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Studying as an adult is very different to your school experience. This book will give you the skills and confidence you need when returning to education as a mature student.' You have decided to return to education, and now you may be worried that your study skills are not up to scratch. This inspiring and practical book has been written especially for you - whether you are considering a full-time course, part-time studies, evening classes or distance learning such as an Open University degree. It covers everything you need to know to succeed in your chosen course, including how to: discover your learning style; improve your reading speed and memory; take notes and get organised; improve your writing and mathematical skills; master research techniques; develop analytical skills; and, gain marks in exams. This new edition of this bestselling guide offers an integrated approach to process improvement that delivers quick and substantial results in quality and productivity in diverse settings. The authors explore their Model for Improvement that worked with international improvement efforts at multinational companies as well as in different industries such as healthcare and public agencies. This edition includes new information that shows how to accelerate improvement by spreading changes across multiple sites. The book presents a practical tool kit of ideas, examples, and applications. If you're a web programmer, your experiences have taught you certain lessons—and only some of them apply well to Drupal. Drupal has its own set of programming principles that require a different approach, and many programmers make mistakes when relying on skills they've used for other projects. This book will show you which programming techniques you can use—and which you should avoid—when building web applications with this popular content management framework. Updated to cover both Drupal 7 and Drupal 8, the guidelines in this book demonstrate which programming practices conform to the "Drupal way" and which don't. The book also serves as an excellent guide for Drupal 7 programmers looking to make the transition to Drupal 8. Get an overview of Drupal, including Drupal core and add-on modules and themes Learn Drupal's basic programming principles, such as the ability to customize behavior and output with hooks Compare Drupal 7 and Drupal 8 programming methods, APIs, and concepts Discover common Drupal programming mistakes—and why hacking is one of them Explore specific areas where you can put your programming skills to work Learn about the new object-oriented Drupal 8 API, including plugins and services It's time to get off the beaten path. Inspiring equal parts wonder and wanderlust, Atlas Obscura celebrates over 700 of the strangest and most curious places in the world. Talk about a bucket list: here are natural wonders—the dazzling glowworm caves in New Zealand, or a baobab tree in South Africa that's so large it has a pub inside where 15 people can drink comfortably. Architectural marvels, including the M.C. Escher-like stepwells in India. Mind-boggling events, like the Baby Jumping Festival in Spain, where men dressed as devils literally vault over rows of squirming infants. Not to mention the Great Stalacpipe Organ in Virginia, Turkmenistan's 40-year hole of fire called the Gates of Hell, a graveyard for decommissioned ships on the coast of Bangladesh, eccentric bone museums in Italy, or a weather-forecasting invention that was powered by leeches, still on display in Devon, England. Created by Joshua Foer, Dylan Thurau and Ella Morton, ATLAS OBSCURA revels in the weird, the unexpected, the overlooked, the hidden and the mysterious. Every page expands our sense of how strange and marvelous the world really is. And with its compelling descriptions, hundreds of photographs, surprising charts, maps for every region of the world, it is a book to enter anywhere, and will be as appealing to the armchair traveler as the die-hard adventurer. Anyone can be a tourist. ATLAS OBSCURA is for the

