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Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

This new edition of Understanding Morphology has been fully revised in line with the latest research. It now includes 'big picture' questions to highlight central themes in morphology, as well as research exercises for each chapter.

Understanding Morphology presents an introduction to the study of word structure that starts at the very beginning. Assuming no knowledge of the field of morphology on the part of the reader, the book presents a broad range of morphological phenomena from a wide variety of languages. Starting with the

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core areas of inflection and derivation, the book presents the interfaces between morphology and syntax and between morphology and phonology. The synchronic study of word structure is covered, as are the phenomena of diachronic change, such as analogy and grammaticalization. Theories are presented clearly in accessible language with the main purpose of shedding light on the data, rather than as a goal in themselves. The authors consistently draw on the best research available, thus utilizing and discussing both functionalist and generative theoretical approaches. Each chapter includes a summary, suggestions for further reading, and exercises. As such this is the ideal book for both beginning students of linguistics, or anyone in a related discipline looking for a first introduction to morphology.

Learn computing fundamentals in Microsoft Excel, Access, Visual Studio and Webmatrix is ideal for anyone interested in computing and for those students studying a business/computer related course with ambitions of becoming an Administrator, Software Developer or Web Developer. The book is packed full of knowledge, and is designed to springboard your computer studies dramatically, by teaching you 'How to' concisely and effectively. The topics covered have been selectively chosen. You will learn what can be done dynamically in these packages, from Excel and the use of data forms and macros to creating your own

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professional web site in Webmatrix. You will learn a greater understanding of these packages and how they can work together. The methodical way that this book explains the fundamentals in these core software packages will provide the learner with a solid platform to further explore computer sciences and achieve his or her potential.

The essential interaction design guide, fully revised and updated for the mobile age About Face: The Essentials of Interaction Design, Fourth Edition is the latest update to the book that shaped and evolved the landscape of interaction design. This comprehensive guide takes the worldwide shift to smartphones and tablets into account. New information includes discussions on mobile apps, touch interfaces, screen size considerations, and more. The new full-color interior and unique layout better illustrate modern design concepts. The interaction design profession is blooming with the success of design-intensive companies, priming customers to expect "design" as a critical ingredient of marketplace success. Consumers have little tolerance for websites, apps, and devices that don't live up to their expectations, and the responding shift in business philosophy has become widespread. About Face is the book that brought interaction design out of the research labs and into the everyday lexicon, and the updated Fourth Edition continues to lead the way with ideas and methods relevant to today's

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design practitioners and developers. Updated information includes: Contemporary interface, interaction, and product design methods Design for mobile platforms and consumer electronics State-of-the-art interface recommendations and up-to-date examples Updated Goal-Directed Design methodology Designers and developers looking to remain relevant through the current shift in consumer technology habits will find About Face to be a comprehensive, essential resource.

WordPress has grown into the #1 blogging tool in its category: several million bloggers have downloaded this powerful open source software, and millions more are using WordPress.com's hosted services. Thirty-two of Technorati's Top 100 blogs now use WordPress. Using Wordpress is a customized, media-rich learning experience designed to help new users master Wordpress quickly, and get the most out of it, fast! It starts with a concise, friendly, straight-to-the-point guide to Wordpress. This exceptional book is fully integrated with an unprecedented collection of online learning resources: online video, screencasts, podcasts, and additional web content, all designed to reinforce key concepts and help users achieve real mastery. The book and interactive content work together to teach everything mainstream Wordpress users need to know. This practical, approachable coverage guides readers through getting started fast, and covers

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the recent release of Wordpress 3. This major upgrade includes built-in image editor and the ability to host multiple blogs from one WordPress install. This new version of Using Wordpress adds a DVD, so that all the interactive material previously available only online is now also available for offline reading and study.

The first book offering a systematic treatment of the economics of antitrust or competition policy.

Microsoft Azure Essentials from Microsoft Press is a series of free ebooks designed to help you advance your technical skills with Microsoft Azure. The first ebook in the series, Microsoft Azure Essentials: Fundamentals of Azure, introduces developers and IT professionals to the wide range of capabilities in Azure. The authors - both Microsoft MVPs in Azure - present both conceptual and how-to content for key areas, including: Azure Websites and Azure Cloud Services Azure Virtual Machines Azure Storage Azure Virtual Networks Databases Azure Active Directory Management tools Business scenarios Watch Microsoft Press's blog and Twitter (@MicrosoftPress) to learn about other free ebooks in the "Microsoft Azure Essentials" series.

