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Jiu-jitsu Unleashed Mar 17 2022 An introduction to jiu-jitsu from one of its most dominant stars Thanks to the dominance of its practitioners at Ultimate Fighting Championships and other mixed martial arts tournaments, jiu-jitsu has become one of the most popular forms of martial arts in the United States. This fighting technique features ground fighting and submission moves that bewilder even the most ferocious opponents. In Jiu-Jitsu Unleashed, expert Eddie Bravo teaches you the moves that he used to defeat legendary Royler Gracie--a member of the reigning family of jiu-jitsu--the victory that made him one of the sport's most feared competitors. Jiu-Jitsu Unleashed features: Detailed instruction on stance, kicks, punches, takedowns, and submissions Step-by-step photos of basic and advanced moves modeled by "Fear Factor" host and former "NewsRadio" star Joe Rogan Various theories and strategies behind training and competing

World Radio TV Handbook, 2005 Oct 24 2022 The most comprehensive source available on medium wave, shortwave, FM broadcast, and television broadcast information, this handbook continues to be the ultimate guide for the serious radio listener.

Microsoft Exchange Server 2013 Unleashed Sep 23 2022 Microsoft Exchange Server 2013 doesn't just add dozens of new features: It integrates multiple technologies into a common, unified communications system that can add value in many new ways. Now, five leading Exchange Server consultants help you deploy Exchange Server 2013 quickly and smoothly--and then efficiently manage, troubleshoot, and support it for years to come. More than a comprehensive, authoritative reference, Microsoft Exchange Server 2013 Unleashed presents hundreds of helpful tips and tricks based on the authors' unsurpassed early adopter experience with Exchange Server 2013 in real production environments. Carefully and thoroughly, the authors explain what's new and different in Microsoft Exchange 2013 and guide you through architecting, planning, implementing, and transitioning to your new Exchange Server environment. They offer best practices for establishing solid Active Directory, DNS, fabric, virtualization, and PKI security environments to support Exchange; implementing high availability and site resilience; and much more. You'll find expert discussions of security and compliance and uniquely practical and detailed coverage of day-to-day administration, management, maintenance, and optimization. The authors next turn to advanced platform integration, helping you leverage the full benefits of linking Exchange Server, SharePoint, and Unified Messaging. They conclude with a full section on Exchange Server's dramatically improved support for endpoint clients, including Apple, Android, and Microsoft smartphones and tablets. Detailed information on how to... Use proven best practices to install Exchange Server 2013 from scratch or to upgrade from Exchange Server 2007/2010 Integrate Active Directory, DNS, fabric, and virtualization with Exchange Server 2013 Implement certificate-based Public Key Infrastructure (PKI) Plan, deploy, migrate to, and support public folders Protect your users and organization with both policy-based and content-enforced security Design and implement message archiving, retention, and eDiscovery Administer, optimize, and document your Exchange Server 2013 environment Architect all aspects of an integrated, enterprise-level Exchange Server 2013 environment Integrate Exchange Server with SharePoint Site Mailboxes, Enterprise Search, and more Leverage the robust Outlook client for Windows, Mac, Web, tablet, and mobile phones

Nurse Notebook May 19 2022 The book has 120 white pages with dot matrix that will help you while writing and sketching but at the same time gives you enough freedom for notes and other ideas. It comes in handy format 6x9 inches (equivalent to DIN A5). The Nurse Notebook is for those who have a Fable for Medicine or Cure. The Nurse Notebook is versatile, notepad inserts, personal achievements, birthday appointments, your thoughts or other notes of your choice. Use it on holiday as a holiday diary or as a gratitude diary. No matter if motivation, tokens, appointments or notes with this space-saving notebook no wish remains open. For leisure, hobbies or work, this small but fine notebook is always and everywhere suitable for things, ideas or thoughts that want to be noted, e.g. as a thought support or for organizing tasks. Whether for yourself or as a gift for men and women, partners, friends, mums and dads or work

colleagues. Especially suitable for birthdays, for Christmas or just as a nice attention for your loved one.

