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The great depth and diversity of Taoist spirituality is introduced in a single, accessible manual Millions of readers have come to the philosophy of Taoism thanks to the classics Tao Te Ching and the I Ching, or the practices of t'ai chi and feng-shui, but the Tao is less known for its unique traditions of meditation, training, magical practice and internal alchemy. Eva Wong, a leading Taoist practitioner and translator, offers a solid introduction to the Way. All of Taoism's most important texts, figures, and events are covered, along with its extraordinarily rich history and remarkable variety of practice. Sections include: • The History of Taoism traces the development of the tradition from the shamans of prehistoric China through the classical period (including the teachings of the famous sage Lao-tzu), the beginnings of Taoism as a religion, the rise of alchemical Taoism, and the synthesis of Taoism, Buddhism, and Confucianism. • Systems of Taoism discusses magical sects, divination practices, devotional ceremonies, internal alchemy, and the way of right action. Practices discusses meditation, techniques of cultivating the body, and rites of purification, ceremony, and talismanic magic. This roadmap to the spiritual landscape of Taoism not only introduces the important aspects of the history of Taoism, the sages who wrote the Taoist texts, and the various schools of Taoist thinking, but also gives readers a feel for what it means to practice Taoism today. A comprehensive bibliography for further study completes this valuable reference work. "We are professionals. Though not specifically professionals in the field of 'psychology' or 'psychiatry,' we are both highly paid actors and comedians, and as such know more about neuroses than you could possibly imagine. . . ." If you're tired of following the rules, dating people from Mars to Venus, gorging on chicken soup for your soul, or getting lost on a road less traveled, then it's time to read Ben Stiller and Janeane Garofalo, two people who actually sweat the small stuff . . . because, let's face it, your body doesn't sweat, it dies--much like Ben and Janeane's train wreck of a relationship many years ago. Their experience came wisdom and self-reproachment. Now, in Feel This Book, they tackle the tough questions: - How much love necessary? - How can I make money off my spouse? - Compassion--is it overrated? - Why can't I love you around and still love you? - How many times have you told your significant other that you would pick up something for dinner on your way home from the office, and next thing you knew you're at an all-night party with some hermaphrodite you found on the strip, having eggs and bacon at three in the morning? Through a series of completely fabricated case studies, the six laws of spiritual success, the fourteen by-laws of spiritual growth, and the twenty-three addendums and sub-laws regarding anything spiritual and successful, Stiller and Garofalo teach such valuable lessons as: - When it comes to family, grasp onto the blame and don't let go - Make a connection . . . between Deepak and Tupac - Your mother lied; looks are everything, and the sooner you realize this, and stop denying the inevitable, the happier you will be - And much more! Feel This Book. Let it be your