Provides information on using JUNOS OS to set up and manage a network, covering such topics as migrating to JUNOS, installing hardware and software,

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securing devices, deploying a router, working with Border Gateway Control, and enabling class of service.

An extraordinary exploration of how technology can empower social and political organizers. For the first time in history, the tools for cooperating on a global scale are not solely in the hands of governments or institutions. The spread of the internet and mobile phones are changing how people come together and get things done—and sparking a revolution that, as Clay Shirky shows, is changing what we do, how we do it, and even who we are. Here, we encounter a woman who loses her phone and recruits an army of volunteers to get it back from the person who stole it. A dissatisfied airline passenger who spawns a national movement by taking her case to the web. And a handful of kids in Belarus who create a political protest that the state is powerless to stop. *Here Comes Everybody* is a revelatory examination of how the wildfirelike spread of new forms of social interaction enabled by technology is changing the way humans form groups and exist within them. A revolution in social organization has commenced, and Clay Shirky is its brilliant chronicler. "Drawing from anthropology, economic theory and keen observation, [Shirky] makes a strong case that new communication tools are making once-impossible forms of group action possible . . . [an] extraordinarily perceptive new book." -Minneapolis Star Tribune "Mr. Shirky writes cleanly and convincingly about the intersection of technological innovation and social change." -New York Observer

For many researchers, Python is a first-class tool mainly because of its libraries for storing, manipulating, and gaining insight from data. Several resources exist for individual pieces of this data science stack, but only with the Python Data Science Handbook do you get them

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all—IPython, NumPy, Pandas, Matplotlib, Scikit-Learn, and other related tools. Working scientists and data crunchers familiar with reading and writing Python code will find this comprehensive desk reference ideal for tackling day-to-day issues: manipulating, transforming, and cleaning data; visualizing different types of data; and using data to build statistical or machine learning models. Quite simply, this is the must-have reference for scientific computing in Python. With this handbook, you'll learn how to use: IPython and Jupyter: provide computational environments for data scientists using Python NumPy: includes the ndarray for efficient storage and manipulation of dense data arrays in Python Pandas: features the DataFrame for efficient storage and manipulation of labeled/columnar data in Python Matplotlib: includes capabilities for a flexible range of data visualizations in Python Scikit-Learn: for efficient and clean Python implementations of the most important and established machine learning algorithms

This book constitutes the thoroughly refereed post-conference proceedings of the Second International Conference on Technology and Innovation in Learning, Teaching and Education, TECH-EDU 2020, held in Vila Real, Portugal, in December 2020. Due to the COVID-19 pandemic the conference was held in a fully virtual format. The 27 revised full papers along with 15 short papers presented were carefully reviewed and selected from 79 submissions. The papers are organized in topical sections on ?digital resources as epistemic tools to improve STEM learning; digital technologies to foster critical thinking and monitor self and co-regulation of e-learning; Covid-19 pandemic, changes in educational ecosystem and remote teaching; transforming teaching and learning through technology; educational proposals using technology to foster learning competences.

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Hands-On Data Visualization"O'Reilly Media, Inc."

Motivation expert James Fell teaches readers how to skip the hard part and go directly from intention to committed action. After years of helping people change, James Fell had a sudden insight about sudden insight: significant life change doesn't often come from just putting one foot in front of the other, carefully observing and altering habits, slogging through baby steps toward new behavior. Rather, the research reveals that serious life turnaround usually happens in a moment, with a flash of inspiration. Epiphany arrives like a lightning strike, rapidly shifting the recipient of such enlightenment onto a new path that creates a better life. Motivational psychology has traditionally focused on slow and steady—gradual improvement over time to reach a desired goal, whether it's weight loss, career change, battling addiction, or success in relationships. We've been told since toddlerhood that the tortoise beats the hare. But, through compelling science and powerful stories, James Fell shows us that the hare has the edge; overwhelming desire can be awakened fast and furiously. When you learn to become attuned to that sensation of sudden awakening, a new path can be followed almost effortlessly, because it feels like destiny. Everyone has the ability to experience the lightning strike. The Holy Sh!t Moment will teach you how to create a life-changing epiphany and go directly from intention to action.

