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Who of us can claim never to have made a mistake, missed a goal, regretted a choice, or suffered because of another's action? For those who suffer from a constant sense of regret about the past, who feel their present lives have been immutably shaped by actions they could or should or would have taken but didn't, real help is at hand. In clear, uncomplicated language, Dr. Arthur Freeman, a leading exponent of cognitive therapy, and his colleague Rose DeWolf, a skillful translator of the cognitive method, describe the techniques and provide exercises that will enable readers to actually "unblock" the past. The authors demonstrate that wouldo/coulda/shoulda thinking can be unlearned and that this process can be accomplished in a relatively short period of time.

Contains the texts of two books by piano teacher Abby Whiteside, the first, "Indispensables of Piano Playing," in which she explains her rhythm-based method of learning to play, and the second, "Mastering the Chopin Etudes and Other Essays," in which she applies her principles to the performance of the Chopin Etudes.

Reflecting the tremendous advances that have taken place in the study of fuzzy set theory and fuzzy logic, this book not only details the theoretical advances in these areas, but also considers a broad variety of applications of fuzzy sets and fuzzy logic. This comprehensive and up-to-date text is organized in three parts. The concepts pertaining to the "crisp" situation such as Set Theory, Logic, Switching Function Theory and Boolean Algebra

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are covered in Part I of the text. Part II is devoted to fuzzy Set Theory, Fuzzy Relations and Fuzzy Logic. The applications of fuzzy set theory and fuzzy logic to Control Theory and Decision Making are designated Part III of the text. Designed as a textbook for the undergraduate and postgraduate students of Science and Engineering, the book will also be immensely useful to practicing engineers and computer scientists.

When the bomb was dropped on Nagasaki, Mieko's nearby village was turned into ruins, and her hand was badly injured. Mieko loves to do calligraphy more than anything, but now she can barely hold a paintbrush. And she feels as if she has lost something that she can't paint without-the legendary fifth treasure, beauty in the heart. Then she is sent to live with her grandparents and must go to a new school. But Mieko is brave and eventually learns that time and patience can help with many things, and may even help her find the fifth treasure.

Delightfully illustrated, this collection of Japanese myths and fairy tales presents readers with a rich folk tradition. Folk Legends of Japan contains of over one hundred Japanese folk legends. These have been selected by a distinguished American folklorist, drawn from expert Japanese transcriptions of oral legends, and carefully translated in such a way as to bring out the charming, unadorned, and sometimes disarmingly frank folk quality of the originals. Each legend is carefully annotated for the student, scholar, and a full bibliography is provided. Fortunately, the scholarly attributes of the book are now allowed to intrude between the general reader and his enjoyment of the legends themselves. Anyone who loves

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a genuine old wives' tales, who savors firelit evenings of listening to the folk stories will find much pleasure in these Japanese stories. At the same time the folklorist will find a mine of information, and the Japanophile will discover the folk basis for many of the beliefs and customs that may have puzzled him in the past.

- An examination of the interactions of the Christian Knights Templar and their Muslim counterparts, the Assassins, and of the profound changes in Western society that resulted.
- Restores the reputation of the secret Muslim order of the Assassins, disparaged as the world's first terrorist group.
- Dispels many myths about the Knights Templar and provides the most incisive portrait of them to date.

A thousand years ago Christian battled Muslim for possession of a strip of land upon which both their religions were founded. These Crusades changed the course of Western history, but less known is the fact that they also were the meeting ground for two legendary secret societies: The Knights Templar and their Muslim counterparts, the Assassins. In *The Templars and the Assassins: The Militia of Heaven*, occult scholar and secret society member James Wasserman provides compelling evidence that the interaction of the Knights Templar and the Assassins in the Holy Land transformed the Templars from the Pope's private army into a true occult society, from which they would sow the seeds of the Renaissance and the Western Mystery Tradition. Both orders were destroyed as heretical some seven hundred years ago, but Templar survivors are believed to have carried the secret teachings of the East into an occult underground, from

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which sprang both Rosicrucianism and Masonry. Assassin survivors, known as Nizari Ismailis, flourish to this day under the spiritual leadership of the Aga Khan. Wasserman strips the myths from both groups and penetrates to the heart of their enlightened beliefs and rigorous practices, delivering the most probing picture yet of these holy warriors.

