

Manual Handling Youtube

Perioperative Nursing - EBook-epub
Manual of Clinical Behavioral Medicine for Dogs and Cats - E-Book
Keep Calm and Log On YouTube
Making Music
Mindfulness, Bliss, and Beyond
Terrain Essentials
Watch Me Play
Reading YouTube
Dance Music
Manual
iPad For Seniors For Dummies
How Fear Works
Zak George's Guide to a Well-Behaved Dog
MLA Handbook for Writers of Research Papers
The Rust Programming Language (Covers Rust 2018)
Lucky Dog Lessons
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Self-Compassion
Manual for Ear Training and Sight Singing
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Airplane Flying Handbook (FAA-H-8083-3A)
Laboratory Biosafety Manual
Qualitative Data Analysis with NVivo
The Ark Before Noah
Foundation Studies for Caring
Improvement of Mathematical Models for Vehicle Handling. Volume 3: Technical Manual for the Five-degree-of-freedom Models. Final Report
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Civil Engineering Reference Manual for the PE Exam
Things to Make and Do in the Fourth Dimension
2016 Emergency Response Guidebook
Proceedings of the 20th Congress of the International Ergonomics Association (IEA 2018)
How to Be a Bawse
Google BigQuery: The Definitive Guide

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"Let's face it. People love watching videos. This can be seen by the incredible growth of YouTube over the years! The great thing about YouTube is that it is easy to use and very popular. A good video can get shared with great speed and astounding results. In this book I will uncover the secrets to making quality videos that have the chance to go viral."--Amazon.com.

Manual of Clinical Behavioral Medicine for Dogs and Cats - E-Book

The recent translation of a Babylonian tablet launches a groundbreaking investigation into one of the most famous stories in the world, challenging the way we look at ancient history. Since the Victorian period, it has been understood that the story of Noah, iconic in the Book of Genesis, and a central motif in Judaism, Christianity and Islam, derives from a much older story that existed centuries before in ancient Babylon. But the relationship between the Babylonian and biblical traditions was shrouded in mystery. Then, in 2009, Irving Finkel, a curator at the British Museum and a world authority on ancient Mesopotamia, found himself playing detective when a member of the public arrived at the museum with an intriguing cuneiform tablet from a family collection. Not only did the tablet reveal a new version of the Babylonian Flood Story; the ancient poet described the size and completely unexpected shape of the ark, and gave detailed boat building

specifications. Decoding this ancient message wedge by cuneiform wedge, Dr. Finkel discovered where the Babylonians believed the ark came to rest and developed a new explanation of how the old story ultimately found its way into the Bible. In *The Ark Before Noah*, Dr. Finkel takes us on an adventurous voyage of discovery, opening the door to an enthralling world of ancient voices and new meanings.

Keep Calm and Log On

How to survive the digital revolution without getting trampled: your guide to online mindfulness, digital self-empowerment, cybersecurity, creepy ads, trustworthy information, and more. Feeling overwhelmed by an avalanche of online content? Anxious about identity theft? Unsettled by the proliferation of fake news? Welcome to the digital revolution. Wait—wasn't the digital revolution supposed to make our lives better? It was going to be fun and put the world at our fingertips. What happened? *Keep Calm and Log On* is a survival handbook that will help you achieve online mindfulness and overcome online helplessness—the feeling that tech is out of your control—with tips for handling cybersecurity, creepy ads, untrustworthy information, and much more. Taking a cue from the famous World War II morale-boosting slogan (“Keep Calm and Carry On”), Gus Andrews shows us how to adapt the techniques our ancestors used to survive hard times, so we can live our best lives online. She explains why media and technology stress us out, and offers empowering tools for coping. Mindfulness practices can help us stay calm and conserve our attention purposefully. Andrews shares the secret of understanding our own opinions’ “family trees” in order to identify misleading “fake news.” She provides tools for unplugging occasionally, overcoming feelings that we are “bad at technology,” and taking charge of our security and privacy. Andrews explains how social media algorithms keep us from information we need and why “creepy ads” seem to follow us online. Most importantly, she urges us to work to rebuild the trust in our communities that the internet has broken.

