

Focus T25 Quick Start Guide

Shares information on machine quilting, including the basics of how to set up your machine, time-saving tips, and more advanced decorative stitching.

A primary Spanish course for children that fosters active communication through the teaching of everyday vocabulary and structures.

You can lose weight like crazy, and you can achieve anything! Autumn Calabrese shares the revolutionary step-by-step approach to lose weight that made her one of the top fitness and nutrition celebrities in the world. No cutting corners and no BS: In this book she reveals the personal struggles that shaped her approach to overcome excuses that led to this 30-day plan to succeed at weight loss, and life! Hey there! I'm Autumn Calabrese. I'm a Midwest girl, a single working mom who really had no business being in the business of health and fitness. But I found my passion in helping people achieve their weight-loss and health goals. I turned myself into a mini mega-mogul of nutrition and fitness with two of Beachbody's most successful programs ever: 21 Day Fix and The Ultimate Portion Fix. I've led a crazy life and it's still crazy—probably a lot like yours. I've faced tremendous hardships and disappointments that have deflated my self-confidence. But I've found a way to turn “failures” into “redirections” that have transformed my life. And you can do it, too! Over the past five years, I've helped hundreds of thousands of people finally get control of food and lose 10, 20, 30, even more than 100 pounds with my breakthrough weight-loss programs. And, now I'm going to do the same for you! Imagine enjoying your favorite CARBS, WINE AND COCKTAILS, AND EVEN CHOCOLATE CAKE and still melt fat to build the lean, fit, healthy body you've always wanted! Here's my proposition: Give me just 30 days of your time, trust my process, GO ALL IN, and see what happens to your body. If you've ever struggled to lose weight before, I know why, and I have the solution. Lose Weight Like Crazy is NOT a DIET. There's Zero Deprivation. It works by automatically controlling your portion sizes, eliminating those unhealthy, sugary processed foods that trigger cravings, and filling you up on a proven ratio of healthy whole foods. It's simple. It's backed by science. And it works. Here's what YOU can expect while you lose weight like crazy: You won't count calories! You won't feel hungry or deprived! You can enjoy dessert! You can have a cocktail with your friends! You can speed up your results by adding fast, fun exercise routines that you'll love! (free lifetime access to my 2 new workout videos included with the book!) You can maintain your new body and feel amazing—for life!

Abel James, the ABC star and creator of the #1 Fat-Burning Man Show, shares his revolutionary weight-loss program in The Wild Diet - now a New York Times Bestseller! Can you really lose 20 pounds in 40 days while enjoying real butter, juicy burgers, chicken parmesan, chocolate, and even cheesecake? The answer might surprise you. By focusing on simple, fresh ingredients and nutrient-dense meals, The Wild Diet programs your body to burn fat as its main fuel source. Eating Wild, thousands of people across the world have dropped 20, 60, or even more than 100+ pounds without hunger... and often with minimal exercise. In The Wild Diet, you'll find that we are not meant to starve ourselves, count calories, or avoid delicious food. We're wired to eat luxuriously and live well without getting fat. If you think that you're stuck with the genes you inherited and there's nothing you can do about it, read closely. The Wild Diet paints a different picture, one in which we have the power to influence our genetic expression by taking control of the quality of food we eat, the way we move, and the environment around us. We once had access to an immense variety of fresh seasonal foods from small, local sources. Now we have access to few varieties of processed foods from a massive industrial system often thousands of miles from where we live. The secret to great health simply getting back to our wild roots and enjoying real, Wild foods grown on a farm and not in a factory. By prioritizing foods found in the natural world, rich in fiber and nutrients, your body will burn fat instead of sugar for energy. When you reduce your consumption of processed grains, sugars and other simple carbohydrates in favor of healthy plants and animals, you will be shocked by how quickly you can reverse the damage of decades of poor eating. The Wild Diet proves that it's possible to get in best shape of your life while eating delicious foods like chicken parmesan, bacon cheeseburgers, and even chocolate pudding. If you want to know how to burn more fat by indulging in incredible meals and exercising less, it's time to treat yourself to The Wild Diet.

