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Includes an annual Computer directory and buyers' guide. This is the first part of the book series: Fun & Simple Old School Art. Although the e-book series was written to teach children on drawing and painting the old school style, it is really for anyone who wants to learn to draw and paint (using traditional tools instead of digital medium) the easiest way possible. If a child can do it, so can you! The e-book introduces drawing and painting to children in ways that their little minds could phantom while allowing room for their imaginations to expand. It captures children's attention through story telling, and keep their minds focused on their artwork by engaging them into the story. InfoWorld is targeted to Senior IT professionals. Content is segmented into Channels and Topic Centers. InfoWorld also celebrates people, companies, and projects. This book is about making healthy food choices. It contains information about how to choose products, how to alter recipes, ingredient substitutions, and nearly 150 recipes. My food preparation concept is easy to follow, because I do not count calories, and I do not measure portion sizes. I make healthy food choices, and I always read labels. Choosing the right foods and ingredients contributes to health, well-being, and energy levels. After my husband and I changed our eating habits in 2006, we both lost weight, and we have maintained a healthy weight, and healthy blood pressure and cholesterol levels since then. Since we are empty nesters, many of the recipes serve four or less, and they can easily be doubled. Are you ready to get fit and stay in shape? Are you looking forward to living a healthier life and feeling much better without subscribing to expensive gym memberships or using expensive equipment? Do you often experience body aches and joint pains? You can say goodbye to all the pains and feel fresh all day. You can live healthier, happy, and have a better quality of life by incorporating Bodyweight Workouts for Men in your daily workout plan. The bodyweight workouts for men provide you with a useful and powerful way to build muscle mass, increase your strength, improve your flexibility, burn body fat, and have lean muscles. All you need is just gravity and your own body as Barbell to build strong and leaner muscles in just 12 weeks. You can do the workouts from anywhere and get into fantastic shape. The workout plans in this book are simple and efficient. They are also cost-effective, time-efficient, and safe for individuals of all ages. The bodyweight workout plan is designed for beginners, advanced users, and seniors. Wondering which exercises you should do for your core and glute muscles? Do you have a specific health condition, and wondering if there are specific exercises that target your specific health condition? You don't have to worry anymore; this book is designed specifically for you. It has several types of exercises that target specific muscles in your body. Each exercise targets multiple muscles and focuses on improving your stability and muscular strength. With consistency and determination, you can reach the level of fitness you desire! In Bodyweight Workouts for Men, you'll discover: ● Why bodyweight exercises are the #1 at-home workout for anyone who wants to stay in shape and healthy. ● Training tips for beginners to get them started ● What you need to know when starting up the exercises and how you can increase the intensity of the exercises. ● How to design your workout plan by determining the number of sets and reps to do in each exercise. ● Simple ways on how to stretch and warm up your body to avoid injuries and strain of the muscles. ● A list of different exercises you can do to work out on several muscles in your body. ... and so much more If you're ready to live a healthy lifestyle and improve your well-being, join our Bodyweight Workouts for Men training program and enjoy the hottest fitness trends that bring rapid results, then scroll up and click the "Add to Cart" button right now. The first section of this book does not use any grammatical terms whatsoever, but still gets the ideas across. It is a rebellion against all those 'teach yourself' language books that seem to think that grammar is the very first thing to take in. That's not how you learnt your native language - you learnt it by making sense of it and by gentle immersion. That's what this book will do. Quick Learning Once you get past the unfamiliarity, the rules of Swahili are much easier than English, with far fewer irregularities. For instance, if you know the way to say something that is happening now, you will also be able very easily to work out how to say the same thing in the past or the future. Furthermore, Swahili words are often short and simple, and the connecting words are short and multi-purpose. Swahili speakers realise that the person you are speaking to has mainly cottoned on to what you are saying whilst you are still saying it, so you do not need elaborate grammar and long words to say something simple! Section One This book is in two sections. The first section is designed for painless understanding of the way in which the language works. It uses only a very limited vocabulary, and absolutely no technical terms, but nevertheless explains, in gentle steps, the way the language functions. By doing this with only a limited number of new words to learn, you will only have to concentrate on learning the new concepts, which are really not that difficult. At the end of the section are straightforward tests to drive home the understanding. Section Two Thereafter, once the concepts are clear, the second section summarises the first, and uses simple sentences to illustrate all the key points. In making a limited number of carefully crafted sentences, the second section translates the learning of the first section everyday language into the grammatical concepts. The idea is that once you can translate these sentences, and understand why, you will have a very good working grasp of the way the language works. Once again, at the end of the section, and at the end of each short chapter within it, are straightforward tests to drive home the understanding. If you are very grammar-minded, by all means move to the second section quickly. Audio Files All of the exercises are available in audio format, to be downloaded onto your device. Section 1 can be found at: <https://sellfy.com/p/sgql/> Section 2 can be found at: <https://sellfy.com/p/69Tr/> You can then listen to them at the same time as following the written word. Listening is a very powerful tool for driving home learning - especially repetitive listening combined with making sense of what you are hearing. This is the way that children learn a language! The simple pleasures of life can be attained by eating soft, fluffy and delicious doughnuts. If you are a doughnut lover then you must try the recipes provided in the wonderful book "30 Assorted Doughnuts You Can Easily Make At Home". You are going to find many easy recipes for doughnuts in this book which can be conveniently made from basic ingredients found in everyone's pantry. There are basically three kinds of doughnuts, the recipes for which have been provided in "30 Assorted Doughnuts You Can Easily Make At Home". There are doughnuts made out of yeast, cake doughnuts and those that are made from buttermilk biscuits' dough which is available in ready-made form in most grocery stores. So you can either go about the traditional way of making doughnuts, choose a slightly easier method or