your compass, your sensible shoes, your Frappuccino(R). It's what self-help was meant to be. What is starters it's a form of melodic, confessional, or EMOtional punk rock. But emo is more than a genre of the defining counterculture movement of the 'OOs. EVERYBODY HURTS is a reference book for emo, tracing angsty roots all the way from Shakespeare to Holden Caulfield to today's most popular bands. There's about that perfect chocolate and peanut butter combination—teenagers and angst. What is new is the first cultural movement born on the internet. With the development of early social networking sites like Club (whose mission is to unite "like-minded nerds, loners, indie rockers, record collectors, video game hardcore kids, and artists through friendship, music, and sometimes even love") outcast teens had a place to meet each other and share their pain, their opinions, and above all, their music—which wasn't available for sale at a local record store. Authors Leslie Simon and Trevor Kelley lead the reader through the world of emo in its ideology, music, and fashion, as well as its influences on film, television, and literature. With a healthy dose of snark and sarcasm, EVERYBODY HURTS uses diagrams, illustrations, timelines, and step-by-step instructions to help the reader successfully achieve the ultimate emo lifestyle. Or, alternately, teach him to spot a nerd across the mall in order to mock him mercilessly. Providing fans and newcomers everything they need to know about the fascinating world of Assassin's Creed, this beautifully illustrated guide is packed with information about the key characters, storylines and historical settings from the blockbuster video game franchise. The conflict between two secret organizations, the Templars order and the Brotherhood of the Assassins, has been ongoing for millennia. Packed with beautiful images and featuring the latest lore, "Assassin's Creed: the essential guide" explores the major characters, technology, key historical settings, and epic story of this conflict. Enclosed in the entire franchise, Assassin's Creed: the essential guide is both an ideal introduction and the perfect reference for the Assassin's Creed universe, full with facts on: -The Assassin Brotherhood and the Templar order -The Assassin's Creed Civilisation -Technology and Weapons -Historical Settings and Locations -The Present day storyline Essential Guide to Reading Biomedical Papers: Recognising and Interpreting Best Practice is an indispensable companion to the biomedical literature. This concise, easy-to-follow text gives an insight into core techniques and methods used in biomedical research and how, when and why a technique should be used and presented in the literature. Readers are alerted to common failures and misinterpretations that may evade peer review and are equipped with the judgment necessary to be properly critical of the findings claimed by research articles. This unique book is an invaluable resource for students, technicians and researchers in all areas of biomedicine. Allows the reader to develop the necessary skills to properly evaluate research articles Coverage of over 30 commonly-used techniques in the biomedical sciences Global approach and application, with contributions from leading experts in different fields A complete introduction to the basic and intermediate concepts of image processing from the level of a student in the field Up-to-date content, including statistical modeling of natural, anisotropic diffusion, image quality and the latest developments in JPEG 2000 This comprehensive and state-of-the art approach to image processing gives engineers and students a thorough introduction, and includes full coverage of key applications: image watermarking, fingerprint recognition, face recognition and iris recognition and medical imaging. "This book combines basic image processing techniques with some of the most advanced procedures. Introductory chapters dedicated to general principles are presented alongside detailed application-orientated ones. As a result, the book is suitably adapted for different classes of readers, ranging from Master to PhD students and beyond." - Philippe Thiran, EPFL, Lausanne, Switzerland "Al Bovik's compendium proceeds systematically from the fundamentals to today's research frontiers. Professor Bovik, himself a highly respected leader in the field, has invited an all-star team of contributors. Students, researchers, and practitioners of image processing will all benefit from the Essential Guide." - Prof. Bernd Girod, Stanford University, USA "This book is informative and easy to read with plenty of examples, and allows great flexibility in tailoring a course on image processing and image analysis." - Prof. Pamela Cosman, University of California, San Diego, USA A complete and modern introduction to the basic and intermediate concepts of image processing - edited and written by the leading experts in the field An essential reference for all types of engineers working on image processing applications Up-to-date content, including statistical modelling of natural, anisotropic diffusion, image quality and the latest developments in JPEG 2000 This book provides a current review of the field of biopharmaceutical pharmaceuticals. Biopharmaceuticals are drugs obtained in biotechnological processes using living organisms such as bacteria, yeast, and fungi. An analysis was performed from biochemical and physiological point of view. This book covers

essential guide to current knowledge and analysis of biopharmaceuticals (Chapter 1-5). The composition of biopharmaceuticals is provided. In this book we also discuss the historical point of view of the use of archeological botany, medicinal plants, strategies and main advances in communication between the natural and the advances of biopharmacy (Chapter 6-8). This book reports results from experimental and clinical work (Chapter 9). The book includes data regarding the therapy in combination with chemotherapeutic agents.

ready to transform your world into Minecraft Earth! Inside this complete and essential guide, you'll be able to read about the best way to search for Tappables out in the world, to build up your collection of blocks, and we will explain how to find and beat Adventures - including special tips for playing with your friends. Then we'll go to the mobs you'll meet, including all the new variants you'll only find in Minecraft Earth. Best of all, there's a section on how to make the best builds for yourself. You'll even get a whole host of tips on where to find your creations in the real world, and how to do it. Plus there's a gallery of awesome Minecraft makes from around the world.

American tavern owners caused a sensation in the late eighteenth century when they mixed rum, water, bitters, and whiskey and served the drink with rooster feather stirrers. The modern version of this "cocktail," widely known as the Old Fashioned, is a standard in any bartender's repertoire and holds the distinction of being the only mixed drink ever to rival the Martini in popularity. In *The Old Fashioned*, Guinness Award-winning author Albert W. A. Schmid profiles the many people and places that have contributed to the drink's legend since its origin. This satisfying book explores the history of the Old Fashioned through its ingredients and accessories—a rocks glass, rye whiskey or bourbon, sugar, bitters, and orange zest to name a few—details the cocktail's surprising influence on the Waldorf-Astoria Hotel and the Broadway musical scene, and its curious connection to the SAT college entrance examination. Schmid also considers the impact of different bourbons on the taste of the drink and reviews the timeless debate about whether to muddle. This special is an entertaining and refreshing read, featuring a handpicked selection of recipes along with delicious details about the particularities that arose with each new variation. Perfect for anyone with a passion for mixed drinks, *The Old Fashioned* is a cocktail book for all seasons.

