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R for Political Data Science: A Practical Guide is a handbook for political scientists new to R who want to learn the most useful and common ways to interpret and analyze political data. It was written by political scientists, thinking about the many real-world problems faced in their work. The book has 16 chapters and is organized in three sections. The first, on the use of R, is for those users who are learning R or are migrating from another software. The second section, on econometric models, covers OLS, binary and survival models, panel data, and causal inference. The third section is a data science toolbox of some of the most useful tools in the discipline: data imputation, fuzzy merge of large datasets, web mining, quantitative text analysis, network analysis, mapping, spatial cluster analysis, and principal component analysis. Key features: Each chapter has the most up-to-date and simple option available for each task, assuming minimal prerequisites and no previous experience in R Makes extensive use of the Tidyverse, the group of packages that has revolutionized the use of R Provides a step-by-step guide that you can replicate using your own data Includes exercises in every chapter for course use or self-study Focuses on practical-based approaches to statistical inference rather than mathematical formulae Supplemented by an R package, including all data As the title suggests, this book is highly applied in nature, and is

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designed as a toolbox for the reader. It can be used in methods and data science courses, at both the undergraduate and graduate levels. It will be equally useful for a university student pursuing a PhD, political consultants, or a public official, all of whom need to transform their datasets into substantive and easily interpretable conclusions. A practical how-to guide on resource guarding - food bowl, object, bed, crate, owner, etc. - in dogs. Contents include: aggression basics, nature of resource guarding, kinds of resource guarding, behaviorist vs. medical models, recognizing guarding, prognosis, safety tools, treatment overview, management, desensitization and counterconditioning, resource sample hierarchies, generalization, troubleshooting, body handling desensitization, operant conditioning.

What's Yours Is Mine - When a Realist Marries an Idealist is a lighthearted yet intimate look at the financial struggles couples face, and a collection of tips on how to be successful. Today, both men and women fill a variety of financial roles, and there are few clear standards for how to maintain a strong relationship in which money doesn't get in the way of happiness. Author Stacy Willoughby, believes that because schools generally don't teach about money and personal finance, we acquire our financial habits and beliefs from our experiences. Those experiences forge our emotional attachments to money, making financial conversations with a partner especially thorny. However, they don't have to be so difficult. Part memoir, part how-to, the book is a true story about the defining moments that changed how Stacy and her husband Rick work

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together and communicate about money. Willoughby offers a unique perspective about what it takes for couples to find financial harmony based on both her relationship and her years of experience in financial services helping clients work through their financial struggles. She is passionate about helping couples, especially newlyweds, start off on the right foot financially. *What's Yours Is Mine* will empower you to find positive ways to communicate about money and will inspire you to reach for your dreams, as well as those of your spouse.

This textbook focuses on underground ventilation, addressing both theoretical and practical aspects. Readers will develop a deeper understanding of mine ventilation and adjacent areas of research. The content is clearly structured, moving through chapters in a pedagogical way. It begins by presenting an introduction to fluid mechanics, before discussing the environmental conditions in mines, underground fire management, and international legislation concerning mines. Particular attention is paid to development ends ventilation, an area that is underrepresented in scientific research. Each chapter includes a concise theoretical summary, followed by several worked-out examples, problems and questions to develop students' skills. This textbook will be useful for undergraduate and master's degree students around the world. In addition, the large number of practical cases included make it particularly well suited to preparing for professional engineer examinations and as a guide for practising engineers.

"This is a self-help book on how to argue effectively, conciliate, and gently persuade.

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The authors admit to getting it wrong in their own past conversations. One by one, I recognize the same mistakes in me. The world would be a better place if everyone read this book." -- Richard Dawkins, author of *Science in the Soul* and *Outgrowing God*

In our current political climate, it seems impossible to have a reasonable conversation with anyone who has a different opinion. Whether you're online, in a classroom, an office, a town hall -- or just hoping to get through a family dinner with a stubborn relative -- dialogue shuts down when perspectives clash. Heated debates often lead to insults and shaming, blocking any possibility of productive discourse. Everyone seems to be on a hair trigger. In *How to Have Impossible Conversations*, Peter Boghossian and James Lindsay guide you through the straightforward, practical, conversational techniques necessary for every successful conversation -- whether the issue is climate change, religious faith, gender identity, race, poverty, immigration, or gun control. Boghossian and Lindsay teach the subtle art of instilling doubts and opening minds. They cover everything from learning the fundamentals for good conversations to achieving expert-level techniques to deal with hardliners and extremists. This book is the manual everyone needs to foster a climate of civility, connection, and empathy.