YouTube

Making Music

Work with petabyte-scale datasets while building a collaborative, agile workplace in the process. This practical book is the canonical reference to Google BigQuery, the query engine that lets you conduct interactive analysis of large datasets. BigQuery enables enterprises to efficiently store, query, ingest, and learn from their data in a convenient framework. With this book, you’ll examine how to analyze data at scale to derive insights from large datasets efficiently. Valliappa Lakshmanan, tech lead for Google Cloud Platform, and Jordan Tigani, engineering director for the BigQuery team, provide best practices for modern data warehousing within an autoscaled, serverless public cloud. Whether you want to explore

parts of BigQuery you're not familiar with or prefer to focus on specific tasks, this reference is indispensable.

Mindfulness, Bliss, and Beyond

Starting Strength: Basic Barbell Training is the new expanded version of the book that has been called "the best and most useful of fitness books." It picks up where Starting Strength: A Simple and Practical Guide for Coaching Beginners leaves off. With all new graphics and more than 750 illustrations, a more detailed analysis of the five most important exercises in the weight room, and a new chapter dealing with the most important assistance exercises, Basic Barbell Training offers the most complete examination in print of the most effective way to exercise.

Terrain Essentials

Watch Me Play

The official book on the Rust programming language, written by the Rust development team at the Mozilla Foundation, fully updated for Rust 2018. The Rust Programming Language is the official book on Rust: an open source systems programming language that helps you write faster, more reliable software. Rust offers control over low-level details (such as memory usage) in combination with high-level ergonomics, eliminating the hassle traditionally associated with low-level languages. The authors of The Rust Programming Language, members of the Rust Core Team, share their knowledge and experience to show you how to take full advantage of Rust's features--from installation to creating robust and scalable programs. You'll begin with basics like creating functions, choosing data types, and binding variables and then move on to more advanced concepts, such as:

- Ownership and borrowing, lifetimes, and traits
- Using Rust's memory safety guarantees to build fast, safe programs
- Testing, error handling, and effective refactoring
- Generics, smart pointers, multithreading, trait objects, and advanced pattern matching
- Using Cargo, Rust's built-in package manager, to build, test, and document your code and manage dependencies
- How best to use Rust's advanced compiler with compiler-led programming techniques

You'll find plenty of code examples throughout the book, as well as three chapters dedicated to building complete projects to test your learning: a number guessing game, a Rust implementation of a command line tool, and a multithreaded server. New to this edition: An extended section on Rust macros, an expanded chapter on modules, and appendixes on Rust development tools and editions.

Reading YouTube

Dance Music Manual

Provides guidelines and examples for handling research, outlining, spelling, punctuation, formatting, and documentation.

iPad For Seniors For Dummies

New 2016 edition now available. (NOTE: No further discounts for already reduced sale items) The official "Emergency Response Guidebook (ERG)" is a guide for use by transporters, firefighters, police, and other emergency services personnel who may be the first to arrive at the scene of a transportation incident involving a hazardous material. It is used by first responders in (1) quickly identifying the specific or generic classification of the material(s) involved in the incident, and (2) protecting themselves and the general public during this initial response phase of the incident. The "ERG" is updated every three to four years to accommodate new products and technology. Other products pertaining to this topic include the following: National Traffic Incident Management Responder Training Program: Train-the-Trainer Guide can be found here: <https://bookstore.gpo.gov/products/sku/050-001-00347-3> U.S. Coast Guard Incident Management Handbook 2014 can be found at this link: <http://bookstore.gpo.gov/products/sku/050-012-00516-8?ctid=152> Airborne Hazards Related to Deployment can be found here: <https://bookstore.gpo.gov/products/sku/008-023-00154-5> NIOSH Pocket Guide to Chemical Hazards --print format ok) can be found here: <https://bookstore.gpo.gov/products/sku/017-033-00500-1> Army Chemical Review: The Professional Bulletin of the Chemical Corps --print journal subscription --sign up to subscribe to never miss an issue here: <https://bookstore.gpo.gov/products/sku/708-067-00000-8?ctid=> Code of Federal Regulations, Title 49, Transportation, Pt. 178-199, Revised as of October 1, 2015 can be found here: <https://bookstore.gpo.gov/products/sku/869-082-00220-4?ctid=604> Code of Federal Regulations, Title 44, Emergency Management and Assistance, Revised as of October 1, 2015 can be found here: <https://bookstore.gpo.gov/products/sku/869-082-00192-5?ctid=604> Hazardous Materials collection including CBRNE- related product resources can be found here: <https://bookstore.gpo.gov/catalog/security-defense-law-enforcement/hazar> Emergency Management and First Responders collection can be found here: <https://bookstore.gpo.gov/catalog/security-defense-law-enforcement/emerg>"

