

The Ultimate Guide To Operating Procedures For Engine Room Machinery

Linux for BeginnersThe Ultimate Guide to the Linux Operating System and LinuxCreatespace Independent Publishing Platform

Windows 10 Sale price. You will save 66% with this offer. Please hurry up! The Ultimate Guide To Operate New Microsoft Windows 10 (tips and tricks, user manual, user guide, updated and edited, Windows for beginners) Windows 10 is totally new and easily familiar! From the return of the Start Menu, to your new BFF Cortana, there is plenty to show off in 10! Gone are the days of fright and inhibition when dealing with Control Panel, the new Settings Menu is all that and more, including Updates and Recovery, System, and Devices, just to name a few! Snap open apps together with ease to create collaborative projects, dynamic reports, or minimize research time in up to 4, side by side windows. This book will assist in navigating the latest version of the Windows operating system. Including an introduction to Microsoft's latest browser, Edge. Bringing back the FUN in function, Edge's Cortana integration option really makes the Windows 10 experience come alive. Enjoy annotation, doodling or highlighting favorite parts of the morning paper, directly in the browser window! The new Start Menu is also super practical and totally customizable. With a quick guide, tips, tricks, an easy to understand upgrade manual and the latest, updated features, this book is all users need to get up to speed with Windows 10! The next chapters will guide users through the new features and screens of this comfortably different version of the Windows OS. A perfect marriage of tablet function and traditional computer power, Windows 10 is sure to enhance any user experience! Here is a preview of what you'll learn: Introduction to the New Windows Return of the Start Menu New Features Photos Apps Quick Guide Tips & Tricks Windows 10 provides and uniquely new, yet comfortable user experience that can be customized to fit multiple users on a myriad of devices. Each user will find that their custom set up becomes intuitive with more use and is especially enhanced with the addition of Cortana to any daily search or appointment use. Windows 10 will become invaluable to daily tasks, personal and work related. This guide will help users to become comfortable with the operation system in a matter of a few minutes and will give user tips and tricks to cut down on the time spent searching for simple and advanced functions. Download your copy of "Windows 10" by scrolling up and clicking "Buy Now With 1-Click" button. Tags: Windows 10, user guide, programming, operating system, Microsoft, updated and edited, the ultimate guide, beginner's guide, how to upgrade to windows 10, new Windows 10, Windows 10 features, how to operate, start menu, task view, file explorer, widows Microsoft, upgrade, computers, database programming.

Looking for the career of your choice and don't want to take the beaten path? Then pick up this book and get ready for

your dream career! The Ultimate Guide to 21st Century Careers is designed to provide you with all the information you need about new careers in a range of fields. Specially designed for the modern Indian student, it is the first book in years to give detailed overviews of job profiles under each field it covers, as well as offer a roadmap to students on how to get these jobs. In its pages you will find:

- ? Detailed information about the roles you can pursue in every field.
- ? Exercises that will help you assess your skill sets and interests, and correlate them to specific career paths.
- ? A comprehensive list of colleges, both in India and abroad, that offer courses in each field.
- ? Estimates of the salaries you could expect to earn in every profession and role.
- ? Testimonies from experts in different areas, providing a peek into their daily work lives.

Whether you are interested in problem-solving or ideating, creating something new or working with people, this book is your one-stop compendium to finding your niche and excelling in it.

Windows 11 is a wonder to see! This new Windows operating system looks and feels too good to be true! Yes, it has a special kind of feeling that makes you connect with it. You will share all the above admirations with me when you set your eyes on Windows 11. It is beautiful like a damsel. The exterior and interior will be highlighted in this guide Do not be skeptical that as a beginner it looks complicated for your level. Immediately you press the first icon which is the start menu icon among the seven icons at the Taskbar, you will no doubt fall in love with this new Windows operating system without much Ado. Windows 11 prides itself on several new and modified features and are highlighted in this manual. Beginning from the User Interface (UI) to the different options available to perform tasks with ease and accessibility. Another critical area of interest in Windows 11 is features available to access third-party Apps such as Tick Tok, Twitter which allow for instant messaging. Other unique features include the Widgets. These widgets allow you to follow news updates while working with your computer, not your phone! Are you bother that the numerous goodies packaged inside this new operating system may confuse you? Not to worry, this manual highlighted common troubleshooting issues. Did I hear you say Windows 11 is another phone device and also an operating system? Join me to find out if your guess is right.