Mine! A Practical Guide to Resource Guarding in Dogs Dogwise Pub

This Practical Guide to Rock Tunneling fills an important void in the literature for a practical guide to the design and construction of tunnels in rock. Practical Guide to Rock Tunneling takes the reader through all the critical steps of the design and

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construction for rock tunnels starting from geotechnical site investigations through to construction supervision. The guide provides suggestions and recommendations for practitioners on special topics of laboratory testing, durability of rock and acceptance for unlined water conveyance tunnels, overstressing or deep and long tunnels, risk-based evaluation of excavation methods, contract strategies, and post-construction inspections. Key considerations and lessons learned from selected case projects are presented based on the author's extensive international experience of over 30 years and 1000 km of tunneling for civil, hydropower, and mining infrastructure, including some of the most recognized projects in the world to date. Instead of revisiting all theory and concepts that can be found in other sources, this book contains the hard learned lessons from the author's experience in the field of Rock Tunneling, gathered over 30 years of service.

It is estimated that one in five people has a disability; if you do the math, that's a huge, addressable market that is often overlooked. Digital Accessibility practitioners tap into this market by making digital documents-as well as web and mobile apps-accessible to everyone. However, many enterprises struggle to create, maintain, and scale their digital accessibility efforts. Agile Accessibility Handbook outlines the steps organizations can take to capture this market, avoid risk, maintain agility, and close the accessibility gap. Using the information

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provided within this handbook, accessibility subject matter experts, development team members, and executives in charge of setting priorities can together learn how to build successful accessibility experiences for everyone.

BASED ON NATURAL laws which govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. In *The Seven Spiritual Laws of Success*, Deepak Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will want to read and refer to again and again.

“Lays out a plan for parents to enjoy themselves and not be slaves to their children while still offering their kids a warm, nurturing environment.” —Publishers Weekly Parents were here first! How did the kids suddenly take control? Sure the world has changed from the days when children were supposed to be seen and not heard but things have gotten a little out of hand. What about some quality time for the grownups? Author Christie Mellor’s hilarious, personal, refreshing, and actually quite useful advice delightfully rights the balance between parent

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and child. In dozens of short, wickedly funny chapters, she skewers today's parental absurdities and reminds us how to make child-rearing a kick. With recipes, helpful hints, and illustrations, this high-spirited book is the only book parents will really need—and enjoy. Includes chapters on: Screaming: Is It Necessary? Bedtime: Is Five-Thirty Too Early? Child Labor: Not Just for the Third World! "Children's Music": Why? . . . and much, much more "Harried mothers who have given over their lives to their adorable little angels, beware: This book is the equivalent of a cocktail in the face . . . The book details the glories of saying no to your children, explains when you've gone too far in childproofing your home, laments our over-reliance on camcorders ('a disease') and suggests that the Tooth Fairy is getting robbed. Best of all, there's a recipe for teaching your tot how to mix a simple martini just the way you like it—with lots of alcohol." —Chicago Sun-Times

"This is one of the most straightforward (and that's coming from me), organized and direct books on magic that I've read. ... Aliza is honest, funny, and asks the questions that folks often forget after years of magical or tarot practice. This book is a delight, just like the author."—Melissa Cynova, author of *Kitchen Table Magic*
"Aliza Einhorn's delightful *A Mystical Practical Guide to Magic* is akin to cozying up in your favorite café with your favorite witch friend, the one who knows all the

