

Alliant Reloading Data Ebook And Manual

"This is that rarity, a useful book."--Warren Buffett Howard Marks, the chairman and cofounder of Oaktree Capital Management, is renowned for his insightful assessments of market opportunity and risk. After four decades spent ascending to the top of the investment management profession, he is today sought out by the world's leading value investors, and his client memos brim with insightful commentary and a time-tested, fundamental philosophy. Now for the first time, all readers can benefit from Marks's wisdom, concentrated into a single volume that speaks to both the amateur and seasoned investor. Informed by a lifetime of experience and study, *The Most Important Thing* explains the keys to successful investment and the pitfalls that can destroy capital or ruin a career. Utilizing passages from his memos to illustrate his ideas, Marks teaches by example, detailing the development of an investment philosophy that fully acknowledges the complexities of investing and the perils of the financial world. Brilliantly applying insight to today's volatile markets, Marks offers a volume that is part memoir, part creed, with a number of broad takeaways. Marks expounds on such concepts as "second-level thinking," the price/value relationship, patient opportunism, and defensive investing. Frankly and honestly assessing his own decisions--and occasional missteps--he provides valuable lessons for critical thinking, risk assessment, and investment strategy. Encouraging investors to be "contrarian," Marks wisely judges

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market cycles and achieves returns through aggressive yet measured action. Which element is the most essential? Successful investing requires thoughtful attention to many separate aspects, and each of Marks's subjects proves to be the most important thing.

Security Operations Center Guidebook: A Practical Guide for a Successful SOC provides everything security professionals need to create and operate a world-class Security Operations Center. It starts by helping professionals build a successful business case using financial, operational, and regulatory requirements to support the creation and operation of an SOC. It then delves into the policies and procedures necessary to run an effective SOC and explains how to gather the necessary metrics to persuade upper management that a company's SOC is providing value. This comprehensive text also covers more advanced topics, such as the most common Underwriter Laboratory (UL) listings that can be acquired, how and why they can help a company, and what additional activities and services an SOC can provide to maximize value to a company. Helps security professionals build a successful business case for a Security Operations Center, including information on the necessary financial, operational, and regulatory requirements Includes the required procedures, policies, and metrics to consider Addresses the often opposing objectives between the security department and the rest of the business with regard to security investments Features objectives, case studies, checklists, and samples where applicable

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Qualitative Research Design: An Interactive Approach, Second Edition provides researchers and students with a user-friendly, step-by-step guide to planning qualitative research. A bestseller in its First Edition, this invaluable book presents an innovative approach to the components of design and how they interact with each other. The text presents a clear strategy for creating coherent and workable relationships among these design components and highlights key design issues. Based on a course the author taught for seven years at the Harvard Graduate School of Education, the work is written in an informal, jargon-free style and incorporates many examples and hands-on exercises.

Do institutions matter in economic theory? Or is the economic analysis of institutions a distraction from the most important action? Indeed, does Vernon Smith's notion of the "institution-free core" of formal economic theory encompass that most important action? To explore this question, this book opens with an informal tour of the economics of system design out of which an economics of adaptation ultimately emerged. The book then offers explorations, via the application of the economics of adaptation in both law and economics relating to how parties manage relationships within the firm, within the context of long-term contracts, and, most vividly, within the context of antitrust conspiracy.

Foreword. A transformed scientific method. Earth and environment. Health and wellbeing. Scientific infrastructure. Scholarly communication.

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Used in top counseling, psychology, and social work programs and now in its tenth edition, *CURRENT PSYCHOTHERAPIES* helps readers learn, compare, and apply the major systems of psychotherapy in a way that will be meaningful in their own practices. Each contributor is either an originator or a leading proponent of one of the systems, and presents the basic principles of the system in a clear and straightforward manner, discussing it in the context of the other systems. Theory chapters include a case example that guides readers through the problem, evaluation, treatment, and follow-up process. *CASE STUDIES IN PSYCHOTHERAPY*, which accompanies the book, offers corresponding cases that demonstrate the basic techniques and methods of the theory being illustrated. Available with InfoTrac Student Collections