Navigator is a KS2 reading scheme which covers fiction and non-fiction. It provides material to give pupils a 20-minute guided reading session per week during each school year. From an elite Special Operations physical trainer, an ingeniously simple, rapid-results, do-anywhere program for getting into amazing shape For men and women of all athletic abilities! As the demand for Special Operations military forces has grown over the last decade, elite trainer Mark Lauren has been at the front lines of preparing nearly one thousand soldiers, getting them lean and strong in record time. Now, for regular Joes and Janes, he shares the secret to his amazingly effective regimen—simple exercises that require nothing more than the resistance of your own bodyweight to help you reach the pinnacle of fitness and look better than ever before. Armed with Mark Lauren's motivation techniques, expert training, and nutrition advice, you'll see rapid results by working out just thirty minutes a day, four times a week—whether in your living room, yard, garage, hotel room, or office. Lauren's exercises build more metabolism-enhancing muscle than weightlifting, burn more fat than aerobics, and are safer than both, since bodyweight exercises develop balance and stability and therefore help prevent injuries. Choose your workout level—Basic, 1st Class, Master Class, and Chief Class—and get started, following the clear instructions for 125 exercises that work every muscle from your neck to your ankles. Forget about gym memberships, free weights, and infomercial contraptions. They are all poor substitutes for the world's most advanced fitness machine, the one thing you are never without: your own body.

A new spin on the classic guide to composing stunning images of nature and wildlife What is the difference between a good picture and a great one? In this fully revised edition of the classic bestseller The Art of Photographing Nature, master photographer Art Wolfe and former Audubon photo editor Martha Hill team up to explain the art of composing images of enduring beauty. Against a backdrop of more than 250 photographs of nature, wildlife, and landscapes, they share insights and advice about what works and what doesn't, and how small changes can take an

image from ordinary to extraordinary. Throughout, all-new tips from digital imaging expert Tim Grey show readers how to make the most of digital technology, whether by choosing the right color space, understanding sensor size, or removing distracting elements in post-processing. The result is an invaluable collection of expert advice updated for the modern age.

In *Inspired Imperfection*, Gregory A. Boyd adds another counterintuitive and provocative thesis to his corpus. While conservative scholars and pastors have struggled for years to show that the Bible is without errors, Boyd considers this a fool's errand. Instead, he says, we should embrace the mistakes and contradictions in Scripture, for they show that God chose to use fallible humans to communicate timeless truths. Just as God ultimately came to save humanity in the form of a human, God chose to impart truth through the imperfect medium of human writing. Instead of the Bible's imperfections being a reason to attack its veracity, these "problems" actually support the trustworthiness of Christian Scripture. *Inspired Imperfection* is required reading for anyone who's questioned the Bible because of its contradictions.

Creator of the best-selling P90X® workout series, Tony Horton shows you how to Bring It! for the results you want. Over the past 25 years, Tony Horton has helped millions of people—from stay-at home moms to military personnel to A-list celebrities—transform their bodies and their lives with innovative workouts and cutting-edge advice. Now in his first book he shares the fundamentals of his fitness philosophy with millions more, revealing his secrets for getting fit and healthy and melting away pounds. One-size-fits-all diets and exercise regimens just don't work—that's why Tony creates unique programs for each of his clients. In *Bring It!* he shows you how to build your own diet and fitness plan tailored to your individual lifestyle, preferences, and goals. With a Fitness Quotient (FQ) quiz designed to assess your likes, dislikes, and current fitness level, you can choose the program that's right for you. In photographs and easy-to-follow instructions, Tony demonstrates his unique moves and exercise combinations that include cardio fat burners, lower body blitzers, core strengthening, plyometrics, yoga, and more. You'll also discover Tony's fat-blasting eating plan and detox tips, delicious recipes, and mental motivators. Whether you've never been to the gym before, are looking to get bikini ready, or simply want to take your workout to the next level, Tony Horton can give you the results you've been looking for. A better body—and future—is possible when you commit to change. Get ready to Bring It! The activities in this resource manual are aimed at those who make policies and decisions about the staffing of administrator positions. Covers: expanding recruitment efforts, providing entry-level support, promoting advancement opportunities, determining next steps, and much more. Bibliography. Graphs.