While the technology of filmmaking has advanced dramatically over the last 20 years, the basics of effective studio gripping are the same—a thorough knowledge of equipment, safety, and tools remains the foundation for success. A heavily illustrated reference and learning guide, *Uva's Basic Grip Book* provides grounding in basic grip equipment, techniques, and safety issues. It distills the most beginner-friendly information offered in Uva's original *Grip Book* into a handy reference and guide, prepared especially for the beginning professional. Updated with the latest studio grip equipment, the book offers a complete list of personal grip tools that every grip should have, more than 100 tricks of the trade, a review test designed to affirm new knowledge. *Uva's Basic Grip Book* also offers safety tips for gripping, descriptions of positions within the grip department, and advice designed to help land that first job and succeed when established in this very competitive industry. A fully updated and expanded glossary completes the book.

Uva's Basic Grip Book covers beginners' most frequently asked questions and helps them to acquire basic skills. It looks at the different positions within the grip department and offers helpful advice in getting that first job. Like its predecessor, *Uva's Basic Grip Book* is filled throughout with Tricks of the Trade, as well as tips on how to practice and safety. An improved and expanded glossary completes the book.

Vaccinology: An Essential Guide outlines in a clear, practical format the entire vaccine development process, from conceptualization and design to immunological principles through to clinical testing and licensing of vaccines. With an outstanding introduction to the history and practice of vaccinology, it also guides the reader through the basic science relating to immune responses to pathogens. Covering the safety, regulatory, ethical, and economic and geographical factors that drive vaccine development and trials, it also presents vaccine delivery strategies, novel vaccine platforms (including experimental vaccines and pathogens), antigen development and selection, vaccine modelling and the development of vaccines against emerging pathogens and agents of bioterror. There are also sections on the development of veterinary vaccines and associated regulatory processes. *Vaccinology: An Essential Guide* is a perfect text for those designed for undergraduate and graduate microbiologists and immunologists, as well as residents, fellows, and trainees of infectious disease and vaccinology. It is also suitable for all those involved in designing and conducting clinical vaccine trials, and is the ideal companion to the larger reference book *Vaccinology: Principles and Practice*. This book is a refreshingly honest self-help guide to aging well. It encourages readers to dispel gloom or overcome denial around the subject of aging and offers advice in a realistic, non-prescriptive

format. Practical yet personable, chapters move through pertinent topics such as making the decision and successfully navigating that transition; designing daily routines (your practice) and engaging in activities (your projects); connecting with others as relationships shift and evolve; and managing moods and emotions. The guide also supports readers coping with illness or injury, experiencing loss and grief, and transitioning and searching for meaning as they grow older. Written in a conversational style, *An Essential Guide to Aging* motivates its readers to be curious about this time of life, and to design the best possible version of themselves. Now updated for 2015! The best, most comprehensive guide for writers is now revised and updated with new sections on ebooks, self-publishing, crowd-funding through Kickstarter, blogging, increasing visibility via online marketing, micropublishing, the power of social media and author websites, and more—making *Essential Guide to Getting Your Book Published* more vital than ever for anyone who wants to mine their idea and turn it into a successfully published book. Written by experts with twenty-five books between them, as well as many years' experience as a literary agent (Eckstut) and a book doctor (Sterry), this nuts-and-bolts guide demystifies every step of the publishing process: how to come up with a blockbuster title, create a successful proposal, find the right agent, understand a book contract, and develop marketing and publicity savvy. Includes interviews with hundreds of publishing insiders and authors, including Seth Godin, Neil Gaiman, Amy Blumenthal, Margaret Atwood, Leonard Lopate, plus agents, editors, and booksellers; sidebars featuring real-life publishing success stories; sample proposals, query letters, and an entirely updated resources and publishers directory. Increasing numbers of people are enduring huge levels of stress, economic pressures, family concerns, and anxieties about jobs and health all contribute. And for many, the stress gets worse, increasing until they cannot get out of bed to start the day. Their personality changes, their relationships become strained and before long they know that they have hit burnout; their mind, body and spirit simply cannot take any more. It is preventable. *How to Overcome Burnout* enables the reader, wherever they are on the slope toward burnout, to overcome. If they are in the middle of it, this is the first step towards a full recovery and will provide the tools necessary to ensure that they never experience it again. *Wine Folly: The Visual Guide to Wine* hip, new guide to wine for the new generation of wine drinkers, from the sommelier creators of the award-winning website WineFolly.com Red or white? Cabernet or merlot? Light or bold? What to pair with food? Drinking wine isn't hard, but finding great wine does require a deeper understanding of the fundamentals. *Wine Folly: The Visual Guide to Wine* will help you make sense of it all in a unique infographic wine book. Put together by the creators of Wine Folly, a certified sommelier and a designer who have become renowned in the wine world for simplifying complex wine topics, this book combines sleek, modern information design with data visualization. Get pragmatic answers to your wine questions and learn pro tips on tasting, how to spot great quality wines, and how to find wines you'll love. *Wine Folly: The Visual Guide to Wine* includes:

- Detailed taste profiles of popular and under-the-radar wines.
- A guide to pairing food and wine.
- A wine-region section with detailed maps.
- Practical tips and tricks for serving wine.
- Methods for tasting wine and identifying flavors.

Packed with information and encouragement, *Wine Folly: The Visual Guide to Wine* will empower your decision-making and give you confidence at the table. "This is a must-read for every family that yearns to create peace and harmony." --Shefali Tsabary, Ph.D., New York Times bestselling author of *The Conscious Parent*

Tired of yelling and nagging? True family connection is possible--and this essential guide shows you how. Popular parenting blogger Rebecca Eanes believes that parenting advice should be about more than just getting kids to behave. Struggling to maintain a meaningful connection with her two little ones and frustrated by the lack of emotionally aware books for parents, she began to share her own insights with readers online. Her blog has grown into a thriving community--hundreds of thousands strong. In this eagerly anticipated guide, Eanes shares her hard-won wisdom for overcoming limiting thought patterns and recognizing emotional triggers, as well as advice for connecting with kids at each stage, from infancy to adolescence. This heartfelt, insightful guide comes not from an "expert," but from a learning, evolving parent. Filled with practical, solution-oriented advice, this is an empowering guide for any parent who longs to end the yelling, power struggles, and downward spiral of acting out, punishment, resentment, and shame--and instead foster an emotional connection that helps kids learn self-discipline, feel confident, and create lasting, loving bonds.

An Essential Guide to Hearing and Balance Disorders consolidates the most significant clinical aspects of hearing and balance disorders, ranging from symptoms and diagnosis to treatment and cure. Experts in various subspecialties of this extensive topic introduce you to the most sophisticated and state of the art methods of diagnosis and treatment. Each chapter expands

specific topic area along the continuum of how medical personnel diagnose hearing and balance disorders, how surgical implantation of the cochlea and rehabilitation can remedy various conditions. In concise text, the book begins with a case history and follows with comprehensive descriptions of current knowledge regarding the fundamental causes of hearing loss and balance disorders, as well as a thorough examination of objective and subjective assessment. The latter half of the volume presents specialized treatment and rehabilitative options for hearing disorders. The chapters in this part cover special topics and conclude with pertinent case studies. Unique topics for discussion in a text of this kind include: genetics of deafness pediatric hearing loss and hearing loss in the workplace business essentials in audiology private practice professional issues, such as ethics, methods of practice, and conflicts of interest. As its title implies, this book is critically important for all students and professionals in hearing/balance related disciplines, including audiology, otolaryngology, general medicine, and rehabilitation-oriented allied health care occupations.