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good stuff and always has your back. Besides presenting an easily accessible overview of the metaphysical arts, this wise and welcoming book offers a veritable cornucopia of magical tools to help you take charge of your life. It's the perfect guide for new seekers and budding witches everywhere!"—Kris Waldherr, bestselling creator of The Goddess Tarot and author of The Book of Goddesses

Weight loss is about people, not calories! Interpersonal, emotional, and spiritual factors are the real keys to weight management, but are seldom mentioned in diet and exercise books. Drawing on the inspirational stories of the members of the international nonprofit weight-loss support group Take Off Pounds Sensibly (TOPS), the organization's psychologist, Howard J. Rankin, Ph.D., shows you how to harness your personal power—and the power of others—to lose weight and keep it off. Successful weight loss has to do with personal transformation. Dr. Rankin shows you how to develop and maintain your motivation by finding the real meaning in your weight-loss efforts. Extracting key principles from incredible success stories, Dr. Rankin not only presents practical steps for achieving your weight-loss goals, but shows how they can be implemented in the context of your everyday, busy life. In addition to motivational strategies, easy-to-follow advice is given to help develop key attitudes such as resilience, self-acceptance, and responsibility; as well as essential skills such as self-control, adaptive thinking,

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and temptation management. People don't lose weight in a social vacuum, they lose weight in the context of their relationships. So at each step, Dr. Rankin shows you how to enhance your program by using one of the most valuable resources available-the power of others. Book jacket.

In *The Four Agreements*, bestselling author don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. • A New York Times bestseller for over a decade •

Translated into 46 languages worldwide “This book by don Miguel Ruiz, simple yet so powerful, has made a tremendous difference in how I think and act in every encounter.” — Oprah Winfrey “Don Miguel Ruiz’s book is a roadmap to enlightenment and freedom.” — Deepak Chopra, Author, *The Seven Spiritual Laws of Success* “An inspiring book with many great lessons.” — Wayne Dyer, Author, *Real Magic* “In the tradition of Castaneda, Ruiz distills essential Toltec wisdom, expressing with clarity and impeccability what it means for men and women to live as peaceful warriors in the modern world.” — Dan Millman, Author, *Way of the Peaceful Warrior*

An Adam Grant Spring Book Pick Finalist for the Next Big Idea Club "A must-read

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this spring -- a fantastically well-written exploration of our need for ownership and the costs of greed." --Andrew Solomon, National Book Award-winning author of *Far From the Tree* A hidden set of rules governs who owns what--explaining everything from whether you can recline your airplane seat to why HBO lets you borrow a password illegally--and in this lively and entertaining guide, two acclaimed law professors reveal how things become "mine." "Mine" is one of the first words babies learn. By the time we grow up, the idea of ownership seems natural, whether buying a cup of coffee or a house. But who controls the space behind your airplane seat: you reclining or the squished laptop user behind? Why is plagiarism wrong, but it's okay to knock-off a recipe or a dress design? And after a snowstorm, why does a chair in the street hold your parking space in Chicago, but in New York you lose the space and the chair? *Mine!* explains these puzzles and many more. Surprisingly, there are just six simple stories that everyone uses to claim everything. Owners choose the story that steers us to do what they want. But we can always pick a different story. This is true not just for airplane seats, but also for battles over digital privacy, climate change, and wealth inequality. As Michael Heller and James Salzman show--in the spirited style of *Freakonomics*, *Nudge*, and *Predictably Irrational*--ownership is always up for grabs. With stories that are eye-opening, mind-bending, and sometimes

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infuriating, *Mine!* reveals the rules of ownership that secretly control our lives. Are you happier now than you were last year? Most people haphazardly chase happiness, guided by vague, empty platitudes like: -Choose happiness. -Happiness can only be found when you stop looking for it. -Happiness is always within you. These sound profound, but lack clear action steps. Results are inconsistent. How do I choose happiness? Where is happiness within me? This book shows exactly how to shape your mind for happiness, health, and wellbeing. Readers can expect to: -Understand happiness, how it's produced, and how to increase it -Discover a simple metaphor for how shaping your mind is similar to landscaping -Master techniques for managing troublesome thoughts, negative feelings, and challenging situations. -Learn how to link actions with happiness and purpose, then execute them -Explore 100+ reflection questions and 40+ exercises targeted at increasing happiness Mindscaping is not the one true path to happiness; it's a framework for designing your path to happiness, based on well-researched and proven techniques. Happiness is too important to leave to chance. What's stopping you from investing a few hours into learning the lifelong process for producing happiness?