<http://gocengage.com/infotrac>. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Now in paperback--the timely and terrifying investigation into the dark underworld of biological weapons from the #1 "New York Times" bestselling author of "The Hot Zone." Some 600 pipe bomb explosions have occurred annually in the United States during the past several years. How can technology help protect the public from these homemade devices? This book, a response to a Congressional mandate, focuses on ways to improve public safety by preventing bombings involving smokeless or black powders and apprehending the makers of the explosive devices. It examines technologies used for detection of explosive devices before they explode--including the

possible addition of marking agents to the powders--and technologies used in criminal investigations for identification of these powders--including the possible addition of taggants to the powders--in the context of current technical capabilities. The book offers general conclusions and recommendations about the detection of devices containing smokeless and black powders and the feasibility of identifying makers of the devices from recovered powder or residue. It also makes specific recommendations about marking and tagging technologies. This volume follows the work reported in *Containing the Threat from Illegal Bombings* (NRC 1998), which studied similar issues for bombings that utilize high explosives.

The essential, authoritative guide to microaggressions, revised and updated *The revised and updated second edition of Microaggressions in Everyday Life* presents an introduction to the concept of microaggressions, classifies the various types of microaggressions, and offers solutions for ending microaggressions at the individual, group, and community levels. The authors—*noted experts on the topic*—explore the psychological effect of microaggressions on both perpetrator and the target person. Subtle racism, sexism, and heterosexism remain relatively invisible and potentially harmful to the wellbeing, self-esteem, and standard of living of many marginalized groups in society. The book examines the manifestations of racial, gender, and sexual orientation microaggressions and explores their impact. The text covers: researching microaggressions, exploring microaggressions in education, identifying best practices

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teaching about microaggressions, understanding microaggressions in the counseling setting, as well as guidelines for combating microaggressions. Each chapter contains with a section called "The Way Forward" that provides guidelines, strategies, and interventions designed to help make our society free of microaggressions. This important book: Offers an updated edition of the seminal work on microaggressions Includes new information on social media as a key site where microaggressions occur Presents updated qualitative findings Contains new coverage throughout the text with fresh examples and new research findings from a wide range of studies Written for students, faculty, and practitioners of psychology, education, social work, and related disciplines, the revised edition of *Microaggressions in Everyday Life* illustrates the impact microaggressions have on both those targeted and perpetrators and offers suggestions to eradicate microaggressions.

Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and

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values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

At a time when crime scene television shows are all the rage amongst the civilian population, knowledge of firearm forensics is of paramount importance to crime scene analysts, police detectives, and attorneys for both the prosecution and the defense. Cartridges and Firearm Identification brings together a unique, multidisciplined approach to quest

Now available in paperback—with a new preface and interview with Jessica Livingston about Y Combinator! *Founders at Work: Stories of Startups' Early Days* is a collection of interviews with founders of famous technology companies about what happened in the very earliest days. These people are celebrities now. What was it like when they were just a couple friends with an idea? Founders like Steve Wozniak (Apple), Caterina

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Fake (Flickr), Mitch Kapor (Lotus), Max Levchin (PayPal), and Sabeer Bhatia (Hotmail) tell you in their own words about their surprising and often very funny discoveries as they learned how to build a company. Where did they get the ideas that made them rich? How did they convince investors to back them? What went wrong, and how did they recover? Nearly all technical people have thought of one day starting or working for a startup. For them, this book is the closest you can come to being a fly on the wall at a successful startup, to learn how it's done. But ultimately these interviews are required reading for anyone who wants to understand business, because startups are business reduced to its essence. The reason their founders become rich is that startups do what businesses do—create value—more intensively than almost any other part of the economy. How? What are the secrets that make successful startups so insanely productive? Read this book, and let the founders themselves tell you.