employ a shortcut method of making instant doughnuts at your home. You are going to thoroughly enjoy this particular book on doughnuts as you get no less than 30 recipes of assorted doughnuts in one single book. The recipes have been further divided into chapters so that it is easier for you to find the recipe you are looking for when you flip through the pages. This book is recommended for every person who thoroughly enjoys eating a doughnut. Once you become a master at making doughnuts at home, you would never want to eat out. What will my Social Security benefits be when I retire? Can I take early retirement? Do I need supplemental health insurance for my Medicare? Does Medicare cover the procedure I need? Am I covered? What if I am disabled? A veteran? These are Questions that need straight answers. Unfortunately, if you have ever tried to decipher a government document, you know that straight answers are hard to find. In addition, the history of the American Social Security program includes many changes. In fact, laws change constantly and changes were added to this book right up to publication. How does the average American stay informed? How can anyone wade through the mountains of government documents and extract the information that is really valuable? Written by one of this country's foremost experts on healthcare, benefits, and Social Security, this book will be helpful to anyone seeking information on: -- Social Security -- Medicare -- Medicaid -- HMOs -- Family Leave Act -- Patient's Rights -- Supplemental Security Income -- Disability -- Veteran's Rights -- Medigap Insurance -- Immigrants' Rights -- Food Stamps -- Right to Appeal It includes valuable resources, such as addresses and information on: Vital Statistics Offices for all 50 states Social Security's Toll-Free number National Archives Where to report Medicare fraud and abuse State Medicaid Offices for all 50 states It answers Questions senior citizens ask as well as those Questions confronting young families. This marriage preparation program has been newly updated to reflect contemporary challenges that couples face in developing a healthy, loving relationship. Explains how specific things in a child's environment are connected to the rest of the world, how using them affects the planet, and how the individual can develop habits and projects that are environmentally sound. Maximum PC is the magazine that every computer fanatic, PC gamer or content creator must read. Each and every issue is packed with punishing product reviews, insightful and innovative how-to stories and the illuminating technical articles that enthusiasts crave. Every full-grown man is focused on achieving full satisfaction in life. Unfortunately, not all men have been able to achieve this for one reason or the other, so things just fall apart. Many a man has failed to please his princess as a result of an inability to get rock hard in bed. Some have even spent quite a lot of money on various products, devices, and services that claim to proffer effective solution but have fallen miserably short of proving their efficiency. If you find yourself in this situation, your solution is nigh. Just hold on to this eBook and you will be exposed to some simple, natural ways to enlarge the size of your penis. So be prepared to do away with all those ineffective enlargement programs and devices that have been prescribed to you by dilettantes and get ready for a proven, effective workout plan. As you apply these simple methods to make your penis grow in both length and thickness, the results you will achieve in the shortest possible time will amaze you. Emphasizing Amish values of faith, simplicity, and self-sufficiency, author Georgia Varozza (Homestyle Amish Kitchen Cookbook) offers fresh ideas to make faith, serenity, and healthy living a stronger presence in everyday life. Drawing on her family's Plain roots, she provides innovative suggestions and easy-to-follow instructions to help readers create a home atmosphere that promotes faith and family simplify their lives by controlling technology enjoy the satisfaction of successful do-it-yourself projects discover the benefits of growing and raising their own food generate less waste by repurposing, reusing, and recycling Practical and hands-on, this book is a great resource for people who want to make a few simple changes or fully embrace a more wholesome lifestyle. In this groundbreaking new book, readers learn how small color changes can increase a home's value, minor repairs and de-cluttering tricks, how to rearrange furniture and art work, decorating tips and ideas, how to ensure a positive traffic flow through rooms, how to use mirrors and natural light, and much more. Since 1973, Storey's Country Wisdom Bulletins have offered practical, hands-on instructions designed to help readers master dozens of country living skills quickly and easily. There are now more than 170 titles in this series, and their remarkable popularity reflects the common desire of country and city dwellers alike to cultivate personal independence in everyday life. Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better. Relax. Learning Microsoft Word 2000 is now a breeze. You're holding a book dedicated to one simple idea: To help you accomplish your tasks as quickly and easily as possible. No need to wade through endless pages of boring text. With Prima Tech's bestselling fast and easy series, you simply look and learn. Book jacket. This book covers the latest version of iMovie and provides screen-by-screen instruction on editing, polishing and reorganizing movies. It covers adding such special effects as cross-dissolves and scrolling titles, as well as music soundtracks and sound effects. Chef Cora, best known for her role on the Food Network's Iron Chef America, here recounts her childhood in Jackson, MS, the influence of her Greek heritage and the meals that have shaped her memories. More than 40 super-simple projects, including some that look incredibly complex, with information on how to adapt them to suit the particular birds you wish to attract. There are basic nesting shelves and boxes, as well as whimsically decorated houses. Build a Nuthatch Caboose with wheels that move, or a colorful Heart-Front birdhouse. Capture the flavor of the Southwest in a cozy Adobe Martin House. Beginners will find guidance on basic woodworking techniques and tools. "I have written this book for women who feel their life is out of whack in some way. You may feel bored, directionless, hurt or angry or are struggling to make meaningful and lasting change. It explains why women find it hard to keep motivated and offers a way to make simple and powerful change by making the most of our differences." Illustrated by one woman's personal journey, the psychological backdrop to how we create meaning in our lives is explained. Using Penny's NLP and coaching experience, the book offers a creative process that every woman can use, whether they are young and just setting out into the world of career paths, relationships and finding their purpose in life, or whether they are mid-life and reflecting both on what has been and what is yet to unfold. In a world of digital communication, a shout-out for positive role models and how we can support each other to become leaders in our own lives, as well as positively influence those around us, is made. It offers another way to find inspiration and ultimately our own intuitive wisdom that is inside each and every one of us. It teaches us that by incorporating a sense of balance, love, connection and purpose in our lives, we will have lives we love to live. Deeply moving, bluntly honest and elegantly written, Life Reconnected - How Women Can Make Simple and Powerful Change: A Hero's Journey will take you on a profound personal journey so you can find, voice and take your heart-centered purpose to the world. How do you grow your business when you don't have a marketing budget? How do you stand out in a busy world? And what if the answer is right in front of you? 'For me, the newsletter is the most important tool I have in building a global denim brand. Second only to the sewing machine.' So writes entrepreneur David Hieatt who has based his entire marketing strategy around a simple email newsletter. And it's worked. His company has grown into a creative global jeans business with a fiercely loyal community. Now, David shares his insight, strategy and methodology so you can do the same. In Do Open you will discover: Why giving is your secret to success How to get people's attention when time is your biggest competitor Why creating beats sharing How a small team can win Build community. Build your brand. Build long-term growth. Discover why the humble newsletter is pure and utter gold. Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better. This guide to Web design introduces some basic principles of design and then offers instruction for using software like Microsoft FrontPage 2000 and PhotoDraw 2000 to produce logos, text effects, backgrounds, and buttons. Specific chapters address elements of design, tools, details, text, and pictures. An appendix discusses Web-safe colors. King is an author and design consultant. Features numerous color illustrations. The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known martial arts figure in the world. Parallelism is the key to achieving high performance in computing. However, writing efficient and scalable parallel programs is notoriously difficult, and often requires significant expertise. To address this challenge, it is crucial to provide programmers with high-level tools to enable them to develop solutions easily, and at the same time emphasize the theoretical and practical aspects of algorithm design to allow the solutions developed to run efficiently under many different settings. This thesis addresses this challenge using a three-pronged approach consisting of the design of shared-memory programming techniques, frameworks, and algorithms for important problems in computing. The thesis provides evidence that with appropriate programming techniques, frameworks, and algorithms,

shared-memory programs can be simple, fast, and scalable, both in theory and in practice. The results developed in this thesis serve to ease the transition into the multicore era. The first part of this thesis introduces tools and techniques for deterministic parallel programming, including means for encapsulating nondeterminism via powerful commutative building blocks, as well as a novel framework for executing sequential iterative loops in parallel, which lead to deterministic parallel algorithms that are efficient both in theory and in practice. The second part of this thesis introduces Ligra, the first high-level shared memory framework for parallel graph traversal algorithms. The framework allows programmers to express graph traversal algorithms using very short and concise code, delivers performance competitive with that of highly-optimized code, and is up to orders of magnitude faster than existing systems designed for distributed memory. This part of the thesis also introduces Ligra+, which extends Ligra with graph compression techniques to reduce space usage and improve parallel performance at the same time, and is also the first graph processing system to support in-memory graph compression. The third and fourth parts of this thesis bridge the gap between theory and practice in parallel algorithm design by introducing the first algorithms for a variety of important problems on graphs and strings that are efficient both in theory and in practice. For example, the thesis develops the first linear-work and polylogarithmic-depth algorithms for suffix tree construction and graph connectivity that are also practical, as well as a work-efficient, polylogarithmic-depth, and cache-efficient shared-memory algorithm for triangle computations that achieves a 2-5x speedup over the best existing algorithms on 40 cores. This is a revised version of the thesis that won the 2015 ACM Doctoral Dissertation Award. Art projects to color, cut out and glue together for use in many different curriculum activities; includes some figures suitable for Christmas and St. Valentine's Day.