Provides advice for system administrators on time management, covering such topics as keeping an effective calendar, eliminating time wasters, setting priorities, automating processes, and managing interruptions.

Implement a robust SIEM system Effectively manage the security information and events produced by your network with help from this authoritative guide. Written by IT security experts, Security Information and Event Management (SIEM) Implementation shows you how to deploy SIEM technologies to monitor, identify, document, and respond to security threats and reduce false-positive alerts. The book explains how to implement SIEM products from different vendors, and discusses the strengths, weaknesses, and advanced tuning of these systems. You'll also learn how to use SIEM capabilities for business intelligence. Real-world case studies are included in this comprehensive resource. Assess your organization's business models, threat models, and regulatory compliance requirements Determine the necessary SIEM components for small- and medium-size businesses Understand SIEM anatomy—source device, log collection, parsing/normalization of logs, rule engine, log storage, and event monitoring Develop an effective

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incident response program Use the inherent capabilities of your SIEM system for business intelligence Develop filters and correlated event rules to reduce false-positive alerts Implement AlienVault's Open Source Security Information Management (OSSIM) Deploy the Cisco Monitoring Analysis and Response System (MARS) Configure and use the Q1 Labs QRadar SIEM system Implement ArcSight Enterprise Security Management (ESM) v4.5 Develop your SIEM security analyst skills

LABORATORY EXPERIMENTS IN GENERAL

CHEMISTRY FEATURING MEASURENET is the first self-directed laboratory manual to incorporate experiments conducted with MeasureNet -- an innovative, network data collection system that introduces students to "real world" chemistry. With the new use of MeasureNet, experiments are more precise, only requiring small quantities of chemicals, making the lab safer and environmentally friendly. This laboratory manual is designed to first prepare students for the laboratory setting through conceptual and technique experiments. Students then work to solve a multi-component question, utilizing what they learned in previous experiments. Through this approach, and with the help of MeasureNet's modern electronic data collection, analysis, and reduction, students truly prepare themselves for conducting chemistry in a professional setting!

On September 15, 1963, a Klan-planted bomb went off in the 16th Street Baptist Church in Birmingham, Alabama. Fourteen-year-old Carolyn Maull was just a few feet away when the bomb exploded, killing four of her friends

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in the girl's restroom she had just exited. It was one of the seminal moments in the Civil Rights movement, a sad day in American history . . . and the turning point in a young girl's life. While the World Watched is a poignant and gripping eyewitness account of life in the Jim Crow South: from the bombings, riots, and assassinations to the historic marches and triumphs that characterized the Civil Rights movement. A uniquely moving exploration of how racial relations have evolved over the past 5 decades, While the World Watched is an incredible testament to how far we've come and how far we have yet to go.

Useful introductory course and reference covers origins of quantum theory, Schrödinger wave equation, quantum mechanics of simple systems, electron spin, quantum states of atoms, Hartree-Fock self-consistent field method, more. 1990 edition.

What are the causes and consequences of climate change? When the scale is so big, can an individual make any difference? Documentary, diary, and masterwork graphic novel, this up-to-date look at our planet and how we live on it explains what global warming is all about. With the most complicated concepts made clear in a feat of investigative journalism by artist Philippe Squarzoni, Climate Changed weaves together scientific research, extensive interviews with experts, and a call for action. Weighing the potential of some solutions and the false promises of others, this groundbreaking work provides a realistic, balanced view of the magnitude of the crisis that An Inconvenient Truth only touched on. Climate Changed is printed on FSC-

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certified paper from responsibly-managed, environmentally-sound sources. Find teaching guides for *Climate Changed* and other titles at abramsbooks.com/resources.