"Whoever does not love does not know God, because God is love."--1 John 4:8 Are you looking to enrich a healthy relationship, revitalize a tired one, or rescue one gone awry? Do you yearn to grow closer to God, and to further incorporate Him and His teachings into your marriage? We all want a lifetime of love, support, and faith. But sometimes we need a little help. Enter Dr. Sue Johnson, developer of Emotionally Focused Therapy (EFT) and "the best couple therapist in the world," according to bestselling relationship expert Dr. John Gottman. In *CREATED FOR CONNECTION*, Dr. Johnson and Kenneth Sanderfer, a leading EFT practitioner in the Christian community, share Johnson's

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groundbreaking and remarkably successful program for creating stronger, more secure relationships not only between partners, but between us and God. The message of **CREATED FOR CONNECTION** is simple: Forget about learning how to argue better, analyzing your early childhood, or making grand romantic gestures. Instead, get to the emotional underpinnings of your relationship by recognizing that you are attached to and dependent on your partner in much the same way that a child is on a parent, and we are on the Heavenly Father, for nurturing, soothing, and protection. The way to enhance or save our relationships with each other and with God is to be open, attuned, responsive, and to reestablish safe emotional connection. Filled with Bible verses, inspiring real-life stories, and guidance, **CREATED FOR CONNECTION** will ensure a lifetime of love.

Today, scientific computing and data analysis play an integral part in most scientific disciplines ranging from mathematics and biology to imaging processing and finance. With GNU Octave you have a highly flexible tool that can solve a vast number of such different problems as complex statistical analysis and dynamical system studies. The GNU Octave Beginner's Guide gives you an introduction that enables you to solve and analyze complicated numerical problems. The book is based on numerous concrete examples and at the end of each chapter you will find exercises to test your knowledge. It's easy to learn GNU Octave, with the GNU Octave Beginner's Guide to hand. Using real-world examples the GNU Octave Beginner's Guide will take you through the most

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important aspects of GNU Octave. This practical guide takes you from the basics where you are introduced to the interpreter to a more advanced level where you will learn how to build your own specialized and highly optimized GNU Octave toolbox package. The book starts by introducing you to work variables like vectors and matrices, demonstrating how to perform simple arithmetic operations on these objects before explaining how to use some of the simple functionality that comes with GNU Octave, including plotting. It then goes on to show you how to write new functionality into GNU Octave and how to make a toolbox package to solve your specific problem. Finally, it demonstrates how to optimize your code and link GNU Octave with C and C++ code enabling you to solve even the most computationally demanding tasks. After reading GNU Octave Beginner's Guide you will be able to use and tailor GNU Octave to solve most numerical problems and perform complicated data analysis with ease.

What is Peace? is the 7th title in Etan Boritzer's best selling What is? series of Life Concepts books on character education and social issues. What is Peace? explores themes of non-violence and diversity helping kids, parents and teachers to discuss and cultivate the critical thinking required for peaceful actions. Young readers will be able to take a thoughtful and positive journey through the complex issues connected with the personal responsibilities inherent to peace. What is Peace? gently teaches the true essence and workings of peace.

If you've ever wanted to reload ammunition but didn't know where to start this book is

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for you. You'll find detailed chapters about primers, cartridge cases, gun powder, and bullets, explaining in layman's terms what they are, variations you'll encounter and the characteristics of each. You'll also learn the different facets of case preparation: which are necessary and which are optional, and how to do them. You'll learn some characteristics of gunpowder and which types work best with bulk measurements. There'll be detailed photos and explanations teaching the process of reloading ammunition. From there you'll be shown how you can gear up to reload your own ammunition even if you don't have much money or space. Although most of the book is geared toward metallic cartridge reloading there's also a chapter on reloading shotgun ammunition. It too, will show you the steps involved and how to become operational with very little money and minimal space requirements. After reading this book the novice reloader will: (a) be capable of making informed choices when purchasing their equipment and components; (b) be able to understand the reloading process and why certain steps are taken or omitted; (c) have a safe, profitable and enjoyable experience from the very beginning.

Learning how to reloading ammunition can be a daunting task. Technical manuals and books full of arcane data can make the subject mysterious and overwhelming. No more! The Practical Guide to Reloading Ammunition teaches the subject in a fun, easy-to-understand, and safe manner. Starting from the very beginning, The Practical Guide to Reloading Ammunition will help readers understand the gear they need - and what can wait. Chapter by chapter, the book explains the entire process from brass cleaning to final inspection. Loaded with pictures and

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illustrations, the process is made simple and clear. With this book, readers will be reloading their own cost-effective ammunition quickly and safely. The Practical Guide to Reloading ammunition focuses on the "how-to" aspects of reloading. Author Tom McHale explains. "Think of reloading manuals as sheet music. And this book as Mrs. Clutterbuck's piano lessons. If one develops a sudden urge to play Carnegie Hall, or even Bodean's Wet Whistle Bar and Bait Shop, they could just order sheet music from the Internet. But it probably wouldn't be the most direct path to ivory key success. Take some lessons first, then order the sheet music."

