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Are you ready for a total body transformation? In *The 21-Day Yoga Body*, renowned wellness warrior and lifestyle expert Sadie Nardini gives you a program to renovate your body, mind and spirit. This fast-acting program, based on Sadie's potent inspirations, real-world recipes and unique Core Strength Vinyasa yoga style will turbocharge your results: speed up your metabolism, build lean muscle, and burn fat, all while building nutritional savvy and emotional strength. Designed to fit into your busy life, each day of the three-week plan includes a series of daily lifestyle tips, new-generation yoga poses (illustrated with step-by-step photos), breathing and meditation exercises, and nutrition tips and recipes (vegans, vegetarians and meat-eaters alike, welcome!). There's even wine! Here's what results many people are getting in just 3 weeks:

- A fun, fresh yoga practice that's based in cutting edge anatomy for the maximum safety, strength, flexibility, and mind-centering benefits for the time you spend on the mat.
- More confidence, clarity of purpose, a renewed spirit and the ability to know yourself more deeply and act from your truth.
- Daily guidance about how to approach your personal, life and relationship challenges—and totally rock them.
- A daily meal plan that gives you a new, creative relationship with food and reveals how to eat fresh, whole—and fantastically well—for a lifetime.
- Creative action steps to make all these great ideas a reality and create more success for you on all levels!

So get ready to kick some asana, play while you learn, and create your most fit, fierce, and fabulous self ever!

PROGRAMMING CONTROLLOGIX PROGRAMMABLE AUTOMATION CONTROLLERS covers ControlLogix Programmable Logic Controllers (PLCs) and their programming and integration. The book's strength is its breadth and depth of coverage, taking the reader from an overview of the PLC through ladder logic, structured text, sequential function chart, and function block programming.

PROGRAMMABLE LOGIC CONTROLLERS WITH CONTROLLOGIX also covers industrial sensors, PLC modules and wiring, as well as motion control using ControlLogix through two-axis coordinated motion (linear and circular) is also covered. To aid in learning, the book features a DVD with Camtasia learning videos and explanations of setup of RSLinx, project development, tag creation, configuration, instructions and much more. Appendixes cover configuring remote I/O, producer/consumer communication, messaging, and motion configuration and programming. Students learn more and more easily because of the breadth of practical coverage, numerous examples and extensive exercises. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

* Detailed instructions on configuring SAP ERP Financials module * Examples to clarify the tricky areas in a configuration * Supported by screenshots to explain configuration of SAP financial module

Innovative insights on creating models that will help you become a disciplined intelligent investor The pioneer of value investing, Benjamin Graham, believed in a philosophy that continues to be followed by some of today's most successful investors, such as Warren Buffett. Part of this philosophy includes adhering to your stock selection process come "hell or high water" which, in his view, was one of the most important aspects of investing. So, if a quant designs and implements mathematical models for predicting stock or market movements, what better way to remain objective, then to invest using algorithms or the quantitative method? This is exactly what Ben Graham Was a Quant will show you how to do. Opening with a brief history of quantitative investing, this book quickly moves on to focus on the fundamental and financial factors used in selecting "Graham" stocks, demonstrate how to test these factors, and discuss how to combine them into a quantitative model. Reveals how to create custom screens based on Ben Graham's methods for security selection Addresses what it takes to find those factors most influential in forecasting stock returns Explores how to design models based on other styles and international strategies If you want to become a better investor, you need solid insights and the proper guidance. With Ben Graham Was a Quant, you'll receive this and much more, as you learn how to create quantitative models that follow in the footsteps of Graham's value philosophy.

The Soprano Sorceress, the first novel in New York Times bestselling author L. E. Modesitt, Jr.'s epic fantasy series the Spellson Cycle about a singer and music instructor at Iowa State University who gets far more than she expected when she is magically transported to the world of Erde. On Erde, Anna Marshall is no longer just a professional singer. In this world, song is magic, making Anna a sorceress, potentially the strongest in Erde. Here, a wrong note can mean death to a sorcerer, but Anna's lifetime of training means she can sing more powerfully and precisely than anyone else. Her power does not go unnoticed and makes her a target. To survive, Anna must learn enough song-magic and understand this new world. The Spellson Cycle The Soprano Sorceress The Spellson War Darksong Rising The Shadow Sorceress Shadowsinger Other series by this author: The Imager Portfolio The Saga of Recluce The Corean Chronicles The Ghost Books The Ecolitan Matter At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