Learn to invest in REITs with confidence and skill with this powerful resource Educated REIT Investing is the ultimate resource for investors, financial advisors, and students interested in learning how to invest in real estate investment trusts (REITs)—one of the only asset classes to significantly outperform the S&P 500 Index over the last 25 years. Written by Stephanie Krewson-Kelly and Glenn R. Mueller, PhD., both accomplished REIT authors and investors with six decades of accumulated industry experience between them, Educated REIT Investing provides all the basics and history, then blends pragmatic strategies and advice with a thorough exploration of the fundamentals and nuances of the REIT industry. Topics include: Basic information about REITs and the REITs industry Terminology specific to the REIT

industry, explained in plain-English Historical REIT industry performance tables and trading perspectives Analysis and equations needed to calculate key metrics used to identify the suitability of companies for investment purposes, illustrated with simple examples This book is perfect for anyone looking for a straightforward, easy-to-understand resource to establish or improve their understanding and analysis of real-estate investment trusts.

This guide to the guts-and-glory of G.I. Joe identifies every figure with all its weapons and gear, every vehicle with all the easy-to-lose pieces and every accessory related to Hasbros stellar team of soldiers. Use The Ultimate Guide to G.I. Joe to expand your knowledge about Joe and the team, or Cobra and his cronies, and to identify and assess the value of any of the series 350 action figures and 240 vehicles and accessories.

This pocket guide presents more than 500 surgical procedures! State-of-the-art revisions familiarize the reader with new standards of excellence for care of the surgical patient in the perioperative environment. For each procedure, you'll find a definition, discussion, description of the surgery, preparation of the patient, skin preparation, draping technique, instrumentation, supplies, and special notes pertinent to that surgery.

Linux: The Ultimate Beginners Guide to Linux Operating System Linux: The Ultimate Beginners Guide to Linux Operating System is a quick-reference guide that will walk you through installation, configuration, and usage of the Linux OS.If you are new to this operating system, this book will allow you to get complete instructions on how you can quickly use Linux on your computer, learn how to operate programs and browse the internet, and use shortcuts that will allow you to navigate through the operating system with ease.This book is designed in such a way that you do not have to read all the chapters subsequently - you can jump from one chapter or section to another, depending on what topic you need to look up.Here are some of the things that you can get out of this book:* Get Linux up and running * Master basic functions and operations * Accomplish more advanced tasks* Get updated regarding changes to Linux server system management* Become acquainted with the Linux file system and processes* Set up your network, add connections, and surf the web* Make use of the Linux command lineOrder your copy now!

XML Programming: The Ultimate Guide to Fast, Easy, and Efficient Learning of XML Programming (Operating system, Projects, XML Programming, DTD's, HTML5, JavaScript)Learn XML programming at ease. Learning eXtensible Markup Language is not foreign, anymore. The XML Programming book does not threaten you with ocean of information. Rather, it brings to you the essence of XML programming. This book covers only the essential topics, which helps the to try their hands on coding and exploring, rather than just reading and knowing. The book is designed for beginners, through numerous simple and real-time examples. Such a process of learning will help you in evaluating the uses of XML and will encourage you to use them appropriately. The tidbits added after discussing important topics will give you hints about things to remember. By the end of this book you will (1) be able to create your own XML document, (2) know what are the syntax and semantics of XML, (3) know when to use XML, (4) know what a Document Type Definition (DTD) is and how to use it, (5) know how to interpret an XML document and (6) know what HTML5 has in store. This book is structured with the following chapters: 1. What's in a Markup language? 2. Why XML when there is HTML? 3. Show me the syntax and semantics 4. Document Type Definition 5. Get your hands dirty 6. Interpreting XML - XML Parsers 7. HTML5 - Why here?