International hotelier, Worth Avenue Association Historian and Palm Beach aficionado Rick Rose releases the 2nd edition of his best-selling guide: *Palm Beach: The Essential Guide to America's Legendary Resort Town*. The full-color illustrated guide to Palm Beach, published by Pineapple Press, an imprint of Rowman & Littlefield, is a rich and beautifully curated collection of destinations, neighborhoods, and restaurant and shopping recommendations in what has become known as "America's First Resort Destination." Leading 2,000 visitors a year on public and private tours of Worth Avenue and Palm Beach and hosting thousands of guests a year at his boutique inn and vacation homes, Rose was inspired to write this guide to help visitors make the most of their visit to Palm Beach. The first edition was released in 2008 and quickly became the most widely distributed curated guide to The Palm Beaches. The completely revised and updated 2nd edition of *Palm Beach: The Essential Guide to America's Legendary Resort Town* features a new foreword from celebrated designer and author Steven Stolman, as well as new content, such as a scenic walking tour, information about private clubs, birding tips and new local attractions. The book offers insights on appropriate attire, tips on self-guided tours, recommended regional road trips, horse show 101, and so much more, providing a complete overview of everything Palm Beach. The guide is the ultimate resource for those who know the city intimately, wish to visit, or just have an appreciation for the cultural destination that is Palm Beach. Throughout the community, Rose's expertise is wildly hailed. "This guide highlights all of those special things about Palm Beach for visitors and residents alike", said Danielle Hickox Moore, Mayor of Palm Beach. "Rick Rose's *Palm Beach - The Essential Guide* has become truly essential for anyone visiting or relocating to the Palm Beaches. His attention to historical facts and their influence on who we are today is outstanding" - Jojo Pesquera, President & CEO of Discover the Palm Beach. *The Essential Guide to Visual Communication* is a concise introduction to the evolution, theory, and principles of visual communication in contemporary culture. This guide helps students develop the skills they need to become critical consumers of visual media by analyzing images through the lens of visual rhetoric. Students see how images influence and persuade audiences and how iconic images can be repurposed to communicate particular messages. Images selected and discussed throughout the text highlight examples of visual communication from earlier generations and the current digital era, as well as those that students encounter in their everyday lives. Upon publication, Anita Silvey's comprehensive survey of contemporary children's literature, *Children's Books and Their Creators*, garnered unanimous praise from librarians, educators, and specialists interested in the world of writing for children. Now *The Essential Guide to Children's Books and Their Creators* assembles the best of that volume in one handy, affordable reference volume geared specifically to parents, educators, and students. This new volume introduces readers to the world of children's literature by focusing on the essentials — the best books for children, the ones that inform, entertain, and, most important, excite young readers. Updated to include newcomers such as J. K. Rowling and Lemony Snicket and to cover the very latest on publishing and educational trends, this edition features more than 100 entries on the best-loved children's authors and illustrators, numerous essays on social and historical context, and thirty personal glimpses into craft by well-known writers, illustrators, and critics, and invaluable reading lists in each category. *The Essential Guide to Children's Books and Their Creators* summarizes the canon of contemporary children's literature, in a practical guide essential for anyone choosing a book for or working with children.

Communication expert and popular speaker Quentin Schultze offers a practical, accessible, and inspiring guide to public speaking, showing readers how to serve their audiences with faith, skill, and virtue. This thoroughly revised and rewritten and expanded four-color edition has been tested and revised with input from Christian under-

and contains new chapters on timely topics, such as speaking for video, conducting group presentations, and engaging society civilly. A complete public speaking textbook for Christian universities, it includes helpful sidebars, tips, and appendixes. Additional resources for students and professors are available through our eSources. Teaching English Literature 16 – 19 is an essential new resource that is suitable for use both as an introductory guide for those new to teaching literature and also as an aid to reflection and renewal for experienced teachers. Using the central philosophy that students will learn best when actively engaged in discussion and encouraged to apply what they have learnt independently, this highly practical new text offers a discussion of the principles behind the teaching of literature at this level; guidelines on course planning and pedagogy, content and subject knowledge; advice on teaching literature taking into account a range of contexts, such as literary criticism, literary theory, performance, publishing, creative writing and journals; examples of practical activities, worksheets and suggestions for texts; guides to available resources. For all English teachers, teacher trainees, teacher trainers and advisors, this resource is packed full of new and creative ideas for teaching all English literature courses. Virtually every human endeavor involves interpersonal communication. Leading Christian scholar and media commentator Quentin Schultze and respected professional communication Diane Badzinski offer a solid Christian perspective on the topic, helping readers communicate with faith, skill, and virtue in their interpersonal relationships. Designed as a companion to Schultze's *An Essential Guide to Public Speaking*, this inviting book provides biblical wisdom on critical areas of interpersonal communication: gratitude, listening, self-assessment, forgiveness, trust, encouragement, and fidelity. Given the rapid rise and widespread use of social media, the book also integrates intriguing insights from the latest research on the influence of social media on interpersonal relationships. It includes engaging examples and numerous sidebars featuring practical lists, definitions, illustrations, and biblical insights. This practical guide continues to provide advice on how to establish procedures in your organization. Written in jargon-free language, it cuts through the legal complexities to enable you to fully understand the law and its impact on your business. The 9th edition has been updated to comply with all recent changes and additions to UK Safety law. Updates include guidance on: The Corporate Manslaughter and Homicide Act 2007, Health and Safety Offences Act, EU Regulation concerning the Registration, Evaluation, Authorisation and Restriction of Chemicals (REACH), Asbestos and the Control of Asbestos at Work Regulations and Vibration induced by the Control of Vibration at Work Regulations. Formerly published as *A Manager's Guide to Health & Safety at Work* All you need to know about becoming a doctor in the UK This book contains all the help you need to become a doctor. From applying to medical school through to choosing your specialty, you can find out how to choose a medical school How to get into medical school How to survive as a medical student All about medical school What life is like as a doctor As well as easy to follow information on choosing, getting into - and surviving medical school, junior doctors in different specialties provide unique insight with firsthand accounts of how their job is like in real life, to help you plan and decide your future career path. Included in this fully updated edition is the latest information on admission tests, an admission table with practical details about each school (as well as greater coverage of graduate medical schools), making this now even more comprehensive for everyone planning a career in medicine. The Wood Burn Book teaches you everything you need to know about the art of pyrography. The second edition of *Essential Guide to Blood Groups* is a pocket-sized book covering four-color text together with schematic figures and tables. The book comprises an introduction to blood groups followed by chapters on techniques, information on various blood groups, antibodies, quality assurance in immunohaematology, and it concludes with chapters on troubleshooting in the laboratory, and FAQs. It covers the serology, inheritance, biochemistry and molecular genetics of the most important blood groups. JAMES BEARD AWARD WINNER The expanded wine guide from the creators of *Wine Folly*, packed with practical information for devotees and newbies alike. *Wine Folly* became a sensation for its inventive, easy-to-digest approach to learning about wine. Now in a new, expanded hardcover edition, *Wine Folly: Magnum Edition* is the perfect guide for anyone looking to take his or her wine knowledge to the next level. *Wine Folly: Magnum Edition* includes: more than 100 grapes and wines color-coded by style so you can easily find new wines you'll love; a wine region explorer with detailed maps of the top wine regions, as well as up-and-coming areas such as California and Hungary; wine labeling and classification 101 for wine countries such as France, Italy, Spain, Germany and Austria; an expanded food and wine pairing section; a primer on acidity and tannin--so you can taste v