How Fear Works

Zak George's Guide to a Well-Behaved Dog

Does your dog bark a lot, pull on the leash, hate to be left alone, or have accidents in the house? Celebrity dog trainer and

YouTube star Zak George creates the most watched dog training content in the world and has helped millions of people with their dogs. In this problem-based guide, he makes it easy to look up and solve the exact behavioral issue that you're struggling with—whether you're dealing with a new puppy, an adult dog you've had for years, or a recently adopted rescue. He also helps you prevent many of these problems from becoming established in the first place. Packed with case studies and examples from Zak's videos so you can see his tactics in action, this book contains step-by-step instructions for dealing with: · Chewing · Jumping up · Barking · Play biting · Begging · Not listening · Thunderstorm phobia · Separation anxiety · Aggression · And much more! Delving deeply into why dogs do what they do and how to work through any problems that might arise, Zak proves that it's never too late to correct behavioral issues. In this book, he shares his compassionate, modern, science-based approach that has worked with the thousands of dogs he's trained throughout his career.

MLA Handbook for Writers of Research Papers

Among its many amazing applications, Google now has web-based alternatives to many of the applications in Microsoft Office. This comprehensive and easy-to-follow new book enables you to explore Google's new office applications in detail. Once you do, you'll be in good company -- more than 100,000 small businesses and some corporations are already looking to take advantage of these free Google offerings. Google Apps: The Missing Manual teaches you how to use three relatively new applications from Google: "Docs and Spreadsheets", which provide many of the same core tools that you find in Word and Excel; and Google Calendar and Gmail, the applications that offer an alternative to Outlook. This book demonstrates how these applications together can ease your ability to collaborate with others, and allow you access to your documents, mail and appointments from any computer at any location. Of course, as remarkable as these applications are, Google's office suite is definitely a work-in-progress. Navigating what you can and can't do and -- more importantly -- understanding how to do it isn't always easy. And good luck finding enough help online. Google Apps: The Missing Manual is the one book you need to get the most out of this increasingly useful part of the Google empire. This book: Explains how to create, save and share each of Google's web-based office applications Offers separate sections for Docs and Spreadsheets, Google Calendar, and Gmail Demonstrates how to use these applications in conjunction with one another Gives you crystal-clear and jargon-free explanations that will satisfy users of all technical levels Many of you already use Gmail, but do you know its full potential? Do you know how you can increase its power by using Gmail with Doc and Spreadsheets and Google Calendar? You'll find out with Google Apps: The Missing Manual. You'll also come to understand why large corporations such as General Electric and Proctor & Gamble are taking a long, hard look at these applications.

The Rust Programming Language (Covers Rust 2018)

In 1997, Frank Furedi published a book called Culture of Fear. It was widely acclaimed as perceptive and prophetic. Now

Furedi returns to his original theme, as most of what he predicted has come true. In *How Fear Works*, Furedi seeks to explain two interrelated themes: why has fear acquired such a morally commanding status in society today and how has the way we fear today changed from the way that it was experienced in the past? Furedi argues that one of the main drivers of the culture of fear is unravelling of moral authority. Fear appears to provide a provisional solution to moral uncertainty and is for that reason embraced by a variety of interests, parties and individuals. Furedi predicts that until society finds a more positive orientation towards uncertainty the politicisation of fear will flourish. Society is continually bombarded with the message that the threats it faces are incalculable and cannot be managed or contained. The ascendancy of this outlook has been paralleled by the cultivation of helplessness and passivity – all this has heightened people's sense of powerlessness and anxiety. As a consequence we are constantly searching for new forms of security, both physical and ontological. What are the drivers of fear, what is the role of the media in its promotion, and who actually benefits from this culture of fear? These are some of the issues Furedi tackles to explain the current predicament. He believes that through understanding how fear works, we can encourage attitudes that will help bring about a less fearful future.