Read Online The Ultimate Guide To Operating Procedures For Engine Room Machinery

Supplies a detailed, hands-on approach to configuring, administering, and networking Windows 98, including a step-by-step approach to performing specific tasks, upgrading information, and a comprehensive discussion of Internet Explorer 4.0. Original. (Intermediate)

Your UNIX: The Ultimate Guide is both an outstanding pedagogical tool and an exhaustive reference. It is the ideal text for any Unix course. It can also be used for any introductory programming course that includes Unix and for advanced courses such as those on Operating Systems and System Administration. Excellent pedagogy is implemented throughout. Real-world examples make it easier for students to grasp concepts while "Going Further" sections take more advanced students beyond the basics. Over nine hundred exercises allow students to test and reinforce their understanding of material at different levels. This book also features coverage of Linux, which is well marked so that instructors can choose to either include it in their courses or omit it. Additionally, Your UNIX has the most extensive set of indices and appendices currently available in a Unix text.

Your UNIX/Linux: The Ultimate Guide, written with both users and programmers in mind, is the ultimate UNIX/Linux text. Both pedagogical tool and exhaustive reference, it is well-suited to any course that includes UNIX or Linux. A strong pedagogical framework sets it apart from similar texts and allows beginning students to gain a firm grasp of fundamental concepts, while chapters on advanced topics inspire the more experienced reader to move beyond the basics. Nearly a thousand exercises and self-test questions provide a way for students to test and reinforce their understanding of the material.

A mainstream release of a previously self-published best-seller, written by a successful internet traffic developer best known for his record-breaking sale of the Business.com domain name, shares a wealth of insights, tips and strategies for using online resources to build wealth rapidly.

Ultimate Guide to SBI Clerk Junior Associates & Junior Agriculture Associates Preliminary & Main Exam (7th Edition) contains specific sections for Reasoning, General English, Quantitative Aptitude, and General Awareness with special reference to Banking Industry & Computer Knowledge. The book contains to the point theory of all the sections (divided into chapters) with illustrations followed by an exercise with detailed solutions. The book covers a lot of questions from the past Bank clerk exams of various banks. The book provides Solved papers of Prelims & Main Exams of last 5 years with detailed solutions.

This book covers the topic of Linux, and will teach you all about this incredible operating system. With the help of this book, you will soon discover exactly how Linux operates, how it differs from the other operating systems out there, and why it is likely a better option for your computing needs. Even if you're brand new to Linux, at the completion of this book you will have a good understanding of this operating system and be ready to start using it proficiently. You will learn about the different features of Linux, how it works, and also how to navigate it efficiently. There are sections dedicated to the many basic commands you will need to learn, along with some more advanced possibilities, such as hacking within the Linux system, and much more! Here Is What You'll Learn About Inside... What Is Linux How Linux Is Different From Other Operating Systems Linux Basics The Linux Shell Linux Functions Linux Processes Linux Commands Hacking With Linux Much, Much More!

If you are new to Windows 10, you need this book. From new security features to organization, this book will help you navigate the newest form of operating systems. You will learn how to use the registry and so much more. No matter if you have upgraded your computer during the free year or you have purchased a full copy, this book will help you get started and even be there when you have to reinstall the operating system should you need to.