Focusing on designing the right dashboards for use in an organization, this timely, full color book reveals how to successfully deploy dashboards by building the optimal software architecture and dashboard design. In addition, it describes the value of this popular technology to a business and how it can have a significant impact on performance improvement. A unique collection of more than 120 dashboard images are organized by category. One of the chapters provides a step-by-step description of the key performance indicator (KPIs) design process. One of the appendices contains more than 1,000 examples of KPIs to help design the content of dashboards. The book also describes all the steps in a dashboard implementation and offers related advice. Nils Rasmussen (West Hollywood, CA) is cofounder and Principal of Solver, Inc. Claire Y. Chen (Long Beach, CA) is a Senior Business Intelligence Architect at Solver, Inc. Manish Bansal (Irvine, CA) is Vice President of Sales at Solver, Inc.

Explores two neglected mathematical tools essential for competing successfully in today's frenzied commodities markets: quantity, which shows the proper amounts a trader should trade for a given market and system, and intercorrelation of returns (diversification), which shows not only which markets and systems to trade, but how to diversify with respect to trading the right quantities for each market. By using these lesser known tools in

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conjunction with the more popular trade/system selection tools, readers will see mathematically how success in the markets can be achieved, and how "success" without using all three is most likely incidental. In addition, non-stationary distribution of profits and losses and drawdowns are incorporated into the discussions to expose traders to the highs and lows of commodities markets and how best to leverage their assets.

This work presents an exploration of Buddhist philosophy and practice as a potential resource for an approach to psychotherapy which is responsive to the needs of its time and context, and attempts to open up a three-way dialogue between Buddhism, psychotherapy and contemporary discourse to reveal a meaningful theory and practice for a contemporary psychotherapy.

"We're free. I'm free. Never again will we have to face the Moonlight pack." Beaten, punched, slapped, kicked, tortured. That was Celina's life with the pack who was supposed to take care of her. She was nothing but their slave. And then one day, she decided that it had to stop. She would run away. And she did. And when she shifted, little did Celina know that she was the last pure white wolf in the world. Or that she was special. She just knew she was different. Axel was everything the alpha of her old pack was not. He was strong, powerful, demanding. And apparently, he was the only pitch black wolf left in the world. And when little Celina ran through his territory, he knew he was hers forever. Running away seemed to be the best decision she ever made, but will a destiny that was foretold long before she was born rip her apart about things in her past? Or will she show everyone she's not the weak girl her old pack made her to be?

Deb is absolutely crazily in love with the stunning Avantika. He can't believe that she is his. Their relationship is going

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great except for the one time when Deb faltered by breaching her trust. After he apologized, Avantika grudgingly accepted him back. However, his insecurity about her seems to be pushing him into infidelity again. The trust that he had worked so hard to build is lost once again. Will Avantika take him back this time or will she move on? In *She Broke Up, I Didn't!* . . . Durjoy Datta explores the themes of fidelity, love and lust through a roller coaster of misunderstandings and mistakes that are so common in relationships today.

This book is a highly informative, highly entertaining introduction to what art direction is and what art directors do. Written by two of the world's leading experts on the subject, it covers the role of art director in numerous environments, including magazines and newspapers, advertising, corporate identity, museums, and publishing. It also provides an insight into what makes a successful art director, what an art director actually does all day, what makes things go right, and what makes things go wrong. Alongside perspectives on typography, illustration, and photography, there are case studies of successful art direction in different spheres, from McSweeney's to Vier5's web design. The authors have also invited pre-eminent international art directors to interpret their roles in special sections of the book that they have art directed themselves. The result is an impressive, enlightening, and often very funny diversity of perspectives and approaches. Clearly written, including a glossary of handy art director sayings, an "art director test," and more, *Art Direction Explained, At Last!* will provide students with insights into the world of art direction and professionals with a perceptive overview of their profession.

Mindfulness 365 Days of Mindfulness: Daily Mindfulness Tips and Quotes SPECIAL BONUS: Over 365 Pictures, and Over 365 FREE Mindfulness Tips & Quotes We have provided you with 365 thoughts for the day, one for each day of the year.