Lucky Dog Lessons

Comprehensive Civil Engineering Coverage You Can Trust The Civil Engineering Reference Manual is the most comprehensive textbook for the NCEES Civil PE exam. This book's time-tested organization and clear explanations start with the basics to help you quickly get up to speed with common civil engineering concepts. Together, the 90 chapters provide an in-depth review of all of the topics, codes, and standards listed in the NCEES Civil PE exam specifications. The extensive index contains thousands of entries, with multiple entries included for each topic, so you'll find what you're looking for no matter how you search. This book features: over 100 appendices containing essential support material over 500 clarifying examples over 550 common civil engineering terms defined in an easy-to-use glossary thousands of equations, figures, and tables industry-standard terminology and nomenclature equal support of U.S. customary and SI units After you pass your exam, the Civil Engineering Reference Manual will continue to serve as an invaluable reference throughout your civil engineering career. Topics Covered Construction: Earthwork Construction and Layout; Estimating Quantities and Costs; Construction Operations and Methods; Scheduling; Material Quality Control and Production; Temporary Structures; Worker Health, Safety, and Environment Geotechnical: Subsurface Exploration and Sampling; Engineering Properties of Soils and Materials; Soil Mechanics Analysis; Earth Structures; Shallow Foundations; Earth Retaining Structures; Deep Foundations Structural: Loadings; Analysis; Mechanics of Materials; Materials; Member Design; Design Criteria Transportation: Traffic Analysis; Geometric Design; Transportation Planning; Traffic Safety Water Resources and Environmental: Closed Conduit Hydraulics; Open Channel Hydraulics; Hydrology; Groundwater and Well Fields; Wastewater Treatment; Water Quality; Water Treatment; Engineering Economics

Training with Moska

This book presents the proceedings of the 20th Congress of the International Ergonomics Association (IEA 2018), held on August 26-30, 2018, in Florence, Italy. By highlighting the latest theories and models, as well as cutting-edge technologies and applications, and by combining findings from a range of disciplines including engineering, design, robotics, healthcare, management, computer science, human biology and behavioral science, it provides researchers and practitioners alike with a comprehensive, timely guide on human factors and ergonomics. It also offers an excellent source of innovative ideas to stimulate future discussions and developments aimed at applying knowledge and techniques to optimize system performance, while at the same time promoting the health, safety and wellbeing of individuals. The proceedings include papers from researchers and practitioners, scientists and physicians, institutional leaders, managers and policy makers that contribute to constructing the Human Factors and Ergonomics approach across a variety of methodologies, domains and productive sectors. This volume includes papers addressing Musculoskeletal Disorders.

Self-Compassion

Perioperative Nursing 2e has been written by local leaders in perioperative nursing and continues to deliver a contemporary, practical text for Australian and New Zealand perioperative nurses. Appropriate for nursing students and graduates entering the perioperative environment, Perioperative Nursing, 2e offers a sound foundational knowledge base to underpin a perioperative nursing career. This unique text will also be of value to those undertaking postgraduate perioperative studies, as well as to more experienced perioperative nurses seeking to refresh their knowledge or expand their nursing practice. This essential title examines the roles and responsibilities of nurses working within a perioperative environment, providing an overview of key concepts in perioperative care. The scope of this book addresses anaesthetic, intraoperative and postanaesthetic recovery care, as well as day surgery and evolving perioperative practices and environments. Research boxes where appropriate Feature boxes on special populations, such as paediatric, geriatric and bariatric patients Emphasis is placed on the concept of the patient journey, working within interprofessional teams, communication, teamwork, patient and staff safety, risk management strategies and medico-legal considerations. Now endorsed by ACORN Aligns with the 2016 ACORN and PNC NZNO Standards Reflects the latest national and international standards, including the NSQHS Standards, the new NMBA Standards for Practice for Registered and Enrolled Nurses and the WHO Surgical Safety Checklist Includes two new chapters: The perioperative team and interdisciplinary collaboration and Perioperative patient safety Supporting online resources are available on evolve.

