

How To Create A Low Cost Escape Room For Camps Youth Groups And Community Centers

Before appearing on the BBC's The Great British Sewing Bee, Chinelo Bally had never used a sewing pattern. She wowed the judges with her ability to create stylish, fitted garments using a freehand cutting method that was taught to her by an aunt. In Freehand Fashion, Chinelo lets us in to the secret of how she does it. Using a series of basic garment blocks, she explains how this innovative technique can be used to create a whole wardrobe of fashionable clothes that will fit every shape and size - with no patterns required. Based on a traditional Nigerian technique, Chinelo has developed her own freehand cutting method. The emphasis is on the individual's own body measurements, and getting the perfect fit. This is a surprisingly simple technique that anyone can learn. No fancy equipment is needed - just a sewing machine, measuring tape, chalk and of course a good pair of scissors. Using step-by-step illustrations, the book shows how to draft, cut and construct the five basic blocks that are used - either singly or in combination - to make every item of clothing in the wardrobe. Once you have your basic blocks, you are ready to tackle the projects - practical garments that are fashionable, modern, stylish and versatile. There are tops, skirts, day dresses and eveningwear. This is an exciting sewing technique that will be brand new to most people, even experienced dressmakers. There really are no limits - and the beauty of this technique is that it can be applied to any body shape.

A collection of craft ideas for kids that create a minimum of mess.

Provides step-by-step instructions and detailed plans for building a moderate-sized, two-story log home from a pre-cut manufacturer's kit or from freshly cut logs, proceeding from site selection to finishing work and maintenance tips

Rudolf Graf and William Sheets have written a book containing twenty low-power (LP) transmitter projects, perfect for the electronics hobbyist and radio experimenter. Now that the FCC has changed its regulations about "pirate" transmissions, more and more people are setting up radio and video stations for broadcast from their homes. Build Your Own Low-Power Transmitters addresses applications for hobbyist broadcasting of AM, SSB, TV, FM Stereo and NBFM VHF-UHF signals with equipment the reader can build himself for thousands of dollars less than similar equipment sold on the retail market. The authors also fully explore the legal limits and ramifications of using the equipment as well as how to get the best performance for optimum range. The key advantage is referencing a low-cost source for all needed parts, including the printed circuit board, as well as the kit. Projects in the book include: LP FM stereo transmitter; digitally synthesized PLL FM stereo transmitter; LP AM transmitter for 150-1710 KHz; radio control transmitter/receiver; carrier current transmitter and AM and FM receivers; LP VHF one-way and two-way audio links; 1-watt 40-meter CW transmitter for ham radio use; SSB LP transmitter for 10-meter ham radio use; 2-meter VHF FM ham radio transmitter; FM video link for 900 MHz NTSC/PAL operation; 2-watt TV transmitters for 440, 900 and 1300 MHz amateur TV NTSC/PAL transmissions; linear amplifier for 440MHz, 10-15watt NTSC/PAL operation; Downconverters for 440, 900 and 1300 MHz with VHF channel 3 or 4 output; TV video receiving systems and AM-FM IF systems; LP video link for UHF channels 14-18; 1-watt CW beacon transmitter for Part 15 LF radio experimentation; CW identifier for transmitters; test equipment projects for LP transmitters; as well as an RF power meter and modulation monitor. Complete source information will be included to help each reader find the kits and parts they need to build these fascinating projects. Unique among comparable project books, this one offers a low-cost source for all parts, including the printed circuit board. This allows immediate completion without needing to search for difficult to find parts Features twenty low-power transmitter projects