This book will get librarians writing by dispelling the mythos surrounding “scholarly writing” by providing practical tools and advice. Though the authors have extensive experience as scholars, this book is written in a friendly, approachable, non-intimating manner.

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The tools you need to think and train like a professional Jean Donaldson is one of the top dog trainers in the United States, and her training academy has gained a reputation as the Harvard for dog trainers and behavioral counselors. Now, you can harness her highly effective dog-training techniques and benefit from her expert guidance without leaving your home. If you're like most dog owners, you treat your four-legged friend as a valued member of the family who enjoys the full run of the house-which is why good behavior is so important. Train Your Dog Like a Pro offers a trusted, systematic approach to positive dog training that anyone can follow. You'll get clear, detailed instructions for teaching essential behaviors, more advanced skills, and even some fun tricks. Plus, a bonus DVD shows you exactly how to accomplish each technique. Bonus DVD contains 2 hours and 30 minutes of hands-on instruction Training is based only on positive reinforcement, patience, and persistence Donaldson is the best-selling author of *The Culture Clash: The Revolutionary New Way to Understanding the Relationship Between Humans and Domestic Dogs* Whether you're the proud parent of a puppy, an adolescent, or an adult dog, this book and DVD truly give you everything you need to train your dog like a pro. Note: CD-ROM/DVD and other supplementary materials are not included as part of eBook file.

Stephen Budiansky holds that virtually everything previously written about dogs is either wrong or misguided. Instead he maintains that to understand the true nature of dogs we need to stop interpreting their behaviour in the human terms of loyalty and betrayal. The

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truth is far more complex and surprising. The Dog Genome Project is currently laying the groundwork for identifying the genetic basis of why our dogs behave in the way they do. Other research investigates canine intelligence, and some remarkable experiments reveal what dogs can and cannot see. Budiansky brings together the disciplines of behavioural science, genetics, neuroscience and archaeology to show us how wrong we have been about man's best friend.

Given the increasing role of intellectual property (IP) in academic research, it is important for academic scientists to gain greater awareness and knowledge of the various issues involved with IP resulting from their research and inventions. In addition, the line between academic and industrial research has been blurred, and a large amount of crossover exists due to corporate funding of academic research and collaborations between company and university laboratories. These and other factors have complicated the push toward technology transfer in universities. As commercialization has become inseparable from university research, there is now an essential need for academics to have a greater understanding of the processes involved. *Intellectual Property in Academia: A Practical Guide for Scientists and Engineers* fills this need, providing an indispensable source of information for researchers in academia. *You've Just Invented a Gadget – What Now?* Written by a select team of IP professionals, most of whom also have years of experience as scientists, this volume addresses IP issues relevant to the academic

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community—including ways to efficiently deal with the structural constraints inherent in the university environment. Scientists and engineers will benefit from the authors' insights and their advice on how to establish good communication with university Offices of Technology Transfer. This perspective affords a common language and facilitates a smoother path through IP procedures. The book covers the best approaches to determine invention novelty by prior art searching and gives step-by-step guidance in using the best modern electronic patent databases. It presents a unique practical approach for assessing the monetary value of ideas and provides software for invention valuation, which can be used even during the early stages of an invention's development. The book also discusses invention ownership, which is a crucial issue for scientists employed by universities. Get Answers to Your Questions about the Steps in Invention Commercialization Taking a more comprehensive approach than a basic how-to book on patent law, this reference answers inventors' frequently asked questions about employment legislation as well as business and market estimation, invention priority registration, and other necessary steps for the successful commercialization of university inventions. It presents encouraging examples of academic patent successes, describing both the right moves and common mistakes made by scientists. It also provides practical advice on patent writing, filing, and prosecution, useful for both academic and industrial researchers. Other key topics addressed by the text include using copyrighted material, protecting material with copyrights, crucial IP legislation,

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business models, and new trends and changes in the U.S. patent office. In short, readers will find that this book provides a pathway for easing their journey through the IP process.