Manual for Ear Training and Sight Singing

Manual Handling

How-to-Guide of making wargame terrain

The Third Industrial Revolution

Lecturers/instructors only - request a free digital inspection copy here This straightforward, jargon-free book provides an invaluable introduction to planning and conducting qualitative data analysis with NVivo. Written by leading authorities, with over 40 years combined experience in computer-assisted analysis of qualitative and mixed-mode data, the new edition of this best selling textbook is an ideal mix of practical instruction, methodology and real world examples. Practical, clear and focused the book effectively shows how NVivo software can accommodate and assist analysis across a wide range of research questions, data types, perspectives and methodologies. It sets out: The power and flexibility of the NVivo software How best to use NVivo at each stage in your research project Examples from the authors' own research and the sample data that accompanies the software, supplemented with vignettes drawn from across the social sciences Annotated screen shots A website with links to data, sample projects, supplementary/updated instructions, and SAGE journal content This second edition contains new chapters on handling a literature review, visualizing data, working in mixed methods and social media datasets, and approaching NVivo as a team. An insightful step-by-step guide to the messy reality of doing computer-assisted analysis, this successful book is essential reading for anyone considering using NVivo software.

DBT? Skills Training Manual, Second Edition

Training with Moska is based on the best instructive material Moskalkenko collected while working with amateurs for three decades. The book covers a wide variety of aspects of the game and the more than 500 instructive positions are accessible for players of different strengths. If you have an Elo rating between 1400 and 2100, this book will help you make a big step forward. With his famous light touch and humour Moskalkenko explains the themes and concepts of his training material. Subsequently, he presents a multitude of typical examples and exercises and rounds off with large exams to test your understanding. As if you are attending one of his training sessions, your imagination and visualisation will improve, you will learn to recognize the intentions of your opponent, you will find out how to select between options before you start to calculate, and much more. You will experience what thousands did before you: Training with Moska is not just very useful, it is a lot of fun as well!

Google Apps: The Missing Manual

The Manual for Ear Training and Sight Singing and the Anthology for Sight Singing provide a comprehensive, research-based curriculum in aural skills.

Starting Strength

If your past attempts at learning flash have all ended in failure (not to mention tears and/or blind rage), then *The Off-Camera Flash Handbook* is about to change everything for you. For years, photographer Vanessa Joy has been using off-camera flash to create gorgeous portraits that look like they were shot in the most beautiful natural light at the perfect time of day. Well, guess what? That consistent look was not created thanks to the most amazing luck with the weather. No. It was created by a pro photographer who mastered her use of off-camera flash. And with her down-to-earth and practical explanations, that's exactly what Vanessa teaches you in this book.

Vanessa breaks down off-camera flash into an easy-to-understand approach, and instead of focusing on the gear and the settings (which are also included, of course), she focuses on the kinds of shots you want to make. This book is about learning to use off-camera flash easily and quickly so that you can create beautiful, natural-looking light in any situation, at any time you need it...regardless of the weather or time of day.

The book is divided into three parts. Part One covers the fundamentals of off-camera flash, and it does so without blasting you with a firehose of information. Instead, Vanessa gives you the basics you need so that you can start shooting right away without becoming overwhelmed with technical jargon.

Once you're set up and ready to go, Vanessa jumps right into Part Two with specific photo scenarios and real-world situations where you'll learn key techniques for using your flash to create consistent, beautiful photographs. For each scenario, Vanessa provides the goal for the shoot, a gear list, the step-by-step shooting instructions, and images that show both the progress of the shoot and the behind-the-scenes shots or lighting diagrams of the setup. She also discusses problems you may encounter, variations on the shot, and additional practical scenarios for each situation.

Just a few examples include:

- Recreating the golden hour at any time
- Shooting groups

Read Book Manual Handling Youtube

- Making indoors look like outdoors
- Enhancing natural light
- Using flash at events
- Working in harsh sunlight
- Creating silhouettes
- Shooting at sunset
- Fixing an ugly-light room
- And much more

Finally, Part Three tackles the questions you'll likely have once you've got the basics under your belt and you're already creating great photos with your off-camera flash—things like high-speed sync, sync speed, a practical understanding of the inverse square law, etc. There is also a helpful FAQ section at the end of the book.