The book in its present form introduces detailed descriptions and illustrative solved problems in the fields of Water Supply, Sanitary and Environmental Engineering. The entire subject matter has been split up in three parts: Part I Water Supply Engineering Part II Sanitary Engineering Part III Environmental Engineering. The first part deals with Water Supply Engineering which is related to demand of water for various purposes in human life, sources of water supply, quantity and quality of water, treatment and distribution of water, etc. The second part deals with Sanitary Engineering which is related to quality and quantity of sewage, construction and design of sewers, methods of treatment of sewage, etc. The third part discusses various aspects of Environmental Engineering including air pollution, noise pollution, etc. A typical design of a domestic sewage treatment plant is given in the Appendix as an additional attraction. The book now contains: * 253 * 140 * 60 * 610 Self-explanatory and neat diagrams Illustrative problems Useful tables Questions at the end of chapters. It is hoped that the book in its present form will be extremely useful to the Engineering students preparing for the Degree Examinations in Civil Engineering of all the Indian Universities, Diploma Examinations conducted by various Boards of Technical Education, Certificate Courses as well as for A.M.I.E., U.P.S.C., other similar Competitive and Professional Examinations.

Meant as a companion to *The ACS Style Guide*, not a competitor, this book is an extraordinary resource for upper-level chemistry majors as well as graduate students faced with writing a journal article, a conference abstract, or a thesis. Full of prepared research projects and exercises, *WriteLike a Chemist* provides expert instruction ideal for students from diverse backgrounds, including both native and nonnative speakers of English. It is specifically designed to help students transition from the writing skills required in undergraduate lecture and laboratory classes to writing skills required by career chemists: a journal article, a scientific poster, and a research proposal. Each of these types of writing is directed towards a different audience, and writing for a journal requires a different writing style than writing a research proposal for the National Science Foundation. Thus to write like a chemist requires that one learns to write for different audiences. This book assists young scientists in developing that essential writing skill.

This attractive, full-colour coursebook covers the seven topics of the Higher Level extension (HL) syllabus in Geography for the International Baccalaureate (IB) Diploma. It explores the HL theme, Global Interactions, emphasising the various scales at which issues can be studied, and identifying and carefully explaining key global issues. The coursebook guides students through the HL syllabus, building geographical skills and making connections to other areas of the Geography course and to concepts in the Theory of Knowledge. It also encourages detailed study of primary and secondary sources, developing students' analytical skills. The content is tailored to the requirements and assessment objectives of the IB syllabus, making it relevant to the way in which the subject is taught, assessed and

examined.

We know--and love--the story of the American Revolution, from the Declaration of Independence to Cornwallis's defeat. But our first government was a disaster and the country was in a terrible crisis. So when a group of men traveled to Philadelphia in the summer of 1787 to save a nation in danger of collapse, they had no great expectations for the meeting that would make history. But all the ideas, arguments, and compromises led to a great thing: a constitution and a government were born that have surpassed the founders' greatest hopes. Revisiting all the original documents and using her deep knowledge of eighteenth-century history and politics, Carol Berkin takes a fresh look at the men who framed the Constitution, the issues they faced, and the times they lived in. Berkin transports the reader into the hearts and minds of the founders, exposing their fears and their limited expectations of success.

As the first book for intermediate and advanced users of Google SketchUp, this Cookbook goes beyond the basics to explore the complex features and tools that design professionals use. You'll get numerous step-by-step tutorials for solving common (and not so common) design problems, with detailed color graphics to guide your way, and discussions that explain additional ways to complete a task. Google SketchUp Cookbook will help you: Use SketchUp more efficiently by taking advantage of components and groups Learn new techniques for using Follow Me, Intersect, and constraints Go beyond simple textures with tools such as texture positioning and Photo Match Create animations and walkthroughs, and explore design scenarios by using layers and scenes Learn how to use styles to customize your presentations Combine SketchUp with the 3D Warehouse and Google Earth Google SketchUp Cookbook is ideal for architects, engineers, interior designers, product designers, woodworkers, and other professionals and hobbyists who want to work more efficiently and achieve true mastery of this amazing tool.

This is an extensive revision of the first (and still, only) introductory astronomy text to take a "discovery activities" approach to learning astronomy, encouraging students to be active rather than passive learners. Students use an equipment kit included with the book to construct observing instruments, including a telescope, so they can carry out measurement activities and obtain direct experience in the scientific gathering and analyzing of data. The text is flexible; it is not a lab manual. The equipment kit is available separately; it contains a simple telescope, a cross-staff, quadrant, spectroscope, Ray Box grill, telescope, and diffraction grating. Changes in this new edition include greater adaptability of the text, updated astrophysics, observations from the Voyager mission, discussion of grand unified theories and of the inflationary universe.

Traces the history of Poland and examines the social and political life of the country.

A beautiful poetry collection chosen by the Poet Laureate, Carol Ann Duffy. Carol Ann Duffy, the Poet Laureate, has chosen her favourite poems for children for this stunning collection of classic and modern verse, exquisitely illustrated by multi-award-winning illustrator Emily Gravett.