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These tips will help set a positive tone for your day and invoke happy feelings in you. Each thought is accompanied by a quote, which sheds some light on the tip and pushes on the road of happiness and self-acceptance. Mindfulness is said to be the deliberate, accepting and non-judgmental emphasis of your attention on the feelings, views and sensations that occur in the present moment, without thinking about the baggage the past leaves us with or the worries of an uncertain future. You do not need long speeches of motivation to make you feel happy, a little positive thought is enough to make you feel good about yourself. This is what mindfulness is about taking control of your thoughts and getting rid of all the negativity inside you. Here Is A Preview Of 365 Days of Mindfulness Tips and Quotes Tip: Always look at the positive side of every situation you face in life, after all everything that happens in life, happens for a reason. Quote: Some people grumble that roses have thorns; I am grateful that thorns have roses. Alphonse Karr Tip: Get to work on your dreams. Take that little step in the right direction. It doesn't have to be a big thing. One tiny push is all that is necessary. But, make sure you give put your everything into it! Quote: If you have a dream, don't just sit there. Gather courage to believe that you can succeed and leave no stone unturned to make it a reality. Roopleen Maintaining Mindfulness in Daily Life "Research shows that regularly practicing mindfulness can improve well-being, lower stress and lead to improved psychological functioning." Sounds good doesn't it? You will find many such tips in this Book that will brighten your day and lead you towards the road of healthy living, because a happy person is a healthy person! Want to be happier? Grab this Book and Stay Mindful TODAY!

'My ambition is to give back to the women of my blood the power of speech confiscated by their men.' Badra is a young

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Berber girl from a North African village who is married off to an old man, and brutally raped on her wedding night. She thinks sexual pleasure exists only for men, until she escapes from her cruel husband to the city. Then she meets a handsome doctor who introduces her to a new world of sexual passion. L'AMANDE, written under a pseudonym by a North African woman living in France, reads like an erotic manifesto for modern women who want to break free from the repressive bonds of cultural tradition to unashamedly demand their right to pleasure.

Set against the background of the fundamental issues facing the industry today, *The 21st Century Journalism Handbook* is a comprehensive guide to the core principles and practices essential to the modern journalist. Convergence, online, the growth of magazine formats, challenges presented by technology and new demands in news and feature writing are all covered from conceptual and practical perspectives. A thorough grounding in the key debates and techniques is provided; while clear, no-nonsense practical advice helps you develop your journalism skills and make a success of your studies and career. Key Features: A combination of professional insight, academic study and practical exercises allows you to develop at your own pace Thinking it through activities at the end of each chapter allow you to think over the topics discussed and to think about how you could apply these skills Case studies and Closer Look boxes explore real-life examples in more depth Key points to remember and chapter summaries highlight the essential things you need to know Comprehensive but digestible coverage of the key elements of ethics, regulation and law ensures you are fully equipped with the essential frameworks for informed practice With an emphasis on developing the 'whole journalist', a creative and visual reporter who can think across different platforms, this text is ideal for all for journalism students

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training in newspapers, magazines and online reporting.

The AlmondBlack Swan Books, Limited

Current fleets of conventional and nuclear power plants face increasing hostile environmental conditions due to increasingly high temperature operation for improved capacity and efficiency, and the need for long term service. Additional challenges are presented by the requirement to cycle plants to meet peak-load operation. This book presents a comprehensive review of structural materials in conventional and nuclear energy applications.

Opening chapters address operational challenges and structural alloy requirements in different types of power plants. The following sections review power plant structural alloys and methods to mitigate critical materials degradation in power plants.

Visions of Culture: A Reader, Second Edition, is an anthology of articles about anthropological theorists. A comprehensive, visual reference, enhanced by two thousand photographs and illustrations, provides information on all major fields of knowledge and includes timelines, sidebars, cross-references, and other useful features.