Tessa was prepared for the hurricane. Lindsey was the storm she didn't see coming. When Tessa Taylor unlocked her husband Ethan's iPad to discover nude photos from a twenty-six-year-old bombshell named Lindsey, her seemingly perfect life came to a screeching halt. With a hurricane barreling toward Florida and Ethan stuck on a business trip, Tessa finds herself imprisoned in her own home with a choice to make: Does she ride out the storm until she can confront Ethan in person, or does she take matters into her own hands? Increasingly restless and desperate for revenge, Tessa resolves to act. And when she lures Lindsey over a few hours later, there's no turning back. What ensues is a battle of wills between two well-matched opponents, blinded by love for the same man but driven by demons of their own. Like storm-ravaged Florida, neither woman will be the same when the skies clear. He's mine. Both wife and mistress would stake their lives on it. But only one of them can be right.

The mind contains the seeds of its own awakening—seeds that we can cultivate to bring forth the fruits of a life lived consciously. With *Mindfulness*, Joseph Goldstein shares the wisdom of his four decades of teaching and practice in a book that will serve as a lifelong companion for anyone committed to mindful living and the realization of inner freedom. Goldstein's source teaching is the Satipatthana Sutta, the Buddha's legendary

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discourse on the four foundations of mindfulness that became the basis for the many types of Vipassana (or insight meditation) found today. Exquisite in detail yet wholly accessible and relevant for the modern student, Mindfulness takes us through a profound study of: Ardency, clear knowing, mindfulness, and concentration—how to develop these four qualities of mind essential for walking the path wisely The Satipatthana refrain—how deeply contemplating the four foundations of mindfulness opens us to bare knowing and continuity of mindfulness Mindfulness of the body, including the breath, postures, activities, and physical characteristics Mindfulness of feelings—how the experience of our sense perceptions influences our inner and outer worlds Mindfulness of mind—learning to recognize skillful and unskillful states of mind and thought Mindfulness of dhammas (or categories of experience), including the Five Hindrances, the Six Sense Spheres, the Seven Factors of Awakening, and much more "There is a wealth of meaning and nuance in the experience of mindfulness that can enrich our lives in unimagined ways," writes Goldstein. In Mindfulness you have the tools to mine these riches for yourself.

The mining industry has experienced important improvements with regard to its safety record and work environment. But there is still room for further improvement and the mining industry now faces the challenge of securing a future workforce: The current workforce is aging, and mining work increasingly requires a more qualified workforce. Designing Ergonomic, Safe, and Attractive

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Mining Workplaces seeks to give an understanding of what must be considered in the design of mining workplaces. By reviewing and discussing the historic and current development of the mining industry as well as problems related to the safety, ergonomics, and attractiveness of mining workplaces, it demonstrates that the challenges facing the mining industry often need to be solved on a case-to-case basis. The processes through which these issues are managed are of significant importance. To facilitate a proactive approach, the book covers the principles of systematic work environment management, together with examples of methods for risk management and work environment monitoring. It introduces a systematic and iterative design and planning method for the mining industry. This method acknowledges that all relevant stakeholders must be able to influence the design of ergonomic, safe, and attractive mining workplaces. Features Takes a holistic and sociotechnical approach to current and future problems of the mining industry, which normally are dealt with in isolation or through technology Reviews historic, current, and future issues in the mining industry with regards to workplace attractiveness, health, safety, mechanization, automation, and work organization Provides several examples of these issues and attempts to address them (successfully and unsuccessfully) Covers the principles of systematic work environment management together with examples

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of methods for risk management and work environment monitoring for pro-actively dealing with work environment issues Introduces a systematic and iterative design and planning method for the mining industry that aims to avoid problems of traditional planning approaches and increase stakeholder and employee participation

The book that has shaped modern dog training and ownership with its unique and scientifically sound recognition of the "cultural" differences between dogs and humans. Dogs can't read so you need to in order to really understand your dog.