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Windows Server 2012 Unleashed Feb 28 2023 This is the most comprehensive and realistic guide to Windows Server 2012 planning, design, prototyping, implementation, migration, administration, and support. Extensively updated, it contains unsurpassed independent and objective coverage of Windows Server 2012's key innovations, including improved virtualization components, enhanced security tools, new web and management resources, and Windows 8 integration. Windows Server 2012 Unleashed reflects the authors' extraordinary experience implementing Windows Server 2012 in large-scale environments since its earliest alpha releases, reaching back more than two years prior to its official launch. Microsoft MVP Rand Morimoto and his colleagues fully address every aspect of deploying and operating Windows Server 2012, including Active Directory, networking and core application services, security, migration from Windows Server 2003/2008, administration, fault tolerance, optimization, troubleshooting, and much more. Valuable for Windows professionals at all skill levels, this book will be especially indispensable for intermediate-to-advanced level professionals seeking expert, in-depth solutions. Every chapter contains tips, tricks, best practices, and lessons learned from actual deployments: practical information for using Windows Server 2012 to solve real business problems. Plan and migrate from Windows Server 2003 and 2008 Leverage powerful capabilities that are truly new in Windows Server 2012 Install Windows Server 2012 and the GUI-less Windows Server Core Upgrade to Windows Server 2012 Active Directory Utilize advanced AD capabilities including federated forests and identity management Plan and deploy network services, from DNS and DHCP to IPv6, IPAM, and IIS Protect systems and data with server-level security, transport-level security, and security policies Deliver true end-to-end secured anytime/anywhere access to remote/mobile clients Efficiently configure and manage users, sites, OUs, domains, and forests through Server Manager console Create more fault-tolerant environments with DFS, clustering, and Network Load Balancing Leverage major Hyper-V virtualization improvements in availability, redundancy, and guest support Manage Active Directory more efficiently with Active Directory Administrative Center, Best Practice Analyzer, and PowerShell scripts Systematically tune, optimize, debug, and troubleshoot Windows Server 2012

PC World Jan 27 2023

Electronics Buying Guide Aug 22 2022

Nationalism and Identity Jun 20 2022 The nation-state of Trinidad and Tobago offers a unique nation-space, as Homi K Bhabha would say, for the study of the forces and ideologies of nationalism. This book reveals how this ethnically diverse nation, independent for less than forty years, has provided fertile ground for the creative tension between the imagination of the writer and the official discourse on nationalism. Harney argues that this discourse has in turn been embedded in a struggle that propelled the nation's story. He explores the influences on the sense of national identity caused by migration and the ethnicization of migrant communities in the cities. Adding to the comparative tone of much of this book, models of nationalism and ethnicity, often based on other societies, are tested against the imaginings of Trinidad by such essayists as VS Naipaul, CLR James, Willi Chen, Valerie Belgrave and Earl Lovelace. Using the wealth of imaginative literature produced by Trinidadians at home and abroad over the last forty years, together with European-based scholarship on theories of nationalism, this book provides a fascinating understanding of the forging of a national identity.

Adrenaline Junkies and Template Zombies Feb 16 2022 This is the digital version of the printed book (Copyright © 2008). Adrenaline junkies, dead fish, project sluts, true believers, Lewis and Clark, template zombies . . . Most developers, testers, and managers on IT projects are pretty good at recognizing patterns of behavior and gut-level hunches, as in, "I sense that this project is headed for disaster." But it has always been more difficult to transform these patterns and hunches into a usable form, something a team can

debate, refine, and use. Until now. In *Adrenaline Junkies* and *Template Zombies*, the six principal consultants of The Atlantic Systems Guild present the patterns of behavior they most often observe at the dozens of IT firms they transform each year, around the world. The result is a quick-read guide to identifying nearly ninety typical scenarios, drawing on a combined one-hundred-and-fifty years of project management experience. Project by project, you'll improve the accuracy of your hunches and your ability to act on them. The patterns are presented in an easy-reference format, with names designed to ease communication with your teammates. In just a few words, you can describe what's happening on your project. Citing the patterns of behavior can help you quickly move those above and below you to the next step on your project. You'll find classic patterns such as these: News Improvement Management by Mood Ring Piling On Rattle Yer Dags Natural Authority Food++ Fridge Door and more than eighty more! Not every pattern will be evident in your organization, and not every pattern is necessarily good or bad. However, you'll find many patterns that will apply to your current and future assignments, even in the most ambiguous circumstances. When you assess your situation and follow your next hunch, you'll have the collective wisdom of six world-class consultants at your side.

Alexander the Great Dec 26 2022 This book explains what made Alexander 'Great' according to the people and expectations of his time and place.

Betty Crocker: The Big Book of Cookies Nov 25 2022 Fun and sure-to-please cookie recipes—from all-time classics to contemporary favorites Here's a massive collection of the best cookies and bars ever with more than 180 sensational recipes that are as easy to make as they are fun to eat. Whether made from scratch or with a Betty Crocker mix, these delectable cookies give you as many options as any cookie lover could want. Whether you crave traditional favorites or fancy new ideas, you'll fall in love with these lusciously diverse cookies—from classic peanut butter cookies to unexpected flavors like Pecan-Praline Bacon Bars. Plus, with a special section of gluten-free recipes, every member of the family can get in on the fun. ·Features more than 180 easy-to-make cookie recipes offering a wide variety of flavors and variations, from fun cookies for kids to sophisticated dinner-party delights ·Illustrated with more than 100 full-color photos and step-by-step how-to photos for baking, decorating, and more ·Includes tips and advice on cookie-making basics, from rolling and cutting to baking and frosting You'll find almost any cookie you can imagine in the Betty Crocker Big Book of Cookies. With these recipes and variations, you'll find the perfect sweet treat for any occasion . . . or no occasion at all.

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