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The MacBook Pro 2019 runs on the new macOS Catalina 10.15 with updates to existing apps and new feature additions like Apple music, Apple TV, Sidecar and Find My. MacBook Pro 2019 has the Apple Touch Bar with an Integrated Touch ID sensor and Retina display. The device is fitted with 8-core processor, a new thermal design and up to 64 GB of memory and 8 GB VRAM. The MacBook Pro 2019 is fitted with 8-core processors with processing speeds up to 5.0 GHz which is two times faster than the quad-core 15-inch MacBook Pro. Software / App Developers, Photographers, Filmmakers, Music Producers, Researchers and other professionals will find the device very useful for increased productivity, comprehensive and world-class output especially if they are involved in code writing and compilation, modelling, simulations, gaming, video and music editing. Buy this book to discover essential information on *Unboxing: What's in the package. *How to set up the device (configure user accounts and using the setup assistant). *A tour of the Mac including basic anatomy, features and the use of the different parts (Desktop, Dock, FaceTime HD Camera, Finder, LaunchPad, Menu Bar, Microphone, Notification Centre, Trackpad, Speaker, Spotlight, Thunderbolt ports, Touch Bar and Touch ID). *Detailed information on MacBook Pro 2019 Apps and Features (Airdrop, App Store, Apple Books, Apple Mail, Apple Pay, Apple TV, Calendar, Connecting to the internet, FaceTime, Find My, GarageBand, Hands-off, iCloud, iMovie, Keynote, Maps, Messages, Optimize space on the MacBook Pro, Safari, Screen Time, Sidecar, Siri, System Preferences, Transfer and Restore Data from another Mac or PC to the new MacBook Pro 2019. *macOS Catalina. *Safety, use and care information for the MacBook Pro 2019 Overall, exploit the power, amazing design and productivity your MacBook Pro 2019 is capable of by reading this guide to fully optimize usage of the device.

Cardiology to Impress is the ultimate guidebook for medical students preparing for the clinical experience. It is written in collaboration with top teaching consultants and newly qualified doctors who are familiar with the pitfalls of clinical attachments, and understand the fears and apprehensions when students are thrown into difficult exams and the hospital setting. This pocket-size handbook specifically outlines what medical students are to expect, and what is expected of them in clinics, theatres and in exam settings. It teaches how to be competent in front of senior doctors and provides useful tips on how to answer questions on ward rounds. This book does not mindlessly regurgitate facts, rather it tailors the facts to the clinical setting, thus bridging the gap between textbook knowledge and clinical practice in a way that enables the student to understand, and appreciate the clinical relevance of medical knowledge.

Linux For Beginners! Updated April 2016 The Ultimate Beginners Crash Course To Learning & Mastering Linux Are You Ready To Learn How To Use, Master & Configure Linux? If So You've Come To The Right Place - Regardless Of How Little Experience You May Have! There's a ton of other technical guides out there that aren't clear and concise, and in my opinion use far too much jargon. My job is to teach you in simple, easy to follow terms how to get started and excel at Linux! Here's A Preview Of What Linux For Beginners Contains... An Introduction to Linux Installing Linux - Exactly What You Need To Know Server Vs. Desktop Editions - Variations Of Linux Explained Tasks & Commands You Need To Know To Master Linux How To Effortlessly Navigate Through Your Linux Operating System File Editing - How To Use VIM Advanced Navigation & Linux Controls And Much, Much More! Order Your Copy Now And Let's Get Started!

This title contains an Access Code along with instructions to access the Online Material. In case you face any difficulty, write to us at ebooks.support@aiets.co.in. Ultimate Guide to SBI Bank for Junior Associates & Junior Agriculture Associates Exam (6th Edition) with FREE Quick GK 2018 ebook is the best reference material specifically written for SBI Bank Clerk Exam. The book contains specific sections for Reasoning, General English, Quantitative Aptitude, Marketing Aptitude and General Awareness with special reference to Banking Industry & Computer Knowledge. The book contains to the point theory of all the 5 sections (divided into chapters) with illustrations followed by an

exercise with detailed solutions. The book covers a lot of questions from the past Bank clerk exams of various banks. The book comes with FREE Quick GK 2018 ebook which can be accessed online through voucher code provided in the book.