From the award-winning author of Culture Clash, Mine!, and Oh Behave! A practical guide to the treatment of dog-dog aggression. This down-to-earth manual will teach you how to use behavior modification to retrain a dog that bullies other dogs or becomes fearful when approached by other dogs. Includes descriptions of common types of aggression, assessing prognosis, remedial socialization, on-leash manners training, proximity sensitivity, play style and skills, resource guarding, and prevention.

Data mining is well on its way to becoming a recognized discipline in the overlapping areas of IT, statistics, machine learning, and AI. Practical Data Mining for Business presents a user-friendly approach to data mining methods,

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covering the typical uses to which it is applied. The methodology is complemented by case studies to create a versatile reference book, allowing readers to look for specific methods as well as for specific applications. The book is formatted to allow statisticians, computer scientists, and economists to cross-reference from a particular application or method to sectors of interest.

Lupton's textbook on mine surveying includes the more advanced subjects of trigonometrical plotting, hypsometry, method of finding the true north, metalliferous mine surveying, and photographic surveying.

77 practical activities that reinforce positive behavior This gold mine of teacher-developed and -approved activities goes beyond classroom management theory and gives you ready-to-use tools that not only encourage positive behavior, but also empower students to take responsibility for their behavior. Excellent for all students, these activities will help you: Improve your teaching and classroom management skills Enhance your knowledge base Maintain a positive attitude so that you can be proactive rather than reactive Also included are a quick-glance chart that groups the activities by appropriate grade level and helpful checklists. Practical Guide to Grouting of Underground Structures presents a hands-on discussion of grouting fundamentals and provides a foundation for the development of practical specifications and field procedures. Employing a

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pragmatic approach to the subject of grouting, Raymond W. Henn concentrates on areas such as the types of drilling, mixing and pumping equipment, and their application. The book focuses on how cementitious grouting is used in conjunction with the excavation and lining of tunnels, shafts, and underground caverns in rock. Overviews of cementitious grouting in soils and chemical grouting are also provided. Topics covered range from record keeping to quality control and testing requirements, field operations, and production rates. Practical Guide to Grouting of Underground Structures is written as a useful handbook for engineers, construction supervisors, inspectors, and other professionals involved in the planning, design, and implementation of underground grouting programs. Metabolomics and proteomics allow deep insights into the chemistry and physiology of biological systems. This book expounds open-source programs, platforms and programming tools for analysing metabolomics and proteomics mass spectrometry data. In contrast to commercial software, open-source software is created by the academic community, which facilitates the direct interaction between users and developers and accelerates the implementation of new concepts and ideas. The first section of the book covers the basics of mass spectrometry, experimental strategies, data operations, the open-source philosophy, metabolomics, proteomics and statistics/ data mining. In the second

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section, active programmers and users describe available software packages. Included tutorials, datasets and code examples can be used for training and for building custom workflows. Finally, every reader is invited to participate in the open science movement.

Developed and adapted by the authors of this book, thematic analysis (TA) is one of the most popular qualitative data analytic techniques in psychology and the social and health sciences. Building on the success of Braun & Clarke's 2006 paper first outlining their approach - which has over 100,000 citations on Google Scholar - this book is the definitive guide to TA, covering: - Contextualisation of TA - Developing themes - Writing TA reports - Reflexive TA It addresses the common questions surrounding TA as well as developments in the field, offering a highly accessible and practical discussion of doing TA situated within a clear understanding of the wider terrain of qualitative research. Virginia Braun is a Professor in the School of Psychology at The University of Auckland, Aotearoa New Zealand. Victoria Clarke is an Associate Professor in Qualitative and Critical Psychology in the Department of Social Sciences at the University of the West of England (UWE), Bristol.