explorer. The classic Cognitive Behavioral Therapy guide to managing low self-esteem. The accessible, straightforward, and practical books in the Overcoming series outline affordable and easy-to-follow treatment plans, and have provided tens of thousands of readers with the help they need to overcome self-defeating behavior and lead happier lives. Get your best grades with this exam-focused text that will guide you through the content and skills you need to prepare for the big day. Manage your own revision with step-by-step support from experienced examiners Sandie Harrison and David Milner. This guide also includes a Questions and Answers section with exam-style questions, student's answers for each question, and examiner comments to ensure you're exam-ready. - Plan and pace your revision with the revision planner - Use the expert tips to clarify key points - Avoid making typical mistakes with expert advice - Test yourself with end-of-topic questions and answers and tick off each topic as you complete it - Practise your exam skills with exam-style questions and answers This title has not been through the Cambridge endorsement process. Reflecting recent changes in the way cognition and the brain are studied, this thoroughly updated third edition of the best-selling textbook provides a comprehensive and student-friendly guide to cognitive neuroscience. Jamie Ward provides an easy-to-follow introduction to neural structure and function, as well as all the key methods and procedures of cognitive neuroscience, with a view to helping students understand how they can be used to shed light on the neural basis of cognition. The book presents an up-to-date overview of the latest theories and findings in all the key topics in cognitive neuroscience, including vision, memory, speech and language, hearing, numeracy, executive function, social and emotional behaviour and developmental neuroscience, as well as a new chapter on attention. Throughout, case studies, newspaper reports and everyday examples are used to help students understand the more challenging ideas that underpin the subject. In addition each chapter includes: Summaries of key terms and points Example essay questions Recommended further reading Feature boxes exploring interesting and popular questions and their implications for the subject. Written in an engaging style by a leading researcher in the field, and presented in full-color including numerous illustrative materials, this book will be invaluable as a core text for undergraduate modules in cognitive neuroscience. It can also be used as a key text on courses in cognition, cognitive neuropsychology, biopsychology or brain and behavior. Those embarking on research will find it an invaluable starting point and reference. The Student's Guide to Cognitive Neuroscience, 3rd Edition is supported by a companion website, featuring helpful resources for both students and instructors. Presents guidelines for men to lead a healthier lifestyle, including advice on nutrition, exercise, relationships, physical fitness, and personal hygiene. Reviews and analyses of over 5000 titles from the 1930s to date. ... Every comic of note from the past fifty years is included in this comprehensive guide to American comics. From the underground to children's comics, autobiography to fantasy. This pocket guide to Scrum is the one book for everyone who wants to learn or re-learn about Scrum. The book describes the framework as it was designed and intended, with a strong focus on the purpose to the rules and adding an historical perspective to Scrum and the Agile movement. Several elements that were described in the first edition of Scrum - A Pocket Guide (2013) were later added to the official Scrum Guide. The most noticeable ones are the Scrum Values (2016) and the description of the 3 questions of the Daily Scrum as a good, yet optional practice (2017). As the balance of society keeps shifting from industrial labor to digital work, complexity and unpredictability keep increasing. The need for agility through Scrum increases equally, in and beyond software and product development. This 2nd edition of Scrum - A Pocket Guide offers the clarity and insights on Scrum that many organizations need, today and in the foreseeable future. Scrum – A Pocket Guide is an extraordinarily competent book. It flows with insight, understanding, and perception. This should be the de facto standard handout for all looking for a complete, yet clear overview of Scrum without being bothered by irrelevancies. (Ken Schwaber, Scrum co-creator) The author, Gunther Verheyen, is a seasoned Scrum practitioner (2003). Throughout his standing career as a consultant, Gunther has employed Scrum in diverse circumstances. He was partner to Ken Schwaber and Director of the Professional Scrum series at Scrum.org. He is the founder of Ullizee-Inc and engages with people and organizations as an independent Scrum Caretaker. This pocket guide to Scrum is the one book for everyone who wants to learn or re-learn about Scrum. The book describes the framework as it was designed and intended, with a strong focus on the purpose to the rules and adding an historical perspective to Scrum and the Agile movement. As the balance of society keeps shifting from industrial labor to digital work, complexity and unpredictability keep increasing. The need for agility through Scrum increases equally, in and beyond software and product development. This 3rd edition of Scrum - A Pocket Guide, while introducing some changes in terminology, more than ever offers the clarity and insights on Scrum that many organizations need, more than ever. It will help people and their organizations properly shape their Scrum, regardless of their domain or business. Scrum – A Pocket Guide is an extraordinarily competent book. It flows with insight, understanding, and perception. This should be the de facto standard handout for all looking for a complete, yet clear overview of Scrum without being bothered by irrelevancies. (Ken Schwaber, Scrum co-creator) The author, Gunther Verheyen, is a seasoned Scrum practitioner (2003). He has been employing Scrum since 2003. He was partner to Ken Schwaber and Director of the Professional Scrum series at Scrum.org. He is the founder of Ullizee-Inc and engages with people and organizations as an independent Scrum Caretaker on a journey of humanizing the workplace with Scrum.