TABLE OF CONTENTS

PART 1: GETTING STARTED WITH OFF-CAMERA FLASH (OCF)

You Already Know This

Getting Your Flash Off Camera

Getting the Exposure

Light Positions and Modifiers

How to Add More Lights

PART 2: Off-Camera Flash Techniques

Creating Golden Haze

Creating Golden Hour

Creating Twilight

Photographing at Sunset

Making a Magenta Sunset

Group Shots with One Light

Individual Portraits

Portraits of Couples

Enhancing Natural Light

Making Indoors Look Like Outdoors

Super Soft Portrait Light

Warming up the Sky

Keeping a Blue Sky

Light like It's Coming Through a Window

Creating a Silhouette

Turn Day into Night

Tiny Little Details

Table Details

Event Speeches

In Harsh Sunlight

Shooting with Reflectors

Event Bounce Flash

Using Gels for Fun Color Effects

Using Gels to Color Correct

Lighting a Dark Room

Making a Rainy Day Sunny

Lighting to Look Like Window Light

Making Front Bokeh

Filling in Shadows

Wow, This Indoor Light Sucks

Rim Lighting

PART 3: Features, Troubleshooting, and FAQs

WTF Are You Talking About?

But Light Doesn't Do That

FAQs about OCF

Motorcycle Handling and Chassis Design

The celebrity dog trainer and Emmy-winning star of the CBS show Lucky Dog shares his training system to transform any dog—from spoiled purebred puppy to shelter-shocked rescue—into a model companion in just seven days. Each week on Lucky Dog, Brandon McMillan rescues an untrained, unwanted, "unadoptable" shelter dog. In the days that follow, these dogs undergo a miraculous transformation as they learn to trust McMillan, master his 7 Common Commands, and overcome their behavior problems—ultimately becoming well-mannered pets and even service dogs. With his labor of love complete, McMillan unites each dog with a forever family. Now, in his first book, McMillan shares the knowledge he has gained working with thousands of dogs of every breed and personality to help readers turn their own pets into well-trained Lucky Dog graduates. Lucky Dog Lessons begins with the basics—building trust, establishing focus and control, and mastering training techniques. From there, McMillan explains his playful, careful, and kind approach to training the 7 Common Commands he teaches every dog: SIT, STAY, DOWN, COME, OFF, HEEL, and NO. Next, McMillan provides solutions to common canine behavior problems, including house training issues, door dashing, chewing, barking, and common mealtime misbehaviors. Lucky Dog Lessons includes easy-to-follow steps, illustrative examples, tried-and-true tips and tricks, and photographs to demonstrate each technique. Throughout the book, McMillan shares inspiring stories about his favorite students and gives fans a behind-the-scenes look at the show and some of his most unique and challenging canine encounters, including some never-before-seen outtakes. Brandon McMillan believes that no dog is beyond saving, and the loving, positive, successful methods he offers will work wonders with even the most challenging dog. Create the happy pet family you want with Lucky Dog Lessons.

To Train Up a Child

Airplane Flying Handbook (FAA-H-8083-3A)

The Industrial Revolution, powered by oil and other fossil fuels, is spiraling into a dangerous endgame. The price of gas and

food are climbing, unemployment remains high, the housing market has tanked, consumer and government debt is soaring, and the recovery is slowing. Facing the prospect of a second collapse of the global economy, humanity is desperate for a sustainable economic game plan to take us into the future. Here, Jeremy Rifkin explores how Internet technology and renewable energy are merging to create a powerful "Third Industrial Revolution." He asks us to imagine hundreds of millions of people producing their own green energy in their homes, offices, and factories, and sharing it with each other in an "energy internet," just like we now create and share information online. Rifkin describes how the five-pillars of the Third Industrial Revolution will create thousands of businesses, millions of jobs, and usher in a fundamental reordering of human relationships, from hierarchical to lateral power, that will impact the way we conduct commerce, govern society, educate our children, and engage in civic life. Rifkin's vision is already gaining traction in the international community. The European Union Parliament has issued a formal declaration calling for its implementation, and other nations in Asia, Africa, and the Americas, are quickly preparing their own initiatives for transitioning into the new economic paradigm. The Third Industrial Revolution is an insider's account of the next great economic era, including a look into the personalities and players — heads of state, global CEOs, social entrepreneurs, and NGOs — who are pioneering its implementation around the world.