pro; more essential tips to help you cut through the complexity of the wine world and become an expert. Folly: Magnum Edition is the must-have book for the millions of fans of Wine Folly and for any budding oenophile who wants to boost his or her wine knowledge in a practical and fun way. It's the ultimate wine lover. Premier Renewal Leaders Present Complete, Accessible Guide to Healing Ministry The Bible accounts of miraculous healing. And God is moving as amazingly today as he was back then. Thousands being healed all over the world--and his children are part of it. For the first time, premier renewal leaders Johnson and Randy Clark team up to equip Christians to minister healing. Grounded from start to finish in Scripture, Johnson and Clark lay out the rich theological and historical foundation for healing in the church today. Full of inspiring stories, this book offers practical, proven, step-by-step guidance to ministering healing, including how to • understand the authority of the believer in healing • create an atmosphere of faith • use words of knowledge • implement the five-step model of healing prayer The ministry of healing is not reserved for a select few. God's miraculous healing is part of the Good News--and every believer can become a conduit of healing power. By the team behind the bestselling NLP: The New Technology of Achievement comes another new guide to NLP techniques—for self-development and influencing others—in a focused, step-by-step format. NLP (Neuro-Linguistic Programming) has already helped millions of people overcome fears, increase confidence, enrich relationships, and achieve greater success. Now, from the company and training team behind NLP: The New Technology of Achievement, one of the bestselling NLP books of all time, comes NLP: The Essential Guide to Neuro-Linguistic Programming \. Written by three NLP Master Practitioners and training coaches, including the president of NLP Comprehensive, with an introduction from the President of NLP Comprehensive, NLP: The Essential Guide to Neuro-Linguistic Programming guides users to peak performance in business and life. It gets specific results. In twelve illuminating sections, NLP: The Essential Guide to Neuro-Linguistic Programming leads you through dozens of "discoveries"—revelations of NLP practice that enable you to explore your own personal thinking patterns, to manage them—and to transform them. Divided into two categories, "All About Me" and "All About the Other Guy," these strategies offer a personal and interpersonal program that frees you to become better at managing your feelings instead of being dominated by them, managing your motivations to be less judgmental, more productive, more confident, more flexible, more persuasive, liked, and respected. Chapters on "Personal Remodeling" (Discovery 9: No inner enemy) and "Secrets of Making Your Point" (Discovery 10: Convey understanding and safety without talking), enhance creativity, collaboration, cooperation, and communication. Through "mind reading" techniques—non-verbal communication, and "hearing what's missing"—learn the secrets of relating with others, understanding how they are thinking—and influencing them. Streamlined all-purpose guide for both newcomers and NLP veterans, NLP: The Essential Guide to Neuro-Linguistic Programming is the new all-in-one, eye-opening blueprint for your own ultimate success. N-of-1 trials, a type of individualized randomized controlled trial, are relevant to almost every discipline in medicine and psychology. They can tell the clinician with precision whether a treatment works in that individual, which distinguishes from the information available from most other trial designs. They have the potential to revolutionize the way clinical medicine is practiced. Whether you are a busy clinician, a researcher or a student, this book provides everything you need to know about N-of-1 trials. Written and edited by some of the leading experts on N-of-1 trials, the book presents state of the art knowledge about N-of-1 trials, with chapters on ethics, statistics, health economics, design, analysis and reporting, and more. Full of examples and well-illustrated, it is a comprehensive compendium of issues surrounding the design, conduct, interpretation, and implementation of N-of-1 trials in a health system. In this excellent outline of Christian ethics, Robin Lovin achieves a balance between the questions and issues which form the core of the study of ethics and the situations from which those questions arise. Eschewing a sectarian approach which dismisses other understandings of the moral life, Lovin nonetheless lays claim to a specifically Christian understanding of ethics. He begins with basic Christian convictions about the reality of God and human redemption and weaves these convictions into the fabric of moral concerns that are widely shared in contemporary society. He takes up the problems that arise when Christians try to act on or enforce their convictions in a pluralistic society and recognizes the variety of theological and moral beliefs that are held within the Christian community, as well as the wider society. The essentials of pastoral care involve the pastor's distinctive task of caring for the lost and the estranged--the lost sheep. Taken from the biblical image of the shepherd, the pastor by virtue of his o