Presents an accessible approach for any healthcare student to understand how reflective practice can be used to optimise their professional. This title also presents principles for individuals and teams to become empowered in their work practice. Ant is the premiere build management tool for use in Java environments. Unlike traditional build management tools such as GNU Make, Ant is itself written in Java, is platform independent, and interfaces well with the utilities in Sun's Java software development kit (SDK). In addition to being platform independent, Ant is also independent of the integrated development environment (IDE) being used. IDE independence is important for open source projects (or other projects) in which the various developers might use different IDEs. Using Ant, Java developers can: define build chunks, the results that they must produce, and the dependencies between them; automatically retrieve source code from source control systems such as PVCs; build applications by having Ant compile the necessary source files in the proper order. Ant build files are written using XML---a well-established standard---so programmers using Ant are not required to learn yet another scripting language. They will likely already know XML, and will be able to leverage that knowledge. Ant is an open source project, and part of the Jakarta project. Jakarta is Sun's open source reference implementation for the JSP and Servlets specifications, and is part of the Apache group's work. "This is a new edition of *The Scientists Guide to Writing*, published in 2016. As a reminder the book provided practical advice on writing, covering topics including how to generate and maintain writing momentum, tips on structuring a scientific paper, revising a first draft, handling citations, responding to peer reviews, and managing coauthorships, among other topics. For the 2nd edition, Heard has made several changes, specifically: - expanding the chapter on writing in English for non-native speakers - adding two chapters: one on efficient and effective reading and one on selecting the right journal and how to use preprint sites. - doubled the number of exercises - various other add-ons to existing chapters, including information on reporting statistical results, handling disagreement among peer reviewers, and managing co-authorships"-- A practical and accessible overview of the fundamentals of business finance--now in its third edition. Managers are constantly expected to make decisions that reflect a full understanding of the financial consequences. In the absence of formal training, few people are prepared for the responsibilities of dealing with management reports, budgets, and capital proposals, and find themselves embarrassed by their lack of understanding. This book is a practical guide to understanding and managing financial responsibilities. Each chapter examines actual tasks managers have to do, from "how to assemble a budget," "how to read variances on a report," to "how to construct a proposal to invest in new equipment," exploring the principles that can be applied to each task, illustrating practical ways these principles are used, and providing guidance for implementation. *Guide to Financial Management* will help readers understand financial jargon, financial statements, management accounts, performance measures, budgeting, costing, pricing, decision-making, and investment appraisal. This third edition has been fully revised and expanded with detailed examples from 100 leading businesses around the world. An acclaimed photographic guide to these marvelous and enigmatic birds---now in a new, updated edition *Penguins* are perhaps the most beloved birds. On land, their behavior appears so humorous and expressive that we can be excused for attributing to them moods and foibles similar to our own. Few realize how complex and mysterious their private lives truly are, as most of their existence takes place far from our prying eyes, hidden beneath the ocean waves. Now in a new, updated edition, this stunningly illustrated book provides a unique look at these extraordinary creatures and the cutting-edge science that is helping us to better understand them. Featuring more than 400 breathtaking photos, this is the ultimate guide to all 18 species of penguins, including those with retiring personalities or nocturnal habits that tend to be overlooked and rarely photographed. This revised second edition features updated scientific information and some spectacular new photographs. *Penguins* is the most ambitious book to date by Tui De Roy, Mark Jones, and Julie Cornthwaite. Their travels, spanning more than two decades, have seen them crisscross the southern hemisphere to virtually everywhere that penguins are found, from the sun-baked lava shores of the Galápagos to some of the remotest subantarctic islands, as well as all around the Antarctic continent, where Emperor penguins breed on the deep-frozen sea. A book that no bird enthusiast or armchair naturalist should do without, *Penguins* includes discussions of penguin conservation, informative species profiles, fascinating penguin facts, and tips on where to see penguins in the wild. Covers all 18 species of the world's penguinsFeatures more than 400 stunning photosExplores the latest science on penguins and their conservationIncludes informative species profiles and fascinating penguin facts No source code? No problem. With IDA Pro, the interactive disassembler, you live in a source code-optional world. IDA can automatically analyze the millions of opcodes that make up an executable and present you with a disassembly. But at that point, your work is just beginning. With *The IDA Pro Book*, you'll learn how to turn that mountain of mnemonics into something you can actually use. Hailed by the creator of IDA Pro as "profound, comprehensive, and accurate," the second edition of *The IDA Pro Book* covers everything from the very first steps to advanced automation techniques. You'll find complete coverage of IDA's new Qt-based user interface, as well as increased coverage of the IDA debugger, the Bochs debugger, and IDA scripting (especially using IDAPython). But because humans are still smarter than computers, you'll even learn how to use IDA's latest interactive and scriptable interfaces to your advantage. Save time and effort as you learn to: -Navigate, comment, and modify disassembly