Have you ever longed to be healthy, have lots of energy, and be comfortable with your body weight? *Healthy Habits: 52 Ways to Better Health* is an easy-to-read book offering an effective "habit-a-week" approach. Incorporate one new habit per week into your lifestyle across an entire year (52 weeks). Simple habits lead to good health, energy, and optimum body weight. The simpler we keep things, the more likely we are to stick with any changes we make. By following the week-by-week advice within these pages you will see you have the health that you and your body deserve. You will start to regain the energy and vitality you thought you'd lost or never previously attained. Your appetite and body weight will come into alignment with what is healthy for your frame. In essence, you will regain your health back and with it your life. Dr. Cris Beer is an expert in holistic medicine. She's a registered medical doctor who has also trained in nutritional and integrative medicine, and health and fitness coaching. Cris specializes not just in the prevention and treatment of illnesses, but in the attaining of optimum health. *Healthy Habits* is written for every busy person who thinks they do not have time to look after their health. Supported by evidence-based research, the no-fuss tips are easy to implement into our everyday lives.

This research guide is an annotated bibliography of sources dealing with the string quartet. This second edition is organized as in the original publication (chapters for general references, histories, individual composers, aspects of performance, facsimiles and critical editions, and miscellaneous topics) and has been updated to cover research since publication of the first edition. Listings in the previous volume have been updated to reflect the burgeoning interest in this genre (social aspects, newly issued critical editions, doctoral dissertations). It also offers commentary on online links, databases, and references. Most Registered Dietitian Nutritionists Couldn't Claim This— "I Lost 100 Pounds and Now I'm Sharing How I Did It with You!" MORE THAN 240,000 CLIENTS CAN'T BE WRONG! My name is Ilana Muhlstein and I wrote *You Can Drop It!* to help you learn my personal and proven system to drop weight and keep it off—without sacrifice—and it's so simple that you'll love it! This unique approach has become famous thanks to my renowned 2B Mindset program. The 2B Mindset is designed with the built-in ability for customization so that it is optimally effective and can work for everyone. It has already helped thousands of people lose weight—some more than 100 pounds—while never asking them to go hungry or cut out the foods that they love. *You Can Drop It!* doesn't just give you the key knowledge you need to lose weight. It adds motivational principles and real-life examples and it's the perfect complement to my successful program. No counting calories! No portion control! No feeling hungry! No off-limits foods! No exercise required! Finally—weight loss with FREEDOM! Here's Exactly Why YOU CAN DROP IT! Will Work: You're going to feel full and satisfied. (You can still eat comforting foods, in big portions, and enjoy 50+ delicious recipes inside.) You'll eat the foods you love. (Nothing is off-limits, not even dessert or a glass of wine.) You'll be in control. (Say goodbye to emotional and mindless eating.) You can finally keep off the weight! (These powerful weight-loss tools will be yours for life.) The 2B Mindset method changed my life. I struggled with yo-yo dieting the whole first half of my life. I was always the big one in the group. By the time I turned 13, I weighed over 200 pounds, and I felt terrible about myself. That's when I realized I had to break the cycle. Through trial and error, and lots of research, I discovered a simple and effective way to lose weight, while still eating large portions and the foods I loved. Over time, I lost 100 pounds, and kept the weight off. . . even after having two beautiful children. My secret? It's called the 2B Mindset. It has helped thousands of my clients lose weight too—and now it will help you.