Although the author believes reading this book will be a far more pleasant experience than weekly lessons in Mrs. Clutterbuck's den, the idea is the same. The guide will teach aspiring reloaders how to get started. Topics Include: * Why take up reloading? * Is reloading right for you? * What equipment do you need? * Cleaning and processing brass. * The reloading process: step by step. * Pistol caliber reloading. * Rifle caliber reloading. * Buying reloading components. * Advanced equipment options - how gear can speed up the process. * Introduction to advanced topics.

Rocket and air-breathing propulsion systems are the foundation on which planning for future aerospace systems rests. A Review of United States Air Force and Department of Defense Aerospace Propulsion Needs assesses the existing technical base in these areas and examines the future Air Force capabilities the base will be expected to support. This report also defines gaps and recommends where future warfighter capabilities not yet fully defined could be met by current science and technology development plans.

Handbook of Clinical Psychopharmacology for Therapists has become the go-to resource for mental health clinicians looking for clear, reliable information about the treatment of mental

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health issues. Organized by disorder and, within each disorder, by medication, this book is designed to familiarize clinicians and students with the basic terminology and models of pharmacokinetics. This updated seventh edition provides essential information on new medications and treatment options and includes the latest research on side effects, contraindications, and efficacy of all major medications prescribed for mental health disorders. The book also features an important new chapter on the effects of withdrawing from psychopharmacological medications. This handbook makes it simple to: Get the facts about drug interactions and side effects Find out how medications affect adults, children, and adolescents differently Learn how different cultures view medical treatment, vital information for anyone who treats clients from a variety of backgrounds Discontinue medication safely when needed

Interpersonal trauma is ubiquitous and its impact on health has long been understood. Recently, however, the critical importance of this issue has been magnified in the public eye. A burgeoning literature has demonstrated the impact of traumatic experiences on mental and physical health, and many potential interventions have been proposed. This volume serves as a detailed, practical guide to trauma-informed care. Chapters provide guidance to both healthcare providers and organizations on strategies for adopting, implementing and sustaining principles of trauma-informed care. The first section maps out the scope of the problem and defines specific types of interpersonal trauma. The authors then turn to discussion of adaptations to care for special populations, including sexual and gender minority persons, immigrants, male survivors and Veterans as these groups often require more nuanced approaches. Caring for trauma-exposed patients can place a strain on clinicians, and

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approaches for fostering resilience and promoting wellness among staff are presented next. Finally, the book covers concrete trauma-informed clinical strategies in adult and pediatric primary care, and women's health/maternity care settings. Using a case-based approach, the expert authors provide real-world front line examples of the impact trauma-informed clinical approaches have on patients' quality of life, sense of comfort, and trust. Case examples are discussed along with evidence based approaches that demonstrate improved health outcomes. Written by experts in the field, Trauma-Informed Healthcare Approaches is the definitive resource for improving quality care for patients who have experienced trauma.

From single to happily ever after . . . Any woman who wants to marry can . . . once she learns how. Marriage Minded's A to Z format, packed with warmth, wisdom, and humor, makes the process fun and informative. You will learn how to overcome obstacles, meet men, and date constructively; you'll read about single women of all ages who became happily married; and in Marcia Naomi Berger, you'll have a sensitive guide to creating the lasting, loving union you've always wanted. After her parents divorced, Berger became a long-term commitmentphobe who stayed single for many years. Now happily married for more than thirty-three years, this psychotherapist and clinical social worker's mission is to help others create marriages that fulfill them—emotionally, spiritually, physically, and materially.