The Perfect Teacher is a practical book for teachers of all levels of experience, which deals with the major issues of the profession, such as discipline, time management and teaching style, by showing teachers how other people see them. Schools are busy places, but spending most of the day in the company of 30+ children can still feel rather lonely. There is little time for teachers to make meaningful contact with other adults, to talk about how they can help one another and share ideas. And when these opportunities do arise, they are usually in formal circumstances: inspections, observations, appraisals and training days. As a result, it can be difficult for teachers to develop a fair view of their own practice. Many are overly self-critical, because they rarely get to see that they are not the only ones who struggle with certain students or have difficulties keeping up with the workload. Some find it tough, because they become too insular - they get stuck in the same routines, or feel that they have run out of ideas. Others become demoralised - they feel over criticised, undervalued and very misunderstood. The Perfect Teacher intends to light up the shadows of the classroom: to provide a multi-faceted insight into what makes a good teacher, taking the perspectives of different education related professionals as its starting point. It acts as a critical friend, helping teachers to reflect on their strengths whilst offering a range of viewpoints that may throw up new and fresh solutions to old problems. The book provides advice from classroom teachers (primary and secondary), parents, pupils, headmasters, senior teachers, social workers, special educational needs co-ordinators, support staff, teacher trainers, and school governors, which will provide readers with a broad and balanced profile of the 'perfect' teacher.

- Features dozens of detailed interviews with directors, producers, F/X pros, and more
- Horror movies get better distribution deals—so they're great for independent filmmakers
- Entertaining and informative, packed with insightful and sometimes hilarious anecdotes. Everyone who's ever longed to make their very own horror movie needs a copy of Splatter Flicks, a comprehensive guide that shows aspiring filmmakers exactly how today's most successful creators of horror finance, produce, and market their films. Interviews with the creative geniuses behind such low-budget moneymakers as Dead Serious, Till Death Do Us Part, Scarecrow, and many others reveal such dark secrets as how to make a movie for \$ 2,000, how to get the best shrieks from scream queens, how to capture fear on film, how to make the perfect monster...the list goes on and on—it won't stop—make it stop—aaaaahhhhhhh!!!!!! Yes, Splatter Flicks is horrifying...in a good way. Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers.

Provides a comprehensive, timely review of targeted ablation methods to treat prostate and renal cancers. It describes the most effective techniques in current practice, with discussion of the selection criteria, ablation technologies and their limitations, and advice on the management of common side effects.

This book serves as a security practitioner's guide to today's most crucial issues in cyber security and IT infrastructure. It offers in-depth coverage of theory, technology, and practice as they relate to established technologies as well as recent advancements. It explores practical solutions to a wide range of cyber-physical and IT infrastructure protection issues. Composed of 11 chapters contributed by leading experts in their fields, this highly useful book covers disaster recovery, biometrics, homeland security, cyber warfare, cyber security, national infrastructure security, access controls, vulnerability assessments and audits, cryptography, and operational and organizational security, as well as an extensive glossary of security terms and acronyms. Written with instructors and students in mind, this book includes methods of analysis and problem-solving techniques through hands-on exercises and worked examples as well as questions and

answers and the ability to implement practical solutions through real-life case studies. For example, the new format includes the following pedagogical elements: • Checklists throughout each chapter to gauge understanding • Chapter Review Questions/Exercises and Case Studies • Ancillaries: Solutions Manual; slide package; figure files This format will be attractive to universities and career schools as well as federal and state agencies, corporate security training programs, ASIS certification, etc. Chapters by leaders in the field on theory and practice of cyber security and IT infrastructure protection, allowing the reader to develop a new level of technical expertise Comprehensive and up-to-date coverage of cyber security issues allows the reader to remain current and fully informed from multiple viewpoints Presents methods of analysis and problem-solving techniques, enhancing the reader's grasp of the material and ability to implement practical solutions