professional calling cultivates wise judgment in order to hear the hurting and offer guidance, reconciliation, healing, sustaining presence, and empowerment to those in need. This book will outline the quintessential elements pastors need to wisely minister in today's context by discussing four major kinds of loss: grief, illness, abuse, and family challenges. The purpose of the Abingdon Essential Guides is to fulfill the need for substantive, yet highly accessible introductions to the core disciplines in biblical, theological, and religious studies. Drawing on the best in current scholarship, written with the need of students foremost in mind, addressing learners in a number of contexts, Essential Guides will be the first choice of those who wish to acquaint themselves or their students with the broad scope of issues, perspectives, and subject matters within religious studies. Preaching: it sounds like such a easy thing to do. All you have to do is step into the pulpit and talk for 20 minutes, right? Anyone who's ever stepped into that pulpit knows that preaching is anything but easy. Speaking a word from God that is grounded in the biblical witness, theologically responsible, and true to contemporary experience is one of the most difficult things one can do. Advice on how to do this is a part of preaching itself, and there are as many opinions on preaching as there are preachers. Where do those who have been called to the ministry of proclamation begin? What are the basic understandings and practices that those who propose to preach should know? In this new addition to the Essential Guides series, Ronald Allen answers these basic questions about preaching. He does so through the use of an inductive method, which is to say that he starts with a sermon itself, and uses that sermon to illustrate the process of moving from initial thoughts about what one will preach to the delivery of an actual sermon itself. Each chapter will raise questions about the sample sermon that leads into a broader discussion of the practical and theoretical issues that that particular aspect of the sermon raises (e.g., What is the good news in this sermon? What is the significance of the good news for the congregation? Does the preacher offer a clear and sensible interpretation of the biblical text on this topic?) Written with the needs of students in both traditional M. Div. classes and non-degree ministry programs in mind, Preaching: An Essential Guide will be an indispensable companion for all the others who seek to "rightly explain the word of truth." Ronald J. Allen is Professor of Homiletics at Christian Theological Seminary, Indianapolis, Indiana "Mission" has become, for many North American Christians, an ambiguous and often uncomfortable term. To many it brings to mind a past in which western culture was identified with the gospel in missionary practice and programs. Distressed with this history and uncertain about how to move forward, many prefer to ignore the New Testament mandate that the church must be in mission if it is to be true. Others swing the other way, declaring that everything the church does is mission, depriving the idea of mission of its power to define those specific actions of God which proclaim the gospel and build God's kingdom. "The church exists by missions, just as fire exists by burning." With these words of Emil Brunner, the author reminds us that to be the church is to be in mission. After describing the various "captivities of mission" which plague North American Christianity, the author argues for a robust and engaged practice of mission, beginning in our local congregations and extending to the broader community. An introductory guide to handmade books that covers materials and techniques and provides step-by-step instructions for eleven projects, plus photos of several project ideas; includes a list of suppliers. This EDiR guide has a practical rather than a theoretical focus and is intended as a reference tool for potential EDiR candidates who would like to gain a better understanding of the EDiR examination. A pool of experts has made every possible effort to create a single source that contains everything needed to successfully pass the EDiR examination. Times have changed, and there is certainly a new generation of radiologists who will find this cutting-edge tool a "must-have" to familiarize themselves with the examination quickly and easily. The book is divided into the following main sections: one chapter for each subspecialty; one chapter on Safety, Management and Imaging Procedures; another on Principles of Imaging, Contrast Techniques and Processing; and lastly, one on Management. This structure follows the same pattern as the EDiR examination, which is based on the European Training Curriculum (ETC) for Radiology released by the European Society of Radiology (ESR). Each subspecialty is covered using the same basic structure: Multiple Choice Questions (MCQs), Response Questions (MRQs), Short Cases (SCs) and CORE Cases from one of the most recent EDiR examinations. Students will thus be able to see all the questions from a recent examination and learn the correct answers and comments provided by our pool of experts. Clinical cases as electronic supplementary material complete the book, and links to EDiR preparation sessions are also included, allowing students to improve their knowledge of specific areas. If you are thinking about, or anywhere in the process of, opening a restaurant,