A dead conspiracy theorist. A mass murderer. Two cases collide for Callahan and McLane in a pulse-pounding thriller by Wall Street Journal and Amazon Charts bestselling author Kendra Elliot. A man is savagely murdered outside Portland, and Detective Mason Callahan finds blood-spatter evidence that tells a troubling story. Files reveal the murder victim, Reuben Braswell, was a radical conspiracist. In his home, investigators find pages of diatribes against

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law enforcement as well as ties to Mason's fiancée, FBI special agent Ava McLane. The victim was her informant--and had strong reasons to be paranoid. To Ava, Braswell's rants were those of a wearying and harmless man...until they collide with her investigation into the murders of police officers and finding the connection becomes urgent. Meanwhile, Braswell's brother and Ava's twin sister both disappear, and disturbing acts of sabotage target Ava's personal life. For Mason and Ava, the brutal crimes and escalating mysteries create a perfect storm for a terrorist conspiracy that becomes dangerously personal--one that has yet to claim its last victim.

ASP.NET MVC 4 Recipes is a practical guide for developers creating modern web applications, cutting through the complexities of ASP.NET, jQuery, Knockout.js and HTML 5 to provide straightforward solutions to common web development problems using proven methods based on best practices. The problem-solution approach gets you in, out, and back to work quickly while deepening your understanding of the underlying platform and how to develop with it. Author John Ciliberti guides you through the framework and development tools, presenting typical challenges, along with code solutions and clear, concise explanations, to accelerate application development. Inside you will find recipes dealing with streamlined syntax, full control over HTML, a simple API for creating RESTful web services, writing support for test driven development, and more. Solve problems immediately by pasting in code from the recipes, or put multiple recipe solutions together to overcome challenging development obstacles. Dive head first into ASP.NET MVC web development with ASP.NET MVC 4 Recipes.

Software -- Operating Systems.

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Reloading Guide

This revised edition discusses numerical methods for computing eigenvalues and eigenvectors of large sparse matrices. It provides an in-depth view of the numerical methods that are applicable for solving matrix eigenvalue problems that arise in various engineering and scientific applications. Each chapter was updated by shortening or deleting outdated topics, adding topics of more recent interest, and adapting the Notes and References section. Significant changes have been made to Chapters 6 through 8, which describe algorithms and their implementations and now include topics such as the implicit restart techniques, the Jacobi-Davidson method, and automatic multilevel substructuring.

The Third Edition of this README FIRST for a User's Guide to Qualitative Methods offers those new to qualitative inquiry a clear and practical handbook to doing qualitative research, the fit of questions to methods, and the tasks of getting started. In their direct and friendly style, Lyn Richards and Janice Morse help researchers reflect on why they are working qualitatively, choose an appropriate method, and confidently approach research design, data making, coding, analyzing and finally writing up their results.

The updated second edition of Handbook of Firearms and Ballistics includes recent developed analytical techniques and methodologies with a more comprehensive glossary, additional material, and new case studies. With a new chapter on the

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determination of bullet caliber via x-ray photography, this edition includes revised material on muzzle attachments, proof marks, non-toxic bullets, and gunshot residues. Essential reading for forensic scientists, firearms examiners, defense and prosecution practitioners, the judiciary, and police force, this book is also a helpful reference guide for undergraduate and graduate forensic science students.

This eloquent book translates attachment theory and research into an innovative framework that grounds adult psychotherapy in the facts of childhood development. Advancing a model of treatment as transformation through relationship, the author integrates attachment theory with neuroscience, trauma studies, relational psychotherapy, and the psychology of mindfulness. Vivid case material illustrates how therapists can tailor interventions to fit the attachment needs of their patients, thus helping them to generate the internalized secure base for which their early relationships provided no foundation. Demonstrating the clinical uses of a focus on nonverbal interaction, the book describes powerful techniques for working with the emotional responses and bodily experiences of patient and therapist alike.

What is it that makes some therapists so much more effective than others, even when they are delivering the same evidence-based treatment? This instructive book identifies specific interpersonal skills and attitudes--often overlooked in clinical training--that facilitate better client outcomes across a broad range of treatment methods and contexts. Reviewing 70 years of psychotherapy research, the preeminent authors show

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that empathy, acceptance, warmth, focus, and other characteristics of effective therapists are both measurable and teachable. Richly illustrated with annotated sample dialogues, the book gives practitioners and students a blueprint for learning, practicing, and self-monitoring these crucial clinical skills.