Using the principles in this book, the individual investor, the small business man, corporate executives and those developing careers, have a unique opportunity to prepare a strategy for the sea changes in investment choices, consumer demand, business opportunities and social changes forthcoming. Not doing so will ensure failure. At the turn of the 20th Century approximately one out of every three people on earth were of Caucasian or “white” ancestry. By the year 2000 that number stood at one out of seven. By the end of this century, demography experts predict that number to plunge to one out of twenty. Likewise in the United States, in 1900, approximately nine-tenths of the population was white. By 2000 that number had dropped to seven-tenths. Demographers project that number to be less than one half by 2053 and a little more than a third by the end of the century. The reason? If you were to ask the layman on the street he might respond “It’s because Africans, Asians, Indians or Middle Easterners are reproducing in large numbers.” However, in actuality, the birth rates of these “developing” populations—though still at a high level—have themselves declined over 50 percent in recent years. The core reason for this disproportionate Caucasian decline is their own extraordinarily low birth rates—the subject of this book. From the days of early Rome, throughout the reign of the Titans, into the development of constitutional law and the cultural and technological breakthroughs of the 20th Century, indisputably, Caucasians have led the charge and reaped the concomitant high living standards, asset, status, and wealth benefits. This will begin to change by mid century. Many celebrated authors in the demographics field have written books on this birth decline phenomenon. Some of the more prominent include: *Fewer: How the New Demography Will Shape Our Future*, by Ben Wattenberg; *The Empty Cradle: How Falling Birth Rates Threaten World Prosperity and What to Do About It*, by Paul Longman; *A Question of Numbers: High Migration, Low Fertility, and the Politics of National Identity* by Jay Winters and Michael Teitlebaum; *Global Aging and its Economic Consequences* by Robert Lee. All of these books delineate clearly the problems associated with birth decline. All note the dramatic consequences particularly amongst Western societies. This book, however, stands alone in giving the philosophical/ideological underlying causes (The 7 basic principles) for these dramatic changes in birth rates since the mid '60s in the United States and the rest of the world. In addition, these publications miss the opportunity to prepare the reader to capitalize on the investment, business and employment effects of this phenomenon. It prepares the reader to adjust his thinking to an age of population decline before the effects leave him behind the curve of change.

Quickly learn Affinity Photo image editing Affinity Photo is the hot photo editing package from Serif. It can compete head on with the latest version of Photoshop. It’s also affordable, incredibly powerful and exceptionally flexible. But all this power and flexibility brings its own challenges. Just like Photoshop, Affinity Photo can be confusing and tricky to learn. Even with a background in Photoshop image editing it’s likely you will miss a lot of its features. And unlike Photoshop you won’t have an endless choice of books to learn from. Which is where “Essential Affinity Photo” comes to the rescue. In this comprehensive yet easy to follow book, Landscape Photographer Robin Whalley explains the core features of Affinity Photo Desktop. Written in his unique, easy to understand style, Robin explains logically the essential techniques you need to know to learn Affinity Photo. Follow this book and its examples and you will soon be editing images as though you have been using the software for years. The book is arranged into a series of lessons that focus in on the essential image editing skills. Each lesson builds on the previous one, minimising repetition and saving you valuable time. You will learn about: - Different Affinity Photo Personas, what these do and how to navigate them. - The Develop Persona, using it to convert a Raw photo file into a high-quality image. - How layers form the backbone of the Photo Persona and how to use them to improve your editing. - Different Adjustment layers, filters and live filters you can apply, to fine tune and improve your photography. - How to convert your images to black and white as well as important techniques such as Dodging and Burning. - Creating and using layer masks to precisely target your adjustments to specific areas of an image. - Harnessing the power of the Export Persona. - And lots more. Throughout the book there are examples and exercises for you to follow. The author provides the images for these on his website, allowing you to follow along on your own computer. You won’t need to wade through hundreds of pages to find answers. This is a comprehensive and concise guide to help you learn Affinity Photo. It doesn’t matter if you are a complete novice or have some experience of Affinity Photo, this book could help improve your Affinity Photo editing.