Laboratory Biosafety Manual

Qualitative Data Analysis with NVivo

Meditation: it's not just a way to relax, or to deal with life's problems. Done correctly, it can be a way to radically encounter bliss and to begin - and sustain - real transformation in ourselves. In *Mindfulness, Bliss, and Beyond*, self-described meditation junkie Ajahn Brahm shares his knowledge and experience of the jhanas - a core part of the Buddha's original meditation teaching. Never before has this material been approached in such an empowering way, by a teacher of such authority and popularity. Full of surprises, delightfully goofy humor, and entertaining stories that inspire, instruct, and illuminate, *Mindfulness, Bliss, and Beyond* will encourage those new to meditation, and give a shot in the arm to more experienced practitioners as well.

The Ark Before Noah

This title includes additional digital media when purchased in print format. For this digital book edition, media content is not included.

Foundation Studies for Caring

How does one make sense of YouTube? Through genre analysis and digital media criticism, this book presents an accessible, yet critical introduction for "reading" YouTube. It identifies certain videos by genre and provides a thumbnail textual analysis of the videos. Designed primarily for classroom use, the book develops a conceptual language for students to use as they engage with the complex, interactive texts of YouTube and digital culture more generally. -- Publisher description.

Improvement of Mathematical Models for Vehicle Handling. Volume 3: Technical Manual for the Five-degree-of-freedom Models. Final Report

A book from the stand-up mathematician that makes math fun again! Math is boring, says the mathematician and comedian Matt Parker. Part of the problem may be the way the subject is taught, but it's also true that we all, to a greater or lesser extent, find math difficult and counterintuitive. This counterintuitiveness is actually part of the point, argues Parker: the extraordinary thing about math is that it allows us to access logic and ideas beyond what our brains can instinctively do—through its logical tools we are able to reach beyond our innate abilities and grasp more and more abstract concepts. In the absorbing and exhilarating *Things to Make and Do in the Fourth Dimension*, Parker sets out to convince his readers to revisit the very math that put them off the subject as fourteen-year-olds. Starting with the foundations of math familiar from school (numbers, geometry, and algebra), he reveals how it is possible to climb all the way up to the topology and to four-dimensional shapes, and from there to infinity—and slightly beyond. Both playful and sophisticated, *Things to Make and Do in the Fourth Dimension* is filled with captivating games and puzzles, a buffet of optional hands-on activities that entices us to take pleasure in math that is normally only available to those studying at a university level. *Things to Make and Do in the Fourth Dimension* invites us to re-learn much of what we missed in school and, this time, to be utterly enthralled by it.

The Off-Camera Flash Handbook

Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

Manual Handling at Work

The new iPad can do even more - get up to speed with this updated guide! Get the most out of the newest iPad and iOS 6 software with this fun and practical full-color guide. Written in the friendly For Dummies style by veteran and bestselling For Dummies author Nancy C. Muir, this helpful guide thoroughly explains iPad basics and then some. Discover easy-to-follow tips and advice on the latest iOS 6 features and popular favorites, such as the Siri virtual personal assistant, FaceTime, Facebook integration, Safari, photo and video editing, e-books, and more. Covers the third-generation iPad, iPad 2 and original iPad and is fully updated for iOS 6 Explains how to use the iPad in the clear, friendly, easy-to-follow language that has defined the For Dummies series for two decades Uses senior-friendly larger fonts and full-color illustrations, making the information accessible and easy to follow Covers exciting new features of iOS 6 and the new iPad, including Siri, Passbook, a brand new Maps app, Facebook integration, enhancements to FaceTime, Mail, Safari, Photos, and improved accessibility features for users with hearing and vision challenges Shows the best ways to use your iPad for e-mail, games, e-books, music, videos, photos, and keeping connected with your friends and family Whether you use your iPad to keep in touch, keep track of your schedule, or keep yourself entertained, iPad For Seniors For Dummies, 5th Edition is the perfect accessory to keep at hand.