Easy Linux: The Ultimate Guide to Linux for Beginners Linux is a truly wonderful operating system, and it has now reached a level where it can compete with the more popular operating systems out there. You want to learn how to use the Bash command line interface (terminal) on Unix/Linux. Or, it's part of a subject you're doing and so you're learning it because you have to. Either way, that's great. You're learning how to use a powerful tool that can make your life easier, and make you awesome (more so than I'm sure you already are). Grab a copy and reading on.

Explains how to start a bed and breakfast inn, covers site selection, financing, renovation, marketing, insurance, and staff selection, and describes an inn's daily operation.

Cutting-edge, user-friendly, and comprehensive: the revolutionary guide to the brain, now fully revised and updated At birth each of us is given the most powerful and complex tool of all time: the human brain. And yet, as we well know, it doesn't come with an owner's manual—until now. In this unsurpassed resource, Dr. Pierce J. Howard and his team distill the very latest research and clearly explain the practical, real-world applications to our daily lives. Drawing from the frontiers of psychology, neurobiology, and cognitive science, yet organized and written for maximum usability, *The Owner's Manual for the Brain, Fourth Edition*, is your comprehensive guide to optimum mental performance and well-being. It should be on every thinking person's bookshelf. What are the ingredients of happiness? Which are the best remedies for headaches and migraines? How can we master creativity, focus, decision making, and willpower? What are the best brain foods? How is it possible to boost memory and intelligence? What is the secret to getting a good night's sleep? How can you positively manage depression, anxiety, addiction, and other disorders? What is the impact of nutrition, stress, and exercise on the brain? Is personality hard-wired or fluid? What are the best strategies when recovering from trauma and loss? How do moods and emotions interact? What is the ideal learning environment for children? How do love, humor, music, friendship, and nature contribute to well-being? Are there ways of reducing negative traits such as aggression, short-temperedness, or irritability? What is the recommended treatment for concussions? Can you delay or prevent Alzheimer's and dementia? What are the most important ingredients to a successful marriage and family? What do the world's most effective managers know about leadership, motivation, and persuasion? Plus 1,000s more topics!

LINUX Grab this GREAT physical book now at a limited time discounted price! This book covers the topic of Linux, and will teach you all about this incredible operating system. With the help of this book, you will soon discover exactly how Linux operates, how it differs from the other operating systems out there, and why it is likely a better option for your computing needs. Even if you're brand new to Linux, at the completion of this book you will have a good understanding of

this operating system and be ready to start using it proficiently. You will learn about the different features of Linux, how it works, and also how to navigate it efficiently. There are sections dedicated to the many basic commands you will need to learn, along with some more advanced possibilities, such as hacking within the Linux system, and much more! Here Is What You'll Learn About Inside... What Is Linux How Linux Is Different From Other Operating Systems Linux Basics The Linux Shell Linux Functions Linux Processes Linux Commands Hacking With Linux Much, Much More! Scroll up now & order your copy of this fantastic book today!

Learn why it is important to use the Internet wisely and tips for how to stay safe.

You owe it to yourself to read this book before you choose a medical specialty! The Ultimate Guide to Choosing a Medical Specialty, 3rd edition delivers a well-researched, insider's look at the complex issues medical students face when choosing a medical specialty. Supported by first-hand knowledge, useful facts and statistics – plus the author's personal experience and gut-level reports from current residents -- this unique guide provides everything necessary to compare specialties and make a confident decision. The Ultimate Guide to Choosing a Medical Specialty, 3rd edition is divided into two sections: Part 1 Planning Your Medical Career delves into the main issues surrounding the choice of your medical specialty. These twelve chapters provide everything you need to begin making this major decision – from how to research each specialty to how to apply for residency. Part 2 Specialty Profiles features chapters devoted to each of the 20 major specialties. It provides important information such as the latest salary information, employment data, and match statistics. Features: An “insider's look” at different areas of medicine -- with specialty chapters written by physicians just out of residency training Candid and revealing descriptions of each specialty Profiles of the major specialties, including those to which you may have had little exposure, such as radiation oncology A concise, up-to-date guide to the residency application and matching process A chapter with valuable advice to help you maximize your success in obtaining a residency position in each field Updated to include alternative career paths for MDs, such as laboratory science, the military, MD/MBA, and MD/JD