Here is all the guidance you need to customize interventions for individuals with movement dysfunction. You'll find the perfect balance of theory and clinical technique—  
in-depth discussions of the principles of therapeutic exercise and manual therapy and the most up-to-date exercise and management guidelines.

The fourth edition of Journalism Next: A Practical Guide to Digital Reporting and Writing is



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updated with the latest technological innovations and media industry transformations, ensuring that Mark Briggs' proven guide for leveraging digital technology to do better journalism keeps pace with ongoing changes in the media landscape. To keep ahead and abreast of these ever-evolving tools and techniques, Briggs offers practical and timely guidance for both the seasoned professional looking to get up to speed and the digital native looking to root their tech know-how in real journalistic principles. Learn how to effectively blog, crowdsource, use mobile applications, mine databases, and expertly capture audio and video to report with immediacy, cultivate community, and tell compelling stories. *Journalism Next* will improve digital literacy—fast. Briggs starts with the basics and then explores specialized skills in multimedia so you can better manage online communities and build an online audience. *Journalism Next* is a quick read and roadmap you'll reference time and time again. Dive into any chapter and start mastering a new skill right away. And for today's journalist, who can afford to waste any time?

*Sams Teach Yourself Web Publishing with HTML and CSS in One Hour a Day, Sixth Edition* is the latest edition of the original worldwide bestseller. The entire book has been thoroughly revised and refined to include new detailed coverage of HTML5, the next major revision of the core language of the World Wide Web, HTML. Work on the HTML5 specification is still ongoing, but parts of HTML5 are already being implemented in new versions of Microsoft Internet Explorer, Mozilla Firefox, Safari and Opera.

This pack consists of the *Basic English Grammar B Student Book* and the *Workbook B*. Blending communicative and interactive approaches with tried-and-

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true grammar teaching, *Basic English Grammar, Third Edition*, by Betty Schramper Azar and Stacy A. Hagen, offers concise, accurate, level-appropriate grammar information with an abundance of exercises, contexts, and classroom activities. Features of *Basic English Grammar, Third Edition*: Increased speaking practice through interactive pair and group work. New structure-focused listening exercises. More activities that provide real communication opportunities. Added illustrations to help students learn vocabulary, understand contexts, and engage in communicative language tasks. New Workbook solely devoted to self-study exercises. New Audio CDs and listening script in the back of the Student Book.

Summary *Deep Learning with Python* introduces the field of deep learning using the Python language and the powerful Keras library. Written by Keras creator and Google AI researcher François Chollet, this book builds your understanding through intuitive explanations and practical examples. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications.

About the Technology Machine learning has made remarkable progress in recent years. We went from near-unusable speech and image recognition, to near-human accuracy. We went from machines that couldn't beat a serious Go player, to defeating a world champion. Behind this progress is deep learning—a combination of engineering advances, best practices, and theory that

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enables a wealth of previously impossible smart applications. About the Book Deep Learning with Python introduces the field of deep learning using the Python language and the powerful Keras library. Written by Keras creator and Google AI researcher François Chollet, this book builds your understanding through intuitive explanations and practical examples. You'll explore challenging concepts and practice with applications in computer vision, natural-language processing, and generative models. By the time you finish, you'll have the knowledge and hands-on skills to apply deep learning in your own projects. What's Inside Deep learning from first principles Setting up your own deep-learning environment Image-classification models Deep learning for text and sequences Neural style transfer, text generation, and image generation About the Reader Readers need intermediate Python skills. No previous experience with Keras, TensorFlow, or machine learning is required. About the Author François Chollet works on deep learning at Google in Mountain View, CA. He is the creator of the Keras deep-learning library, as well as a contributor to the TensorFlow machine-learning framework. He also does deep-learning research, with a focus on computer vision and the application of machine learning to formal reasoning. His papers have been published at major conferences in the field, including the Conference on Computer Vision and Pattern Recognition (CVPR), the Conference and