Most photographers shoot in abundant sunlight. The problem is, full sun creates harsh, unflattering shadows that undermine images. Working in low light — in early morning or at twilight or when Mother Nature cues the clouds or fans in the fog — can help photographers produce stand-out images. Photographers will learn to analyze light and determine the best camera settings for creating captivating low-light images outdoors. Composition—the artful arrangement of all of the image elements — is detailed next. From there, Hummel provides text and illustrations to guide readers through the art of producing low-light images of sunrises and sunsets; the moon and stars; hot air balloons, city lights, and fireworks; and nature and landscape photography. Hummel then moves on to discuss how photographers can use filters and camera-stabilizing tools to enhance the technical quality of their shots. Armed with the applications outlined in this book, photographers will be able to produce outstanding shots during off-peak hours.

HOW TO MAKE A MOVIE WITH A VERY, VERY, LOW BUDGET is an Ebook/Book that offers up all the secrets of a veteran low budget filmmaker on how to make a film with a miniscule budget. It is a must-read for any film school student, independent filmmaker, or aspiring filmmaker who plans to make movies with a small budget. This Ebook/Book provides valuable information for anyone who plans to embark on a low budget film production project. For instance, there is detailed information on how the author made the transitions from film school, to film festivals, to paying jobs in the film industry, and all the tips and info offered will benefit anyone who plans to follow the same course. This book has all the information anyone would need to make a low budget film.

This series is for maths teachers who want to develop their maths teaching skills. This book is for teachers and educators who want to develop their maths teaching skills where English is the language of instruction. It has been written by the international group of educators based at AIMSSEC, The African Institute for Mathematical Sciences Schools Enrichment Centre. The book provides practical classroom activities underpinned by sound pedagogy and recent research findings. The activities are designed for teachers working alone or in 'self-help' teachers' workshops. They are designed to develop mathematical thinking and offer immediate practical tools to help deliver this approach.

A straightforward, valuable guide to reduce effort and raise profits Step inside any organization, even a very successful one, and you'll probably find a lot of waste if you know where to look. From providing a feature that consumers don't care about to exhausting efforts on tasks that only require adequate attention, there are countless areas where resources go down the drain. In Low-Hanging Fruit, Jeremy Eden and Terri Long provide seventy-seven of their most effective techniques for improvement, each drawn from their success working with major companies. For more than twenty years, Jeremy Eden and Terri Long have helped companies of all sizes make millions by harvesting their low-hanging fruit. In this practical guide, Eden and Long share valuable, refreshing insights in entertaining chapters that get straight to the point. This book shows you how to smoothly shift your approach, your priorities, and your mindset to reveal the hidden potential in your organization. Whether you are a member of a small team or a global executive, you will learn how to identify and solve hidden problems, improve productivity, and increase profits. Many people don't realize that there are dozens of quick, easy, and affordable ways to make things better. Don't buy into the myth that only some people have creative ideas. Typically, the people closest to the work (from the factory floor to the C-Suite) and the people closest to the customer know the best ways to improve business. We can pluck this "low-hanging fruit" every day to save time and money right away. Need to grow your company's earnings but don't know where to find the low-hanging fruit? The answer is right in front of you, but harvesting it takes skill. Eden and Long show you seventy-seven clever ways to discover possibilities and make meaningful changes. Low-Hanging Fruit shows you how to easily improve your job satisfaction, your team's performance, and your company's earnings.