This book provides a full-year curriculum for educators wishing to teach a digital photography/multimedia class that will endow students with the technical skills for producing complex digital imaging projects. • Provides a full-year digital photography curriculum comprising more than 20 hands-on digital photography projects • Supplies grading rubrics for every project • Includes a CD-ROM containing sample photographs for student practice, detailed project plans, and grading rubrics • Provides guidelines for buying digital cameras, computers, and software for your class as well as for establishing your classroom

From your first steps after installation, to doing the things you need to do every day, the Windows 10 Manual will guide

you through using the new Microsoft operating system on PC or Laptop. No matter if you are a long time Windows user, or a complete novice, there is something here for anyone wanting to know more about Windows 10.

Horses are rescued and adopted by the thousands in USA. This guide will become the bible for rehabilitation.

The whole truth about Bitcoin...So you can decide for yourself ! Bitcoin: it's the worldwide virtual currency everyone's talking about. But most explanations of Bitcoin are completely bewildering—they're either written by people in thrall with it or by those appalled by the very notion of an alternative currency. What's the real story? How does Bitcoin work? Where did it come from? What's it good for? How do you get, store, and spend Bitcoins? And should you? The Ultimate Guide to Bitcoin answers all your questions—honestly, objectively, and in plain English. Michael Miller has spent his life demystifying complicated ideas and technologies: he's helped more than 1,000,000 readers in over 150 easy-to-understand books. Now, he explains Bitcoin in ways everyone can understand. Miller will help you decide for yourself if Bitcoin should be part of your life. And if the answer is "Yes," he'll help you make the most of it! Is Bitcoin the currency of the future—or just the latest scam? Why does anyone think Bitcoins have value? Are Bitcoins legal? Are Bitcoins really untraceable? How and where can I buy Bitcoins? How do I choose a Bitcoin exchange? How do I find out what my Bitcoins are worth? Can I trade Bitcoin just like other currencies? Can I really mine my own new Bitcoins? Is Bitcoin taxable? Where should I store my Bitcoins? How much Bitcoin fraud and theft really exists? Which merchants accept Bitcoin? How safe—or risky—is Bitcoin? How does Bitcoin compare to other virtual currencies? What's the future of Bitcoin?

VIRTUALBOX An Ultimate Guide Book on Virtualization with VirtualBox This book is a guide to the user on how to use the VirtualBox. It begins by explaining what VirtualBox is, the reason why it is used, and how it is used. The next part is a guide to how one can install the VirtualBox in either Windows or the Linux operating systems. The book will guide you on the various installation steps for VirtualBox in these operating systems. The book then explores how a virtual machine can be created on the VirtualBox. You will learn how to choose the appropriate size for the VirtualBox, as well as how to choose the storage media for the virtual machine. You will also learn how to install and use Guest Additions in VirtualBox. Desktops are also explored, thus, the book will guide you on how to create them. Templates for the pool have also been discussed, and you will learn how to import them into the pool. Cloning of desktops in a pool is also discussed in detail, thus, you will know how to do it. This book will guide you on how to assign desktops to users. Once you have set up the desktop, the book will guide you on how to establish a connection to it. Management of desktops is also explored. The following topics are discussed: Definition Installation of VirtualBox Creating a New Virtual Machine Installation of Guest additions for the VirtualBox How to create the Desktops How to import a Template into the Pool How to set up the Cloning Personalized How to assign users to the Desktops Establishing a connection to the Desktop Management of the Desktops Set up a shared folder Enabling logging for the .MSI host installer of VirtualBox

Christina VanDergrift understands the challenges of nurturing big dreams. After starting with little other than grit, determination, and a willingness to learn and put in the work, she built a rewarding career as a real estate expert and entrepreneur, ultimately creating a path to success and wealth, one step at a time. In an easy-to-read guide, VanDergrift relies on her professional experiences, trials, and errors to share a comprehensive roadmap that will help anyone decide whether owning and operating a vacation rental is the right choice, where to start, and the exact steps to begin the process. While walking others through her experiences in the industry, she provides valuable information on how to write a business plan, price and furnish a property, choose amenities, face unexpected challenges, and decide whether to self-manage or hire a property manager. **Vacation Rentals: The Ultimate Guide** is a go-to reference manual that provides everything

aspiring entrepreneurs need to know about how to purchase and successfully operate a vacation rental.