–Identify known library routines, so you can focus your analysis on other areas of the code –Use code graphing to quickly make sense of cross references and function calls –Extend IDA to support new processors and filetypes using the SDK –Explore popular plug-ins that make writing IDA scripts easier, allow collaborative reverse engineering, and much more –Use IDA's built-in debugger to tackle hostile and obfuscated code Whether you're analyzing malware, conducting vulnerability research, or reverse engineering software, a mastery of IDA is crucial to your success. Take your skills to the next level with this 2nd edition of The IDA Pro Book. This second edition of the Rough Guide Book of Playlists contains more than 500 lists of which 50 are new to this edition. The lists are recommendations of ten songs (sometimes a couple more, sometimes a couple less), covering artists (Rufus Wainwright to Thelonus Monk, Al Green to Manu Chao, Glenn Gould to Julie Andrews), genres (Bebop Classics to Reggae Toasters to Punk Originals to Hot Club jazz), songs (10 best Dylan covers; 8 classic versions of Summertime; 10 love songs that don't cloy), quirks and silliness (Songs about Chickens and Insects; Who let the frogs out?; Big Pizza Pie crooners; Take this Job and Shove it!). There's even a literary edge with playlists like '10 songs raved about in Murakami novels'. Each of the Playlists has a nugget about the song (why you want it on your iPod), and a listings of where it's from (remember CDs?). Have you ever been in a training and marveled at how quickly the time flew by? Genuinely enjoyed a meeting you were expecting to dread? Learned something powerful about a topic you thought wouldn't engage you? Experienced an intimate, vulnerable, transformative moment with a group of total strangers? Then you've witnessed the magic of facilitation. Like all magic tricks - though they seem to defy reason when you're spectating for the first time - once the secrets of facilitation are unveiled to you, you'll look back with a bland obviousness. Of course that's how it's done. In this book, co-authors and social justice facilitators Sam Killermann and Meg Bolger teach you how to perform the favorite tricks they keep up their sleeve. It's the learning they've accumulated from thousands of hours of facilitating, debriefing, challenging, and failing; it's the lessons from their mentors, channeled through their experience; it's the magician's secrets, revealed to the public, because it's about time folks have the privilege of looking behind the curtain of facilitation and thinking of course that's how it's done. This book highlights 11 key concepts every facilitator should know, that most facilitators don't even know they should know. They are sometimes-tiny things that show up huge in facilitation. It's a book for facilitators of all stripes, goals, backgrounds, and settings - and the digestible, enjoyable, actionable lessons would benefit anyone who is responsible for engaging a group of people in learning. Written by noted a genealogist and lecturer, this official guide tours the #1 Web site for family history research. The perfect companion guide to the WWE Universe. Exciting page-by-page profiles of more than 200 WWE Superstars includes facts, trivia, and behind-the-scenes information. This unmissable new edition has been compiled from scratch, with brand new text throughout. Did you know that John Cena's championship reigns have lasted at total of 1339 days or that Roman Reigns defeated legendary Superstar, Undertaker, at WrestleMania 33, ending the superstar's illustrious in-ring career? Fans will be thrilled by profiles of popular competitors from RAW, SmackDown, and NXT including John Cena, Charlotte Flair, The Rock, Andre the Giant, Sasha Banks, and many more. Every single entry has bold photographs, action shots, and all the essential information about your favourite Superstars. Discover super stats and in-ring action in this ideal gift for every WWE fan. Previous edition ISBN 9781465431240 TM & © 2018 WWE. All Rights Reserved. Create high-quality and professional-looking texts, articles, and books for Business and Science using LaTeX. Change is a powerful force, but one that must be directed if it is to have a positive and calculated outcome. It can be shaped according to the needs of an organisation to grow or contract, respond to competition or threat, or simply to keep pace with the world around it. It is widely understood by leaders and managers that only effective project management has the potential to deliver the transformation they seek. However, many projects have failed to deliver the outcomes that their sponsors anticipated. Too many have produced apps, buildings, processes, products and services that remain on the shelf, unadopted, and a costly reminder that projects are vehicles that can just as easily deliver failure as success. The revised and expanded third edition of this much-admired guide explains the principles and techniques of change and project management. With its clear, structured approach it is an invaluable handbook for helping leaders and managers to be sufficiently informed, equipped and confident to use projects to deliver change, and to realise its benefits. CSS3 is behind most of the eye-catching visuals on the Web today, but the official documentation can be dry and hard to follow and browser implementations are scattershot at best. The Book of CSS3 distills the dense technical language of the CSS3 specification into plain English and shows you what CSS3 can do right now, in all major browsers. With real-world examples and a focus on the principles of good design, it extends your CSS skills, helping you transform ordinary markup into stunning, richly-styled web pages. You'll master the latest cutting-edge CSS3 features and learn how to: –Stylize text with fully customizable outlines, drop shadows, and other effects –Create, position, and resize background images on the fly – Spice up static web pages with event-driven transitions and animations –Apply 2D and 3D transformations to text and images –Use linear and radial gradients to create smooth color transitions –Tailor a website's appearance to smartphones and other devices A companion website includes up-to-date browser compatibility charts and live CSS3 examples for you to explore. The Web can be an ugly place—add a little style to it with The Book of CSS3.