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Workshop on Neural Information Processing Systems (NIPS), the International Conference on Learning Representations (ICLR), and others. Table of Contents  
PART 1 - FUNDAMENTALS OF DEEP LEARNING What is deep learning?  
Before we begin: the mathematical building blocks of neural networks Getting started with neural networks Fundamentals of machine learning  
PART 2 - DEEP LEARNING IN PRACTICE Deep learning for computer vision Deep learning for text and sequences Advanced deep-learning best practices Generative deep learning Conclusions appendix A - Installing Keras and its dependencies on Ubuntu appendix B - Running Jupyter notebooks on an EC2 GPU instance  
Written by a team led by a world authority in English grammar, English Grammar for Today has established itself as a rich educational experience for both native- and non-native-speaking students. This engaging and stimulating coursebook enables students to learn grammar not just for its own sake, but also for the pleasure of exploring, appreciating and understanding the way language communicates in written text and spoken discourse. Throughout, the emphasis is on using grammar in present-day English. After an introduction placing grammar in its educational and cultural context, the authors present a 'toolkit' for analysing sentences. The second part of the book demonstrates how to apply this toolkit to spoken and written language, using a wide range of real textual materials. Each

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chapter ends with a set of carefully-designed exercises and tasks to aid understanding, with answers provided at the end of the volume. Now thoroughly revised and updated to meet the needs of today's students, this new edition features: - a new Foreword by the English Association - an additional introductory chapter, 'Getting Started with Grammar', which introduces the subject for those with no prior knowledge - improved and extended diagrams, exercises and answers - up-to-date textual passages and examples Lively and approachable, this indispensable guide is ideal for both students and teachers who are looking for their first serious engagement with - or wishing to rediscover- English grammar.

Tell your story and show it with data, using free and easy-to-learn tools on the web. This introductory book teaches you how to design interactive charts and customized maps for your website, beginning with simple drag-and-drop tools such as Google Sheets, Datawrapper, and Tableau Public. You'll also gradually learn how to edit open source code templates like Chart.js, Highcharts, and Leaflet on GitHub. Hands-On Data Visualization takes you step-by-step through tutorials, real-world examples, and online resources. This practical guide is ideal for students, nonprofit organizations, small business owners, local governments, journalists, academics, and anyone who wants to take data out of spreadsheets

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and turn it into lively interactive stories. No coding experience is required. Build interactive charts and maps and embed them in your website Understand the principles for designing effective charts and maps Learn key data visualization concepts to help you choose the right tools Convert and transform tabular and spatial data to tell your data story Edit and host Chart.js, Highcharts, and Leaflet map code templates on GitHub Learn how to detect bias in charts and maps produced by others

Tips and tricks for getting the best landscape and nature pictures with a digital camera.

The Copyeditor's Workbook—a companion to the indispensable Copyeditor's Handbook, now in its fourth edition—offers comprehensive and practical training for both aspiring and experienced copyeditors. Exercises of increasing difficulty and length, covering a range of subjects, enable you to advance in skill and confidence. Detailed answer keys offer a grounding in editorial basics, appropriate usage choices for different contexts and audiences, and advice on communicating effectively with authors and clients. The exercises provide an extensive workout in the knowledge and skills required of contemporary editors. Features and benefits Workbook challenges editors to build their skills and to use new tools. Exercises vary and increase in difficulty and length, allowing users to

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advance along the way. Answer keys illustrate several techniques for marking copy, including marking PDFs and hand marking hard copy. Book includes access to online exercises available for download.

Teach yourself exactly what you need to know about using Office Professional 2010-one step at a time! With STEP BY STEP, you build and practice new skills hands-on, at your own pace. Covering Microsoft Word, PowerPoint, Outlook, Excel, Access, Publisher, and OneNote, this book will help you learn the core features and capabilities needed to: Create attractive documents, publications, and spreadsheets Manage your e-mail, calendar, meetings, and communications Put your business data to work Develop and deliver great presentations Organize your ideas and notes in one place Connect, share, and accomplish more when working together"

Learn how to build your own multimedia workstation, and how to use it! Slackermedia is a multimedia guidebook for people looking to get away from operating systems that tell them what they can or can't do in their art. But it doesn't stop there! In this volume, you'll find detailed guides on the most important multimedia applications on Linux today: the Kdenlive video editor and the Qtractor digital audio workstation. You'll also get tips and resources on other great multimedia applications of Linux, like Blender, Audacity, Jamin, CALF,