Every enterprise application creates data, whether it's log messages, metrics, user activity, outgoing messages, or something else. And how to move all of this data becomes nearly as important as the data itself. If you're an application architect, developer, or production engineer new to Apache Kafka, this practical guide shows you how to use this open source streaming platform to handle real-time data feeds.

Engineers from Confluent and LinkedIn who are responsible for developing Kafka explain how to deploy production Kafka clusters, write reliable event-driven microservices, and build scalable stream-processing applications with this platform. Through detailed examples, you'll learn Kafka's design principles, reliability guarantees, key APIs, and architecture details, including the replication protocol, the controller, and the storage layer. Understand publish-subscribe messaging and how it fits in the big data ecosystem. Explore Kafka producers and consumers for writing and reading messages Understand Kafka patterns and use-case requirements to ensure reliable data delivery Get best practices for building data pipelines and applications with Kafka Manage Kafka in production, and learn to perform monitoring, tuning, and maintenance tasks Learn the most critical metrics among Kafka's operational measurements Explore how Kafka's stream delivery capabilities make it a perfect source for stream processing systems

The New York Times best seller, trusted by millions of dads-to-be—completely revised and updated! The Expectant Father is the best-selling pregnancy guide for men, with more than 1.5 million copies sold. This reassuring month-by-month overview gives you the tools you need to support your partner, prepare for your baby's arrival, and take care of yourself during this exciting time. It concludes with two special sections: one on labor and delivery, guiding you through the big day; and the other on what comes next, covering the first few months after the baby's arrival. This new edition of The Expectant Father is updated from cover to cover with the latest information on fertility options, delivery options, navigating pregnancy in a post-COVID-19 world—and much more. It incorporates the expertise of leading OB-GYNs and researchers, and the real-life experience of hundreds of dads and moms. Illustrated throughout with stress-relieving cartoons, The Expectant Father is a friendly and readable companion for dads-to-be seeking confidence, guidance, and joy. (Moms will love it, too!)

A judgment free explanation of men's sexual health issues that will help men live a longer and more virile life. Breaking the barriers of silence and embarrassment, The Ultimate Guide to Male Sexual Health speaks candidly to straight men, gay men, lovers, partners, and wives. Drawing on fascinating case histories, board certified urologist Dr. Dudley Seth Danoff uses straightforward, easy-to-understand terms to offer a meticulous examination of the essentials of male sexual health, arousal, and anatomy. Written for men of all ages, this book dispels common male myths and provides nonjudgmental, practical, safe advice for banishing stress from the bedroom and making sex fun again. Whether readers are looking to improve their genital health, last longer, or overcome erectile dysfunction (ED), this guide will help them determine the fundamental causes of male problems using methods that fit their lifestyle and health profile. Readers will discover The facts about BPH and prostate cancer, sexually transmitted diseases, male menopause, steroid use, testosterone replacement, and penile enhancement The psychological and physical causes of ED The truth about "blue pills" and other medical and nonmedical options for treating ED Exercises and lifestyle changes for improving sexual control and confidence Instructions on how to achieve a healthy and active sex life Options for addressing physical problems and health-related issues If you are bored in the bedroom, struggling with the challenges of getting older, or even overcoming cancer or a heart condition, there is a solution. The first step is learning more about how the penis works—including the impact a man's mind can have on his performance. This revolutionary guide will give men the confidence and ability to perform sexually in any situation at any age.

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