The bestselling CBT self - help guide that has helped thousands live life free from anxiety. Now with new, easy - to - read page layouts

When the Sibley Guide to Birds was published in 2000, it was an overnight sensation, selling 500,000 copies in its first nine months (more than 1.5million copies have now been sold). It established David Sibley as the author and illustrator of the nation's supreme and most comprehensive guide to birds. Used by millions of birders from novices to the most expert, the 'Sibley Guide' became the standard by which natural history guides are measured. It was published in Britain as The North American Bird Guide by Pica Press/Christopher Helm and won Birdwatch magazine's Best Bird Book of the Year award. The 'Sibley Guide' is one of three major North American field guides, and is widely considered by many to be the best of them. This highly anticipated second edition builds on this foundation of excellence, offering massively expanded and updated information, new artwork, new and rare species, and a new elegant design. There are hundreds of new paintings and all previously used art has been re-digitised following much modification by David Sibley to reflect the latest information; in addition, there are new maps throughout, new text, larger images and a new higher page count of 624 pages. This important work brings the genius of David Sibley to the world once again in a thoroughly updated and expanded volume that every birder must own. It is set to cement its reputation as the North American equivalent of the Collins Bird Guide.

Immerse yourself in the romance and beauty of nearly 150 years of American currency. It all comes alive in A Guide Book of United States Paper Money, fifth edition. An engaging history book and a comprehensive catalog of valuations rolled into one, this guide covers all federal series issued from the Civil War to the present day Paper-money collectors will appreciate the depth of the research, and American history buffs will find the narrative fascinating. Whether you're new to the hobby or a longtime collector or dealer, you will benefit from the data provided for each currency series. Market valuations are compiled from recent sale and auction records, real-world analysis of the paper-money field, and the knowledge of recognized hobby leaders. Hundreds of notes are pictured in crisp, full-color detail, face and back-dramatically illustrating the nation's history and its ideals, Fascinating history, More than 650 full-color images, Friedberg, numbering system, More than 20,000 market values, Quantities printed, All federal series, plus Fractional Currency, War of 1812 notes, encased postage stamps, error notes, uncut sheets, and more Book jacket. Since the introduction of Common Worship, demand has been extremely high for material to help parishes use Common Worship with children. Designed to meet that need, this fully-revised edition of My Communion Book helps children gain a better understanding of Holy Communion. This all-age resource for children and families is primarily aimed at 4 to 8 year olds. It can be used initially as a sharing book, adult and child reading together, but children may use it at times on their own. Taking the child through the service, the book explains key words and asks questions that relate directly to the child, helping them to engage with the service of Holy Communion in a fun, interesting and meaningful way. A new compendium of adventures, from the best-selling Wild Guide series (winner of travel guidebook of the year 2015). This guide to Scotland and the Scottish highlands and islands, one of Europe's fastest growing adventure holiday destinations, explores the hidden parts of its better known tourist areas, as well many more remote regions, rarely visited by tourists. Guiding you to over 800 wild swims, ancient forests, lost ruins and hidden beaches. Including inns, wild camping, local crafts, artisan whisky distilleries and wild places to stay. This book is a user's guide for writing papers, short memos, and emails when the objective is to inform a busy reader preoccupied with other tasks. The objective is to make sure that all the information needed to understand the main points is in the paper and in the right order, minimizing or eliminating extraneous information and ideas, and resolving inconsistencies. The guide offers a mix of strategic and tactical advice, ranging from how to get started to how to order