The first and only book of its kind, Automated Options Trading describes a comprehensive, step-by-step process for creating automated options trading systems. Using the authors' techniques, sophisticated traders can create powerful frameworks for the consistent, disciplined realization

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of well-defined, formalized, and carefully-tested trading strategies based on their specific requirements. Unlike other books on automated trading, this book focuses specifically on the unique requirements of options, reflecting philosophy, logic, quantitative tools, and valuation procedures that are completely different from those used in conventional automated trading algorithms. Every facet of the authors' approach is optimized for options, including strategy development and optimization; capital allocation; risk management; performance measurement; back-testing and walk-forward analysis; and trade execution. The authors' system reflects a continuous process of valuation, structuring and long-term management of investment portfolios (not just individual instruments), introducing systematic approaches for handling portfolios containing option combinations related to different underlying assets. With these techniques, it is finally possible to effectively automate options trading at the portfolio level. This book will be an indispensable resource for serious options traders working individually, in hedge funds, or in other institutions.

The book will follow a step-by-step tutorial approach to construct an application that allows video conferencing and calls between two browsers and a system for sharing files among a group. This book is ideal for developers new to the WebRTC standards

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who are interested in adding sensor-driven, real-time, peer-to-peer communication to their web applications. You will only need basic experience with HTML and JavaScript.

Modern methods of mind control--employed in propaganda, indoctrination, even advertising--can be traced back to ninja strategies of psychological warfare developed and refined centuries ago in medieval Japan. The ninja were accomplished in covert operations such as espionage, assassination, and sabotage, and were feared for their ability to break through an adversary's mental defenses and use his fears, insecurities, superstitions, and hopes and beliefs against him. This is a modern-day guide to ninja techniques, including: revelation of an enemy's deepest secrets, ways to implant false memories, how to detect when somebody is lying, and visualizations to affect physical health. You will also learn defenses against mind-manipulating techniques commonly used in media and politics.--From publisher description.

A number of these studies deal with various aspects of the physical coordination the pianist must achieve in order to be able to use his full potential for virtuosity and musical continuity. They were written by a pianist who had searched for more effective teaching tools and had developed a unique meaningful analysis of the nature of this coordination.

Textbook of Pharmacognosy and Phytochemistry

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This comprehensive textbook is primarily aimed at the course requirements of the B. Pharm. students. This book is specially designed to impart knowledge alternative systems of medicine as well as modern pharmacognosy. It would also serve as a valuable resource of information to other allied botanical and alternative healthcare science students as well as researchers and industrialists working in the field of herbal technology. Only Textbook Offering... Recent data on trade of Indian medicinal plants (till 2008) Illustrated biosynthetic pathways of metabolites as well as extraction and isolation methodologies of medicinal compounds Bioactivity determination and synthesis of herbal products of human interest Information on Ayurvedic plants and Chinese system of medicine Simple narrative text that will help the students quickly understand important concepts Over 300 illustrations and 120 tables in order to help students memorize and recall vital concepts making this book a student's companion cum teacher A must buy for every student of pharmacognosy! Provides a chapter of easy to follow and actionable tips for each of the areas identified as leadership competencies including: dealing with ambiguity, conflict management, and strategic agility. Banned in many Arab countries and where it was not, an instant bestseller, *The Proof of the Honey* is a superb celebration of female pleasure—a tribute to sex, eroticism, language and liberty. "I conjure

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bodies,” claims the narrator of this daring novel. “I have no knowledge of my soul or of the souls of others. I know only my body and theirs. Which is enough for me.” She is a Syrian scholar working in a research library in Paris. An invitation to contribute to a conference on the subject of classic erotic literature in Arabic provides occasion for her to evoke memories from her own life, to exult in her personal liberty, her lovers, her desires, and to revisit moments of shared intimacy with other women as they discuss life, love, and sexual desire. Far more than an erotic novel, *The Proof of the Honey* offers a surprising and illuminating glimpse into the realities of contemporary Arab societies. It is likewise a voyage through the history of Arabic literature: borrowing inspiration from *The Thousand and One Nights*, erudite asides are woven into the fabric of the protagonist’s story and the stories of her lovers. Affirming that “Arabic is the language of sex,” and making desire the source of her own personal liberty, Al Neimi has written a stirring novel about the place afforded sex in modern Arabic society and its relationship to the long, rich tradition of Arabic erotica.

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