A Brilliant Solution Inventing the American Constitution Houghton Mifflin Harcourt

Willing to fight the treacherous Norman invaders to the death, Fallon, a Saxon princess, flees from Alaric, the mighty Norman warrior who saves her life

One of the New York Times' most popular journalists presents groundbreaking scientific news about marriage. And, surprise: It's good news. We've all heard the statistic: Fifty percent of marriages end in divorce. It's enough to make many couples give up when the going gets rough, thinking that's what everybody else does. But what if it weren't true? What if, in fact, it's not only possible but often easier than you think to save a seemingly troubled relationship? These are the questions Tara Parker-Pope asked herself after her own divorce. An investigative journalist on the health and wellness beat, she turned to some of the top biologists, neuroscientists, psychologists, and other scientists for the facts about marriage and divorce. Those facts were more positive and provocative than she'd ever expected, and For Better offers page after page of astonishing, eye-opening good news. Parker-Pope presents the science behind why some marriages work and others don't; the biology behind why some spouses cheat and others remain faithful; the best diagnostic tools created by the most cutting-edge psychologists to assess the probability of success in getting married, staying married, or remarrying. There are questionnaires to uncover potentially damaging hidden attitudes toward spouses. There are tools to show the impact of routine, fresh activity and how small adjustments can make a huge difference. Tara Parker-Pope's genius is for exploring the science behind the big issues that affect our lives every day and translating that science into advice that we can use every day. For Better is the definitive guide to the most profound relationship of our lives.

Covering all aspects of competition, uncertainty and managerial responses in new and emerging business environments, this title includes a combination of cases and readings that are ideal for teaching.

Thermodynamics Seventh Edition covers the basic principles of thermodynamics while presenting a wealth of real-world engineering examples so students get a feel for how thermodynamics is applied in engineering practice. This text helps students develop an intuitive understanding of thermodynamics by emphasizing the physics and physical arguments. Cengel/Boles explore the various facets of thermodynamics through careful explanations of concepts and its use of numerous practical examples and figures, having students develop necessary skills to bridge the gap between knowledge and the confidence to properly apply knowledge. The media package for this text is extensive, giving users a large variety of supplemental resources to choose from. A Student Resources DVD is packaged with each new copy of the text and contains the popular Engineering Equation Solver (EES) software. McGraw-Hill's new Connect is available to students and instructors. Connect is a powerful, web-based assignment management system that makes creating and grading assignments easy for instructors and learning convenient for students. It saves time and makes learning for students accessible anytime, anywhere. With Connect, instructors can easily manage assignments, grading, progress, and students receive instant feedback from assignments and practice problems.

An Ideal Source for Geologists and Others with Little Background in Engineering or Mechanics Practical Rock Mechanics provides an introduction for graduate students as well as a reference guide for practicing engineering geologists and geotechnical engineers. The book considers fundamental geological processes that give rise to the nature of rock masses and control their mechanical behavior. Stresses in the earth's crust are discussed and methods of measurement and prediction explained. Ways to investigate, describe, test, and characterize rocks in the laboratory and at project scale are reviewed. The application of rock mechanics principles to the design of engineering structures including

tunnels, foundations, and slopes is addressed. The book is illustrated throughout with simple figures and photographs, and important concepts are illustrated by modern case examples. Mathematical equations are kept to the minimum necessary and are explained fully—the book leans towards practice rather than theory. This text: Addresses the principles of rock mechanics as it applies to both structural geology and engineering practice Demonstrates the importance of and methods of geological characterisation to rock engineering Examines the standard methods of rock mechanics testing and measurement as well as interpretation of data in practice Explains connections between main parameters both empirically as well as on the basis of scientific theory Provides examples of the practice of rock mechanics to major engineering projects Practical Rock Mechanics teaches from first principles and aids readers' understanding of the concepts of stress and stress transformation and the practical application of rock mechanics theory. This text can help ensure that ground models and designs are correct, realistic, and produced cost-effectively.

Get your game on with Baby's Got Blackjack! Dig for bedroom gold with Pirate's Booty! Get down with Dirty Dice! With 100 chances to win, these sexy scratch tickets give a whole new meaning to lotto fever!

This third edition prepares entrepreneurs for the rewards and pitfalls of this career choice. It explores a new theme on how to effectively manage a start-up company. Focus on Real Entrepreneurs sections highlight how entrepreneurs position their companies to meet the various marketing, financial, and technological challenges. Management Track sections present key management issues while following the development of a real company. Entrepreneurs will also find real situations and examples on which they can practice the broad range of skills required to start and build a company in today's complex world.

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