Imagine capturing stunning, professional-looking product shots without needing a studio filled with expensive equipment and large flash units. This book teaches all the steps for creating your own tabletop photography studio. Affordable compact flashes offer a number of creative lighting options within your tabletop studio; and the appropriate lighting and backdrop, and the creative use of your camera's features are key to a perfect image. Author Cyrill Harnischmacher guides you through a variety of exposure and lighting techniques, and covers how to achieve excellent results using compact flash units. Whether you wish to capture product images for use in print or on the web, or you want to improve your photos for personal use, this book will provide you with everything you need to know to get great results. Topics include: Lighting Setups; Reflectors, Diffusors, and Accessories; Soft Boxes and Umbrellas; Strobe Flashes; Combining Long Exposures with Flashlights; Multi-Flash Exposures; Composition and Arrangements; Creating Backdrops; Product Photography; Smoke, Fog, and Special Effects; Food Photography and much more... In the face of limited progress toward meeting Millennium Development Goals or addressing climate change and resource degradation, increasing attention turns to harnessing the entrepreneurial, innovative, managerial and financial capacities of business for improved social and environmental outcomes. A more proactive role for business in sustainable development is especially pertinent in sub-Saharan Africa, which has been plagued by conflict and poverty but shows signs of a brighter future as the world's second-fastest-growing region. The book considers how the socio-economic context influences the objectives of social innovation and even our definition of what we mean by social innovation. Secondly, the book aims to show how social innovation initiatives emerge and fare in context of the limited ability of many African countries to provide public goods and services.

Spend like a miser, profit like a mogul Who says you have to spend money to make money? Savvy real estate investors follow the examples of Donald Trump and Walt Disney, turning substantial profits on properties without incurring the debt, risk, and maintenance costs of ownership--and now, so can you! In How to Make Money with Real Estate Options, real estate expert Thomas Lucier introduces you to the low-risk, high-yield investment vehicle that can earn big bucks even for small investors. Lucier explains what real estate options are, how they work, and why they are the tools of choice for thousands of successful investors. Step by step, he shows you how to: * Locate potential option properties using the Internet, want ads, and "bird-dogs" * Contact and negotiate with property owners * Perform due diligence and avoid options pitfalls * Prepare an option agreement that protects you * Insure real estate options with title insurance * Package and sell optioned properties for optimum profits Packed with no-nonsense advice on how to identify the most profitable properties and manage every step of the option process, How to Make Money with Real Estate Options is a practical guide to one of the secret weapons of savvy investors.

How would your life and business be different if you could multiply your sales and increase your prices in the next 30 days? Discover the secret branding experts don't want you to know. More than 4 years of research, 34 entrepreneurs interviewed, \$27,000 invested, hundreds of enemies made along the way, 1 attempted lynching, barred from the lucrative circle of 'experts'... All this just to be able to share the best kept secrets of the branding world with you, secrets that will enable you to build your brand for much less money than you think. WARNING: This is NOT a book about pretending to be Superman and learning to do it all by yourself. This book is for business owners and entrepreneurs who take their business very seriously...and their life with good humor. What will you learn then? In this book you'll learn to create the basic features of your brand, those that can skyrocket your sales and prices overnight, by outsourcing to the best professionals at low cost prices. Avoid the long years of hard work and impossible investments that other brands have required to create the security and trust needed to be able to sell without worrying

about your price point. Forget about learning to do everything for yourself or settling for asking your cousin, friend, neighbor, etc. to do it for you... due to a lack of funds! Who is this book NOT for? Branding agencies: I'm going to reveal your secrets. DO NOT buy this book... it'll only make you mad! Branding gurus: I'll be demonstrating how to expose you. DO NOT buy this book... it'll only make you mad! Designers and developers: I'll be explaining where to find the best, and cheapest, professionals. DO NOT buy this book... it'll only make you mad! Designers and developers ... it'll only make you mad! Audiovisual production companies: I will show your potential clients how to survive without your extortionately priced services. DO NOT buy this book... it'll only make you mad! Etc. So who IS the book for? Business owners: Whether you're a small businessperson taking your first steps in the industry or a big business with years of experience behind you, this book will help you to make the leap to the "next level". Entrepreneurs: Do you sometimes feel like you'd have to be Superman to juggle all the different aspects of your project? Do you keep signing up (and paying) for courses and training sessions to learn absolutely everything there is to know for yourself? Then you need to read this book UR-GENT-LY! If my book DOES deliver what it promised: In less than a month you'll be selling more. You'll be able to increase your prices without worrying about you rivals selling at a lower price point. Your customers will start treating you like the professional you are and will stop trying to haggle for better prices. You'll grow your returns on the investments made on present and future marketing campaigns. Etc. If my book DOESN'T deliver what it promised: You'll be a bit wiser and... I will refund 100% of your money! As you will see... You have nothing to lose and a lot to gain!