E-Learning Companion: Student's Guide to Online SuccessCengage Learning

This book presents the study of symmetry groups in Physics from a practical perspective, i.e. emphasising the explicit methods and algorithms useful for the practitioner and profusely illustrating by examples. The first half reviews the algebraic, geometrical and topological notions underlying the theory of Lie groups, with a review of the representation theory of finite groups. The topic of Lie algebras is revisited from the perspective of realizations, useful for explicit computations within these groups. The second half is devoted to applications in physics, divided into three main parts — the first deals with space-time symmetries, the Wigner method for representations and applications to relativistic wave equations. The study of kinematical algebras and groups illustrates the properties and capabilities of the notions of contractions, central extensions and projective representations. Gauge symmetries and symmetries in Particle Physics are studied in the context of the Standard Model, finishing with a discussion on Grand-Unified Theories.

A 30-day food, fitness, and mind/body plan that helps readers drop a crazy amount of weight fast. Written by Beachbody super trainer and nutrition/fitness expert Autumn Calabrese, the book provides inspiring life lessons and practical guidelines that readers can use to overcome the excuses and obstacles that have been holding them back from achieving the body they've always wanted. *Lose Weight Life Crazy* offers a jumpstart to Calabrese's wildly popular 21 Day Fix and Ultimate Portion Fix programs that teach the principles of portion control, balancing macronutrients and eliminating added sugars and highly processed food. The book is jam-packed with tips, secrets, and advice, plus 23 delicious portion-controlled recipes and two invigorating workouts.

This book is an empirical study of contributions by courts in the Global South to comparative constitutionalism. It offers an analytical framework for understanding these constitutional innovations and illustrates them with a qualitative study of the most ambitious case in constitutional adjudication in Latin America over the last decade: the Colombian Constitutional Court's structural injunction affecting the rights of over five million internally displaced people and its implementation process. Although the ruling (known as T25) was handed down in 2004, its monitoring process continues. This book traces the case's evolution from its origin to its effects on policy, politics and public opinion. It also compares the implementation and effects of T25 with those of other rulings on the rights to health, food, housing, and prison overcrowding in Colombia, India and South Africa. The study's insights will be of interest to scholars of comparative constitutionalism in Latin America, Africa and Asia.

Struggling with debt? Frustrated about work? Just not satisfied with life? The Simple Dollar can change your life. Trent Hamm found himself drowning in consumer debt, working in a job he couldn't stand... and figured out how to escape that debt and build the fulfilling career he'd always dreamt about, all at the same time. Hamm shared his experiences at TheSimpleDollar.com—and built it into one of America's top personal finance websites. Now, The Simple Dollar is a book: packed with practical tips, tools, and lessons you can use to transform your life, too. This isn't just “another” personal finance book: it's profoundly motivating, empowering, practical, and 100% grounded in today's American realities. Trent Hamm will show you how to rewrite the rules, creating healthier relationships with money... and with your loved ones, too. With his help, you can get out of debt, start moving forward, and build the strong personal community that offers true happiness—no matter what happens to the economy. · Escape the plastic prison, and stop running to stand still 5 simple steps to eliminate credit card debt... and 5 more to start moving forward · Shift your life's balance towards more positive, stronger relationships Learn how to put the golden rule to work for you · Discover the power of goals in a random world Then, learn how to overcome inertia, and transform goals into reality · Navigate the treacherous boundaries between love and money Move towards deeper communication, greater honesty, and more courage

E-LEARNING COMPANION serves as a resource and quick-reference guide for any course that demands technology skills. In addition to helping students adapt previously mastered skills--such as time management, note-taking, and critical thinking--to the online environment, this text shows students how social networking, cloud file storage, wikis, and blogs can be utilized appropriately and effectively in a college course. Technical terminology and how-to tutorials help students become more capable and flexible online learners, and build skills that will support them throughout college and their future careers. The Fourth Edition is fully updated to be current and relevant for today's online learning environments, and also includes new Workplace Applications, and coverage of professional behavior and professional emails. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

