP, SSL, MIME and base-64 encoding for email, Internet telephony, VPNs vs. business customer ‘MPLS service’. The final chapter is a summary and wrap-up, covering technology deployment from the top down, useful reference charts listing all of the technologies, standard network designs and ending with a look at The Future. APPENDICES Telecommunications technology is in constant change - and some technologies that used to be of prime importance are no longer so important today, and so have been moved from the main part of the book into appendices. The very last part of the book provides a comprehensive list decoding mainstream acronyms and abbreviations used in telecom. A ALL ABOUT T1 B LEGACY VOICE SERVICES AND JARGON C ACRONYMS AND ABBREVIATIONS Telecom 101 7" x 9" softcover textbook • 488 pages 4th edition • Published March 2016 print ISBN 9781894887038 eBook ISBN 9781894887786 Get your copy today!

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