The success of low-budget independent films like *The Blair Witch Project* and *Paranormal Activity* have clearly demonstrated that successful movies can be made with very small budgets. Still, working on a tight budget requires both skill and ingenuity, and is an inevitable and continuous learning experience for the filmmaker. Join two dozen truly independent filmmakers—those used to working, and delivering, within extreme limitations—as they bluntly chronicle their experiences creating features “from the trenches.” They cover the major stages of the filmmaking process, from financing, technical decisions, and handling actors and crew to music, production, and distribution. With loads of practical advice, actual case studies, and many behind-the-scenes photographs, this collection of war stories from the micro-budget front lines will benefit aspiring and experienced independent filmmakers alike.

Nothing provided

This book describes in detail modern technologies for printed electronics, explaining how nanotechnology and modern printing technology are merging to revolutionize electronics fabrication of thin, lightweight, large and inexpensive products. Readers will benefit from the explanations of materials, devices and circuits used to design and implement the latest applications of printed electronics, such as thin flexible OLED displays, organic solar cells, OLED lighting, smart wallpaper, sensors, logic, memory and more.

With the right soil, correctly prepared and compressed, it is possible to halve the amount of cement used for block-making - a useful saving. This manual shows how to make and use strong blocks from soil, from the initial planning to the end product.

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

Do you or a loved one struggle with short-term memory loss? If so, you are not alone! Age-related short-term memory loss starts as early as age 45 and other causes of short-term memory loss such as physical or emotional trauma, depression, seizures, and many other health issues can happen at any age. Regardless of the cause of short-term memory loss, journaling engages the brain and provides a written record of events, conversations, and concerns. The *My Memory Pal Journal* was specifically designed for those who remember things that happened 20 years ago, but are fuzzy on what happened just minutes or days ago. It provides a place to write things down, review and therefore remember them, and then share pertinent information with those who care for them.

Create profitable low content books quickly and easily! This book describes a system for creating profitable low content books using a systematic approach that will have you creating books faster. It provides tools to not only help you come up with your book ideas, but to also track your progress while creating the book, and plan out the keywords and descriptions for each book. Aududu Book Creator specializes in providing tools and strategies to help low content book publishers have a profitable business. Whether you are new to the low content book business or you struggle with ideas for books or methods to create them, this book will give you the tools and strategies you need to be successful in this business. This book provides: Book Brainstorming pages to help you create highly targeted books that sell Book Planning pages to help you track your progress and log all the details for your books Keyword Planning pages to help you determine great keywords for your books Description Planning pages to help you create descriptions that help sell your books A roadmap to follow for creating low content books A method for identifying the niches you should be creating for Instructions for using the Book Brainstorming, Book Planning, Keyword Planning, and Description Planning pages. Example pages for the Book Brainstorming, Book Planning, Keyword Planning, and Description Planning pages. This book contains enough pages to plan 25 low content books. It's 6"x9" size makes it easy for you to bring it along and work on your book planning anywhere you go.

Discover how to create a simple game environment in Blender 3D, from modeling and texturing game assets, to placing them in a scene. You'll export and import game assets as well as look at open-source game engines that will work with your game assets. *Creating Game Environments in Blender 3D* introduces the power of Blender 3D when creating a low poly game environment. The book starts by discussing the basics of game terminology, such as knowing the difference between low poly and high poly assets and the types of game you're likely to work on. You'll also take a brief look at Blender's background and installation. The following chapters talk about the process for creating a simple game environment. This is discussed in detail along with a sample project.