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LADSPA, GIMP, Inkscape, ffmpeg, sox, Qsynth, fluidsynth, soundfonts, Xsynth, whySynth, QJack Control, Font Matrix, and many many more. By the end of your journey with Slackermedia, you'll know everything you need to know to create original multimedia content and any kind of digital art on the powerful, free operating system of GNU Linux. So put your nerd glasses on, roll up your sleeves, and prepare yourself for creativity like you've never experienced. Learn computing fundamentals in Microsoft Excel, Access, Visual Studio and Webmatrix is ideal for mainly anyone interested in computing and for those students studying a business/computer related course with ambitions of becoming an Administrator, Software Developer or Web Developer. The book is packed full of knowledge, and is designed to springboard your computer studies dramatically, by teaching you 'How to' concisely and effectively. The topics covered have been selectively chosen. You will learn what can be done dynamically in these packages, from Excel and the use of data forms and macros to creating your own professional web site in Webmatrix. You will learn a greater understanding of these packages and how they can work together. The methodical way that this book explains the fundamentals in these core software packages will provide the learner with a solid platform to further explore computer sciences and achieve his or her potential. Previously published Wiltshire, 1967. Guide to personal health and success A complete and fully updated reference for these key Web technologies HTML,



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XHTML, and CSS are essential tools for creating dynamic Web sites. This friendly, all-in-one guide covers what programmers need to know about each of the technologies and how to use them together. Like the bestselling first edition, HTML, XHTML, and CSS All-in-One For Dummies, 2nd Edition makes it easy to grasp the fundamentals and start building effective Web pages. With new information about Web 2.0 and Ajax, it's the perfect reference as well. HTML, XHTML, and CSS are the key technologies for building dynamic Web pages This friendly, all-in-one guide explains each technology, shows how to use them together, and examines quality Web design and layout Six self-contained minibooks cover HTML, CSS, design and layout, client-side JavaScript, Ajax and server-side, and putting it all together Covers new Web development advancements including new technologies and changes to the standards Includes a CD with additional valuable Web development programs and a companion Web site featuring the code used in the book Web programmers and designers will find what they most need to know in HTML, XHTML, and CSS All-in-One For Dummies, 2nd Edition, helping them create the type of Web sites that today's market demands. CD-ROM and other supplementary materials are not included as part of eBook file. These materials will be made available for download upon purchase of the digital edition Fully revised and expanded, the third edition of Acoustic and Auditory Phonetics maintains a balance of accessibility and scholarly rigor to provide students with a complete introduction to the physics of speech. Newly updated to reflect the latest

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advances in the field Features a balanced and student-friendly approach to speech, with engaging side-bars on related topics Includes suggested readings and exercises designed to review and expand upon the material in each chapter, complete with selected answers Presents a new chapter on speech perception that addresses theoretical issues as well as practical concerns

Welcome to a book written to challenge you, improve your brainstorming abilities, and sharpen your game design skills! Challenges for Game Designers: Non-Digital Exercises for Video Game Designers is filled with enjoyable, interesting, and challenging exercises to help you become a better video game designer, whether you are a professional or aspire to be. Each chapter covers a different topic important to game designers, and was taken from actual industry experience. After a brief overview of the topic, there are five challenges that each take less than two hours and allow you to apply the material, explore the topic, and expand your knowledge in that area. Each chapter also includes 10 "non-digital shorts" to further hone your skills. None of the challenges in the book require any programming or a computer, but many of the topics feature challenges that can be made into fully functioning games. The book is useful for professional designers, aspiring designers, and instructors who teach game design courses, and the challenges are great for both practice and homework assignments. The book can be worked through chapter by chapter, or you can skip around and do only the challenges that interest you. As with anything else, making great games takes

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practice and Challenges for Game Designers provides you with a collection of fun, thought-provoking, and of course, challenging activities that will help you hone vital skills and become the best game designer you can be.

Provides information about low-salt, heart-healthy cooking and includes recipes for foods such as chicken soft tacos and vegetable moussaka.

Provides an insider's look at the game, discussing such topics as playing fields; equipment; rules; offensive and defensive players; children's, school, and college play.