Civil Engineering Reference Manual for the PE Exam

Preceded by: Skills training manual for treating borderline personality disorder / Marsha M. Linehan. c1993.

Things to Make and Do in the Fourth Dimension

This is the third edition of this manual which contains updated practical guidance on biosafety techniques in laboratories at all levels. It is organised into nine sections and issues covered include: microbiological risk assessment; lab design and facilities; biosecurity concepts; safety equipment; contingency planning; disinfection and sterilisation; the transport of infectious substances; biosafety and the safe use of recombinant DNA technology; chemical, fire and electrical safety aspects; safety organisation and training programmes; and the safety checklist.

2016 Emergency Response Guidebook

A look at the revolution in game live streaming and esports broadcasting Every day thousands of people broadcast their gaming live to audiences over the internet using popular sites such as Twitch, which reaches more than one hundred million viewers a month. In these new platforms for interactive entertainment, big esports events featuring digital game competitors live stream globally, and audiences can interact with broadcasters—and each other—through chat in real time. What are the ramifications of this exploding online industry? Taking readers inside home studios and backstage at large

esports events, Watch Me Play investigates the rise of game live streaming and how it is poised to alter how we understand media and audiences. Through extensive interviews and immersion in this gaming scene, T. L. Taylor delves into the inner workings of the live streaming platform Twitch. From branding to business practices, she shows the pleasures and work involved in this broadcasting activity, as well as the management and governance of game live streaming and its hosting communities. At a time when gaming is being reinvented through social media, the potential of an ever-growing audience is transforming user-generated content and alternative distribution methods. These changes will challenge the meaning of ownership and intellectual property and open the way to new forms of creativity. The first book to explore the online phenomenon Twitch and live streaming games, Watch Me Play offers a vibrant look at the melding of private play and public entertainment.

Proceedings of the 20th Congress of the International Ergonomics Association (IEA 2018)

So you want to learn the ins and outs of creating dance music and looking to improve your production? Then this book is just for you. No matter what genre you are interested in- trance, techno, garage, chill out, house or what tool you are working with- Ableton, Reason, Reaktor or Absynth, Snowman covers every aspect of dance music production- from sound design, compression and effects to mixing and mastering to help you improve your music. No matter what your level of experience the Dance Music Manual is packed with sound advice, techniques and practical tips to help you achieve professional results. The CD provides demo tracks showing what can be achieved when applying the advice contained in the book, including examples of the quality difference before and after mixing and mastering. The CD also contains free software demos for you to download. For even more advice and resources, check out the book's official website www.dancemusicproduction.com

How to Be a Bawse

Winner of the 2017 Goodreads Choice Awards: Non-Fiction Book of the Year! The official debut book from YouTube phenomenon Lilly Singh. 'The ultimate no-nonsense manual for millennials how to make it to the top' Marie Claire From actress, comedian and YouTube sensation Lilly Singh (aka Superwoman) comes the definitive guide to being a BAWSE - a person who exudes confidence, reaches goals, gets hurt efficiently, and smiles genuinely because they've fought through it all and made it out the other side. Told in her hilarious, bold voice that's inspired over 9 million fans, and using stories from her own life to illustrate her message, Lilly proves that there are no shortcuts to success. **WARNING:** This book does NOT include hopeful thoughts, lucky charms, and cute quotes. That's because success, happiness and everything else you want in life needs to be fought for - not wished for. In Lilly's world, there are no escalators. Only stairs.

Google BigQuery: The Definitive Guide

In 1994 Michael and Debi Pearl published *To Train Up a Child*. The book has sold over 625,000 copies, becoming "the handbook on child training" for many families. The Pearls received so many child training questions in the mail that they began publishing a free bimonthly magazine to answer them--*No Greater Joy*. As the subscriptions grew into the tens of thousands, subscribers kept asking for back issues, thus the publication of *No Greater Joy Volume One*, *Volume Two* and *Volume Three*--each book representing about two years of articles from back issues of the magazine. If you have read *To Train Up a Child* and you have questions, chances are you will find the answers in *No Greater Joy Volume One*, *Volume Two*, or *Volume Three*.

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