guide will be invaluable to you. The author embarked on a career as a restaurateur in middle age, with restaurant experience and not much capital. Within four years he opened three original and quirky restaurants, each of which has become a thriving success. In this book he draws upon his experiences as a restaurateur, as well as nearly 30 years spent negotiating commercial real estate leases and sales, and a decade teaching real estate investment analysis and decision making to show you how to: * Accurately estimate the amount of capital required for your first restaurant (it's probably less than you think) and how to raise it. * Select your ideal location and negotiate the optimal real estate lease or purchase for it.* Develop a creative, winning restaurant concept that is a natural extension of yourself and a perfect match for your customers. * Operate your restaurant using low-cost, guerilla-style techniques - staff, source supplies for, grow, and continually refine your restaurant. * Identify all the things that could doom your restaurant and avoid them. However, this book is not for everyone. It completely lacks fluff, hype, and "just believe in yourself" rah-rah encouragement. If that is what you are looking for, you won't find it here. What this book does offer is a solid framework for beginning with often a vague idea and proceeding, step by step, to research, plan, evaluate, open, and operate a very successful first restaurant. If you are serious about opening your dream restaurant, this is the book for you. "Annabel Dodd has cogently untangled the wires and switches and technobabble of the telecommunications revolution and explained how the introduction of the word 'digital' into our legislative and regulatory lexicon will affect consumers, companies and society into the next millennium." – United States Senator Edward J. Markey, Massachusetts; Member, U.S. Senate Subcommittee on Communications, Technology, Innovation, and the Internet "Annabel Dodd has a unique knack for explaining complex technologies in understandable ways. Her latest revision of her book covers the rapid changes in the fields of broadband, cellular, and streaming technologies; newly developing 5G networks; and the constant changes happening in both wired and wireless networks. This book is a must-read for anyone who wants to understand the rapidly evolving world of telecommunications in the 21st century!" – David Mash, Retired Senior Vice President for Innovation, Strategy, and Technology, Berklee College of Music Completely updated for current trends and technologies, The Guide to Telecommunications, Sixth Edition, is the world's top-selling, accessible guide to the fast-changing global telecommunications industry. Writing in easy-to-understand language, Dodd demystifies today's most significant technologies, standards, architectures, and trends. She introduces leading providers worldwide, explains where they fit in the marketplace, and reveals their key strategies. New topics covered in this edition include: LTE Advanced and 5G wireless, modern security threats and countermeasures, emerging applications, and breakthrough techniques for building more scalable, manageable networks. Gain a practical understanding of modern cellular, Wi-Fi, Internet, cloud, and carrier technologies Discover how key technical, business, and regulatory innovations are changing the industry See how streaming video, social media, cloud computing, smartphones, and the Internet of Things are transforming networks Explore growing concerns about security, privacy, and review modern strategies for detecting and mitigating network breaches Learn how Software Defined Networks (SDN) and Network Function Virtualization (NFV) add intelligence to networks, enable automation, flexible configurations, and advanced networks Preview cutting-edge, telecom-enabled applications and gear—from mobile payments to drones Whether you're an aspiring network engineer looking for a better understanding of the industry, or a salesperson, marketer, investor, or customer, this indispensable guide provides everything you need to know about telecommunications right now. This new edition is ideal for self-study and classroom instruction. Register your product for convenient access to downloads, updates, and corrections as they become available.

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