"Biblical answers for the challenges brought by your high school or college biology/earth science class"--Page [1] of cover.

ASP.NET MVC 4 Recipes A Problem-Solution Approach Apress

Provides information on writing a driver in Linux, covering such topics as character devices, network interfaces, driver debugging, concurrency, and interrupts.

Summary Reactive Application Development is a hands-on guide that teaches you how to build reliable enterprise applications using reactive design patterns. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. Foreword by Jonas Bonér, Creator of Akka About the Technology Mission-critical applications have to respond instantly to changes in load, recover gracefully from failure, and satisfy exacting requirements for performance, cost, and reliability. That's no small task! Reactive designs make it easier to meet these demands through modular, message-driven architecture, innovative tooling, and cloud-based infrastructure. About the Book

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Reactive Application Development teaches you how to build reliable enterprise applications using reactive design patterns. This hands-on guide begins by exposing you to the reactive mental model, along with a survey of core technologies like the Akka actors framework. Then, you'll build a proof-of-concept system in Scala, and learn to use patterns like CQRS and Event Sourcing. You'll master the principles of reactive design as you implement elasticity and resilience, integrate with traditional architectures, and learn powerful testing techniques. What's Inside Designing elastic domain models Building fault-tolerant systems Efficiently handling large data volumes Examples can be built in Scala or Java About the Reader Written for Java or Scala programmers familiar with distributed application designs. About the Author Duncan DeVore, Sean Walsh, and Brian Hanafee are seasoned architects with experience building and deploying reactive systems in production. Table of Contents PART 1 - FUNDAMENTALS What is a reactive application? Getting started with Akka Understanding Akka PART 2 - BUILDING A REACTIVE APPLICATION Mapping from domain to toolkit Domain-driven design Using remote actors Reactive streaming CQRS and Event Sourcing A reactive interface Production readiness A thorough resource on handloading at home, Shooter's Bible Guide to Handloading provides detailed information about the history of handloading and

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key figures' innovations, a simple explanation of hand reloading, selecting the basic tools needed, and choosing your cases, dies, primers, and powders as well as step-by-step instructions for reloading firearm cartridges and how to test your loads at the range. The text is supplemented by more than one hundred detailed photographs that illustrate the various types of reloading equipment available and provide guidance in performing the actions that result in a handloaded cartridge. The Shooter's Bible Guide to Handloading covers interesting engineering questions the handloader may consider, including bullet integrity, copper bullets, and energy versus killing power. Other topics covered include: Handloading the old-fashioned way Casting your own bullets The influence of barrel length Economics of home reloading And much more! Pick up a copy of the Shooter's Bible Guide to Handloading to learn everything you need to know about reloading by hand at home. Skyhorse Publishing is proud to publish a broad range of books for hunters and firearms enthusiasts. We publish books about shotguns, rifles, handguns, target shooting, gun collecting, self-defense, archery, ammunition, knives, gunsmithing, gun repair, and wilderness survival. We publish books on deer hunting, big game hunting, small game hunting, wing shooting, turkey hunting, deer stands, duck blinds, bowhunting, wing shooting, hunting dogs, and more. While not every title we publish becomes a New York Times bestseller or a

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national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Don't wait another day to live the life you deserve! Instead, get it done while you're depressed. Many people experience the hardships of depression and tend to struggle with productivity. This self-help book offers you 50 strategies to break the cycle of unproductivity and live the life you want to live. Join us in learning how to overcome depression symptoms and take back your livelihood. When facing depression daily, it can be tough to do day to day tasks without it seeming like a giant chore. You won't be able to change this by choosing to feel better but rather by implementing strategies to create a daily structure. Inside the pages of this self-help book from DK Books, you will learn: How to create creativity How to wait until your work is complete before you judge it How to think like an athlete How to know when your brain is lying to you and so many more strategies for keeping your life on track This insightful book provides strategies to keep your life on track. These strategies are easy to follow and practical for anyone trying to live a more productive life. Our second edition even includes strategies on how to manage social media during depressive outbursts. Additionally, it has scripts on how to communicate with people in your life about your depression. Don't let

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depression limit what you're capable of achieving. It's time to be proud of yourself and your abilities by getting things done while you are depressed.

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