information in a paragraph. It is not a book about grammar; nor is it a treatise on critical thinking. Grammar and style are undeniably important, but elegantly written sentences will fail to communicate your conclusions if the flow of ideas and information is flawed. If the flow of ideas and information is muddled, your reader will seldom read the paper in its entirety. The primary target audiences for the Guide are policymakers, intelligence analysts, law enforcement officers, and the business world, but the principles underlying the teaching points are applicable to anyone seeking to communicate ideas more effectively--including high school and university students.

Essentials for Blended Learning: A Standards-Based Guide provides a practical, streamlined approach for creating effective learning experiences by blending online activities and the best of face-to-face teaching. This guide is:

- Easy to use: Clear, jargon-free writing; illustrations; and references to online resources help readers understand concepts.
- Streamlined: A simple but effective design process focuses on creating manageable activities for the right environment.
- Practical: Real-world examples from different subject areas help teachers understand principles in context.
- Contemporary: The variety of modern, connected technologies covered in the guide addresses a range of teaching challenges.
- Forward-Looking: The approach bridges the gap between formal classroom learning and informal lifelong learning.
- Standards-based: Guidelines and standards are based on current research in the field, relevant learning theories, and practitioner experiences.

Effective blended learning requires significant rethinking of teaching practices and a fundamental redesign of course structure. Essentials for Blended Learning: A Standards-Based Guide simplifies these difficult challenges without neglecting important opportunities to transform teaching. This guide is suitable for teachers in any content area. Please visit www.essentialforblended.com for additional

resources. ...a guidebook to a variety of techniques for relaxation and the reduction of stress. This book reminds students in junior, senior and graduate level courses in physics, chemistry and engineering of the math they may have forgotten (or learned imperfectly) that is needed to succeed in science courses. The focus is on math actually used in physics, chemistry, and engineering, and the approach to mathematics begins with 12 examples of increasing complexity, designed to hone the student's ability to think in mathematical terms and to apply quantitative methods to scientific problems. Detailed illustrations and links to reference material online help further comprehension. The second edition features new problems and illustrations and features expanded chapters on matrix algebra and differential equations. Use of proven pedagogical techniques developed during the author's 40 years of teaching experience New practice problems and exercises to enhance comprehension Coverage of fairly advanced topics, including vector and matrix algebra, partial differential equations, special functions and complex variables Imagine what you could do if scalability wasn't a problem. With this hands-on guide, you'll learn how the Cassandra database management system handles hundreds of terabytes of data while remaining highly available across multiple data centers. This expanded second edition—updated for Cassandra 3.0—provides the technical details and practical examples you need to put this database to work in a production environment. Authors Jeff Carpenter and Eben Hewitt demonstrate the advantages of Cassandra's non-relational design, with special attention to data modeling. If you're a developer, DBA, or application architect looking to solve a database scaling issue or future-proof your application, this guide helps you harness Cassandra's speed and flexibility. Understand Cassandra's distributed and decentralized structure Use the Cassandra Query Language (CQL) and cqlsh—the CQL shell Create a working data model and compare it with an equivalent relational model Develop sample applications using client drivers for languages including Java, Python, and Node.js Explore cluster topology and learn how nodes exchange data Maintain a high level of performance in your cluster Deploy Cassandra on site, in the Cloud, or with Docker Integrate Cassandra with Spark, Hadoop, Elasticsearch, Solr, and Lucene