In just 24 sessions of one hour or less, you'll learn how to build state-of-the-art websites with Microsoft Expression Web 4 (Service Pack 2), HTML5, CSS3, and jQuery! Using this book's straightforward, step-by-step approach, you'll master the entire web development process, from concept through delivery. You'll learn how to plan, design, and construct sites that are easy to manage and update, work perfectly on every browser, and get noticed by every search engine! Each lesson builds on what you've already learned, giving you a strong real-world foundation for success, no matter what kind of site you're building! Step-by-step instructions carefully walk you through the most common Expression Web 4 SP2 tasks. Quizzes and Exercises at the end of each chapter help you test your knowledge. By the Way, Did You Know?, and Watch Out! boxes offer advice and solutions. Learn how to... Make the most of the new features, updated interface, and advanced standards support in Expression Web 4 SP2 Implement custom processes, toolbars, and workspaces for building sites faster Use

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the new SEO Checker to consistently optimize pages for search engines Write error-free code quickly with Code view and IntelliSense Rapidly format (or reformat) hundreds of pages with Dynamic Web Templates Use new jQuery UI widgets to create accordions, tabbed boxes, and interactive calendars Embed HTML5 video apps from YouTube or other sites Find and fix cross-browser inconsistencies with SP2's improved SuperPreview Test protected functionality or live sites that require login Use new publishing options to go live more quickly

'A landmark in the process of decolonizing imperial Western knowledge.' Walter Mignolo, Duke University To the colonized, the term 'research' is conflated with European colonialism; the ways in which academic research has been implicated in the throes of imperialism remains a painful memory. This essential volume explores intersections of imperialism and research - specifically, the ways in which imperialism is embedded in disciplines of knowledge and tradition as 'regimes of truth.' Concepts such as 'discovery' and 'claiming' are discussed and an argument presented that the decolonization of research methods will help to reclaim control over indigenous ways of knowing and being. Now in its eagerly awaited second edition, this bestselling book has been substantially revised, with new case-studies and examples and important additions on new indigenous literature, the role of research in indigenous struggles for social justice, which

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brings this essential volume urgently up-to-date.

Helps the reader gain access to right-brain functions, which affect artistic and creative abilities, by teaching the skills of drawing through unusual exercises designed to increase visual skills

In this book, author Tina Schwartz discusses many matters that are not often presented in guides to writing and publishing, such as the importance of mentors and critique groups, as well as courses and extracurricular activities that can be of great help to the up-and-coming teen author. The book explores various writing careers and the basics of publishing and marketing, including how to write query letters. Schwartz also provides tips on writing both fiction and nonfiction, as well as genres a new author can explore, like poetry and songwriting.

This book presents a history of spiritual exercises from Socrates to early Christianity, an account of their decline in modern philosophy, and a discussion of the different conceptions of philosophy that have accompanied the trajectory and fate of the theory and practice of spiritual exercises. Hadot's book demonstrates the extent to which philosophy has been, and still is, above all else a way of seeing and of being in the world.

Cardiac problems in athletic individuals are rare, but when they occur can be devastating. This book provides a definitive review of current practice and

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thinking surrounding the often difficult and life-changing practice of sports cardiology. Topics which remain a challenge for practitioners, athletes and families are investigated, including cardiovascular screening, exercise participation prescription, and prevention strategies for sudden cardiac arrest. Also given are medical guidelines for diagnosis, management and treatment of specific cardiac illnesses. Based on their earlier work *Exercise and Sports Cardiology* (2001), editors Paul Thompson and Antonio Fernandez have provided an updated, improved 3-part reference work for cardiologists, physicians, coaches, trainers, medical students and researchers with a comprehensive go-to reference for modern day concerns in the expanding field of sports cardiology research and treatment.

Presents an introduction to using Twitter as a marketing tool, describing how to communicate effectively with customers and incorporate a marketing strategy into a mix of new and old media.

Your hands-on, step-by-step guide to learning Visual Basic 2010. Teach yourself the essential tools and techniques for Visual Basic 2010-one step at a time. No matter what your skill level, you'll find the practical guidance and examples you need to start building professional applications for Windows and the Web.

Discover how to: Work in the Microsoft Visual Studio 2010 Integrated

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Development Environment (IDE) Master essential techniques-from managing data and variables to using inheritance and dialog boxes Create professional-looking Uis; add visual effects and print support Build compelling Web features with the Visual Web Developer tool Use Microsoft ADO.NET and advanced data presentation controls Debug your programs and handle run-time errors Use new features, such as Query Builder, and Microsoft .NET Framework For customers who purchase an ebook version of this title, instructions for downloading the CD files can be found in the ebook.

First major exploration of a ground-breaking new technique for actors and theatre artists.

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