YouTube workout video star Zuzka Light presents her long-awaited debut fitness book, with a 30-day fitness regime of powerful, effective 15-minute workouts. Filming first from a tiny basement in Prague, and eventually settling in Los Angeles, Zuzka Light has single-handedly ushered in the YouTube fitness revolution. Viewers love Light for her short, ferociously effective workouts and her in-the-trenches, never-give-up positive attitude—and she's racked up more than half a billion views to prove it. Now, finally, comes 15 Minutes to Fit, Light's hotly anticipated debut, with a 30-day fitness plan guaranteed to burn fat and build ripped muscles. Based on innovative high-intensity interval training, the workouts in 15 Minutes to Fit are designed to be done anywhere, anytime (no fancy gym equipment necessary), in just 15 minutes a day. This book takes the guesswork out of the workout, providing: • A 30-day workout plan to whip your body into shape—in 15 minutes a day or less • A companion meal plan, with delicious and healthful recipes for each day • Step-by-step photographs throughout to illustrate proper form for the workouts • Quick facts on health and nutrition to help readers separate fact from fiction • Support and motivation from Light, who overcame many obstacles to become the female face of fitness As Light says, “Give me 15 minutes a day and I'll give you a badass body.” Coauthored by New York Times–bestselling author Jeff O'Connell, 15 Minutes to Fit is the book legions of fans have been waiting for.

Activities aimed at addressing the need for recruiting women and minorities in school administration are presented in this resource manual, which is a collective work of the Study Group on Women and Minorities sponsored by the National LEADership Network. Each section describes an interactive, adaptable activity that is aimed at policymakers and administrative staffs. The first activity focuses on how to obtain, use, and disseminate information to create a state demographic profile. The second activity aims to share information about several current recruitment programs and to help Leadership in Educational Administration Development (LEAD) directors plan for expanding recruitment efforts. Providing entry-level support is the purpose of the third activity, which is designed to create awareness and encourage the development of entry-level programs for women and minorities. The fourth activity examines the promotion of advancement opportunities for women and minorities: identifying barriers to advancement and determining strategies to overcome them, and valuing diversity in leadership styles. Activity 5 helps administrators create an action plan. Forty-three figures can be made into transparencies, and a list of resources accompanies each section. Appendices contain an article on access to the roles of school leadership, resolutions adopted by the National School Boards Association (NSBA) and American Association of School Administrators (AASA), LEAD Center directors/trainers resources, and training activity notes. (Contains 44 references.) (LMI)

In The 20/20 Diet, Dr. Phil McGraw identifies seven reasons other diets fail people over and over again: hunger, cravings, feeling of restriction, impracticality and expense, boredom, temptations, and disappointing results or plateaus. Then, he addresses each of these roadblocks by applying the latest research and theories that have emerged since his last best seller on the same topic, The Ultimate Weight Solution. Dr. Phil and his team have created a plan that you can start following right now and continue working for the rest of your life. In this diet, readers will start by eating only 20 key ingredients, called the “20/20 Foods,” which theories indicate may help enhance your body's thermogenesis and help you feel full. But that's just the beginning. This book explains why you haven't been able to lose the weight before, and empowers you with cognitive, behavioral, environmental, social and nutritional tools so you can finally reach your goal, and learn lifelong healthy habits to maintain those results.

Beachbody isn't just one program - it's a bunch of programs that are under one umbrella. This works because you are able to get the nutritional and community aspects of Beachbody while picking an exercise program that works the best for you. Some of the most popular programs include the 21 Day Fix, Insanity, and P90X, while other programs, like 80 Day Obsession and Focus T25, are also available. This encourages people to stay committed and try out other programs, too.

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