Medicinal Mushrooms - The Essential Guide is a highly accessible book on the health benefits of medicinal mushrooms written by Martin Powell, author of *Medicinal Mushrooms - A Clinical Guide*. Published in November 2013 and based on the latest research in the field, it covers the ten most popular medicinal mushrooms: Agaricus, Chaga, Cordyceps, Coriolus, Lion's Mane, Maitake, Mesima, Reishi, Shiitake, Snow Fungus and offers a valuable introduction to the subject for the practitioner and layperson alike, complete with a summary of their benefits in over thirty health conditions. Praise for *Medicinal Mushrooms - A Clinical Guide*: This really important book is a unique and excellent compilation - Dr S P Wasser, Editor, *International Journal of Medicinal Mushrooms* Easily the most accessible primer on the pharmacology, applications and Chinese medical uses of the top mycological medicinals - *Journal of Chinese Medicine* This beautifully illustrated book is an invaluable resource on medicinal mushrooms - Giovanni Maciocia, Author, *Foundations of Chinese Medicine* This thoroughly updated second edition of the best-selling *Unofficial LEGO Technic Builder's Guide* is filled with tips for building strong yet elegant machines and mechanisms with the LEGO Technic system. World-renowned builder Paweł "Sariel" Kmieć covers the foundations of LEGO Technic building, from the concepts that underlie simple machines, like gears and linkages, to advanced mechanics, like differentials and steering systems. This edition adds 13 new building instructions and 4 completely new chapters on wheels, the RC system, planetary gearing, and 3D printing. You'll get a hands-on introduction to fundamental mechanical concepts like torque, friction, and traction, as well as basic engineering principles like weight distribution, efficiency, and power transmission—all with the help of Technic pieces. You'll even learn how Sariel builds his amazing tanks, trucks, and cars to scale. Learn how to: –Build sturdy connections that can withstand serious stress –Re-create specialized LEGO pieces, like casings and u-joints, and build custom, complex Schmidt and Oldham couplings –Create your own differentials, suspensions, transmissions, and steering systems –Pick the right motor for the job and transform it to suit your needs –Combine studfull and studless building styles for a stunning look –Build remote-controlled vehicles, lighting systems, motorized compressors, and pneumatic engines This beautifully illustrated, full-color book will inspire you with ideas for building amazing machines like tanks with suspended treads, supercars, cranes, bulldozers, and much more. What better way to learn engineering principles than to experience them hands-on with LEGO Technic? New in this edition: 13 new building instructions, 13 updated chapters, and 4 brand-new chapters!

Essentials for Blended Learning provides a practical, streamlined approach for creating effective learning experiences by blending online activities and the best of face-to-face teaching. Effective blended learning requires rethinking of teaching practices and a redesign of course structure. Suitable for instructors in any content area, this book simplifies these difficult challenges without neglecting important opportunities to transform teaching. The revised second edition is more streamlined and easier to use, and includes more real-world examples of blended teaching and learning, the latest technologies, and additional research-based learning activities. Fully revised and updated—and with more and better examples than ever—this new edition of the top-selling *AppleScript: The Definitive Guide* shows anyone how to use AppleScript to make your Mac time more efficient and more enjoyable by automating repetitive tasks, customizing applications, and even controlling complex workflows. It's perfect for novices, developers, and everyone in between who wants to know

how, where, and why to use AppleScript.

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