These chapters discuss the common tools for starting a game environment and the methods for enhancing your game environment, such as color fundamentals. The final chapter shows how you can export the game assets you created in Blender, how you can import game assets in Blender, and how to evaluate the different game engines available. This book shows you the exciting side of creating a game environment while showing the power of Blender. After reading it, you will feel confident about creating a game environment. What You Will Learn Use Blender to create low poly game environments Work with the common Blender tools for game environment design and development Discover how to use Blender features in depth Compare the Eevee and Cycles game engines Who This Book Is For Game environment artists who want to use Blender 3D to create a game environment. Some previous exposure to game design and development would be helpful, but not required.

SUCCEEDING IN BUSINESS WITH MICROSOFT OFFICE EXCEL 2013 prepares your students to solve business problems by

moving beyond the basic point and click skills to think critically about realistic business situations. When students combine software analysis with their own decision making abilities, they are more likely meet any business challenge with success. The Succeeding in Business Series emphasizes problem-solving, critical thinking, and analysis - challenging students to find efficient and effective solutions. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

How to Make a Movie with a Very, Very, Low Budget Michael P. Connelly

Would You Like to Publish Unique Books Fast... Without Spending Hours or Dollars Writing or Outsourcing? That's what Low Content Publishing: How To Publish and Profit ...With No Writing Needed is all about. Inside, Amy Harrop reveals how to create and sell a wide variety of books that require little to absolutely no writing. You'll Discover: What Are Low and No Writing Books How You can Easily Create These Popular Books That Sell The 5 Most Popular Types of No/Low Content Books The Easiest Two Ways to Profit From These Books The Most Popular Types of Books to Publish And Much More!

Persuasion: Theory and Research, Third Edition is a comprehensive overview of social-scientific theory and research on persuasion. Written in a clear and accessible style that assumes no special technical background in research methods, the Third Edition has been thoroughly revised to reflect developments in persuasion studies. New discussions of subjects such as reactance and the use of narratives as vehicles for persuasion, revised treatments of the theories of reasoned action and planned behavior, and two new chapters on social judgment theory and stage models provide your students with the most current work on persuasion in a clear, straightforward manner. In this edition, author Daniel J. O'Keefe has given special attention to the importance of adapting (tailoring) messages to audiences to maximize persuasiveness. Each chapter has a set of review questions to guide students through the chapter's material and quickly master the concepts being introduced.

Have you thought about creating an escape room for your summer camp, youth group or community center, but you didn't know where to start or figured it would be too expensive? In this book you'll find... >A lot of different ideas for puzzles, clues and challenges >Theme and story ideas >A list of low cost props >Ways to supervise and give hints to groups >And even a sample game that you can use right away Escape Rooms (or Puzzle Rooms) can be a great team-building experience. And while you could design an elaborate set-up that cost thousands of dollars, you can also do it for just a couple of hundred dollars or less.

Low Carb Meals: How to Make Vitamin Rich Smoothies and Superfood Recipes Discover a great way to stay on your low carb diet with tasty, easy-to-make smoothies. Recipes that are packed with vitamins, minerals, amino acids, and fiber, will make you feel refreshed and energetic. Find out how you can blend your own fresh ingredients and toss out those advertised powder mixes. With no preservatives or additive, you know that nothing but low carb and high protein will be rushing toward every part of your body. Find the secret to making the best green smoothies that are thick enough to eat with a spoon, and be a low carb meal, in itself. Creative flavours that come from zucchini and oranges, with a touch of almond, will make you wonder why this drink hasn't been marketed. If you are new to tofu, these luscious recipes will show you how the texture can be perfect for making a shake or rich, creamy smoothie, with fruits, vegetables, or a combination of both.

There are a few things that can make an individual's blood pressure high: frequent consumption of alcoholic beverages, eating pork, pregnancy, weight gain, diabetes, genetics, thyroid, etc.

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