The ultimate guide to building confidence in your body, beauty, clothes and life in an era of toxic social media-driven beauty standards. "A self-confidence bible

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that every woman should read.”—Caroline Dooner, author of *The F*ck It Diet*

Empowering, insightful, and psychology-driven, *Beyond Beautiful* is filled with proven, no-BS strategies for proactive self-care. This stylish and practical handbook takes a deep-dive into all of the factors that make it hard to feel good about yourself, and offers sage answers to tricky questions, like:

- Why do I hate the way I look in pictures?
- How can I stop feeling like a total slob compared to everyone on social media?
- How exactly does this "self-love" thing work?
- How do I find the confidence to use less make up, stop shaving, or wear what I want?
- Is body positivity really the answer?

Illustrated with full-color art, *Beyond Beautiful* is a much-needed breath of fresh air that will help you live your best life, know your worth, and stop wasting any more precious energy and mental space worrying about the way you look. Praise for *Beyond Beautiful* “This compact book delves into every aspect of the body-image problem and sets forth feasible ideas for accepting one’s physical appearance to enhance confidence and joy.”—Library Journal (starred review) “Rees’s emboldening message will surely help any reader struggling with self-confidence.”—Publishers Weekly

Leadership: A Practical Guide is packed with examples of famous leaders who achieved brilliant things against all odds. You’ll discover their ideas, strategies and tried and tested winning solutions, which can be applied to the opportunities

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and challenges that you face. So whether you're starting from scratch as a new leader, needing to raise your game, or aiming to do what great leaders do and aim even higher, this practical yet inspirational guide will help you to perform at your very best.

Guidelines for Mine Waste Dump and Stockpile Design is a comprehensive, practical guide to the investigation, design, operation and monitoring of mine waste dumps, dragline spoils and major stockpiles associated with large open pit mines. These facilities are some of the largest man-made structures on Earth, and while most have performed very well, there are cases where instabilities have occurred with severe consequences, including loss of life and extensive environmental and economic damage. Developed and written by industry experts with extensive knowledge and experience, this book is an initiative of the Large Open Pit (LOP) Project. It comprises 16 chapters that follow the life cycle of a mine waste dump, dragline spoil or stockpile from site selection to closure and reclamation. It describes the investigation and design process, introduces a comprehensive stability rating and hazard classification system, provides guidance on acceptability criteria, and sets out the key elements of stability and runout analysis. Chapters on site and material characterisation, surface water and groundwater characterisation and management, risk assessment, operations

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and monitoring, management of ARD, emerging technologies and closure are included. A chapter is also dedicated to the analysis and design of dragline spoils. Guidelines for Mine Waste Dump and Stockpile Design summarises the current state of practice and provides insight and guidance to mine operators, geotechnical engineers, mining engineers, hydrogeologists, geologists and other individuals that are responsible at the mine site level for ensuring the stability and performance of these structures. Readership includes mining engineers, geotechnical engineers, civil engineers, engineering geologists, hydrogeologists, environmental scientists, and other professionals involved in the site selection, investigation, design, permitting, construction, operation, monitoring, closure and reclamation of mine waste dumps and stockpiles.

Deploy Empathy will help you learn the skill of talking to your customers-learning to truly listen to them-so that you can pull out their hidden needs, desires, and processes. Empathy is a skill that anyone can learn. Armed with the tactics you'll learn in this book and the toolbox of scripts and phrases, you'll be able to sell more of your existing product, build the right features that will delight your customers, and stop churn in its tracks. By the end of this book, you'll be able to interview customers and potential customers with confidence.

If everything is empty, then what ceases in Nirvana and is born in rebirth? How

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can you live in the world without feeling trapped by it? Guy Armstrong tackles these questions and more in this richly informed, practical guide to emptiness for the meditator. It may seem odd for emptiness to serve as the central philosophy of a major religion. In fact, emptiness points to something quite different than “nothingness” or “vacancy.” And by developing a richer understanding of this complex topic, we can experience freedom as we live consciously in the world. Guy Armstrong has been a leading figure and beloved teacher of insight meditation for decades. In this book, he makes difficult Buddhist topics easy to understand, weaving together Theravada and Mahayana teachings on emptiness to show how we can liberate our minds and manifest compassion in our lives.

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