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The Boy Who Grew Dragons Andy Shepherd 2020-02-04 "'The Boy Who Grew Dragons' is good-hearted fantasy fun."-New York Times Book Review "This gently funny title is a must-purchase for public libraries, and a great recommendation for readers of

all ages"-School Library Journal, STARRED REVIEW "Never has so much toilet humor been so charming."-Kirkus Reviews "Readers will be eager for more."-Booklist This hilarious middle-grade novel with illustrations throughout sees Tomas discover that he can grow dragons in his own garden! When Tomas discovers a strange old tree at the bottom of his grandfather's garden, he doesn't think much of it. But he takes the funny fruit from the tree back into the house and gets the shock of his life when a tiny dragon hatches! The tree is a dragon fruit tree, and Tomas now has his very own dragon, Flicker! While Tomas finds out that life with Flicker is fun, he also finds that it is very...unpredictable. Yes, dragons are wonderful, but they also set fire to your toothbrush and leave your underwear hanging from the TV antenna. Tomas has to learn how to look after Flicker---and quickly! And then something extraordinary happens: More dragon fruits appear on the tree! Now it's official, Tomas is growing dragons.

Motor Carriers Road Atlas Rand McNally 1998-10-31 Road maps are accompanied by information on federally-designated routes and trucking restrictions.

Espresso Karl Petzke 1994-04 With both color & B & W photos & literary musings, this book celebrates one of coffee's purest forms, with its deliciously bitter taste & irresistible aroma. Complete with over 20 delicious recipes from the savory to the sweet, this is an essential book for coffee-lovers

around the world.--amazon.com.
Official Gazette of the United States
Patent Office United States. Patent
Office 1961
Building Wireless Sensor Networks
Using Arduino Matthijs Kooijman
2015-10-19 Leverage the powerful
Arduino and XBee platforms to monitor
and control your surroundings About
This Book Build your own low-power,
wireless network using ready-made
Arduino and XBee hardware Create a
complex project using the Arduino
prototyping platform A guide that
explains the concepts and builds upon
them with the help of examples to
form projects Who This Book Is For
This book is targeted at embedded
system developers and hobbyists who
have some working knowledge of
Arduino and who wish to extend their
projects using wireless connectivity.
What You Will Learn Interact with
XBee boards using the XCTU program on
Windows, OS X, or Linux Make your
Arduino boards communicate
wirelessly, using XBee modules in the
advanced API mode Centrally collect
and store measured sensor data, in
the cloud or your own database
Connect the coordinator Arduino to
the Internet and send data to web
services Control your environment
automatically, based on sensor input
from your network Interact with off-
the-shelf ZigBee Home Automation
devices Make your devices battery-
powered and let them sleep to get
months or even years of battery life
In Detail Arduino has been
established as the de facto standard
microcontroller programming platform,
being used for one-off do-it-yourself
projects as well as prototypes for

actual products. By providing a myriad of libraries, the Arduino community has made it very easy to interact with pretty much any piece of hardware out there. XBee offers a great range of low-power wireless solutions that are easy to work with, by taking all of the complexity of wireless (mesh) networking out of your hands and letting you focus on what to send without worrying about the how. Building wireless sensor networks is cost-effective as well as efficient as it will be done with Arduino support. The book starts with a brief introduction to various wireless protocols, concepts, and the XBee hardware that enables their use. Then the book expands to explain the Arduino boards to you, letting them read and send sensor data, collect that data centrally, and then even control your home from the Internet. Moving further more advanced topics such as interacting through the standard Zigbee Home Automation protocol, or making your application power-efficient are covered. By the end of the book, you will have all the tools needed to build complete, real-world solutions. Style and approach A hands-on guide, featuring a single home automation project that can be built as described or with endless variations. Every step is illustrated with complete examples and screenshots, allowing you to build the examples swiftly.

Introduction to Geospatial Technologies Bradley Shellito 2018-03-15 Written for both majors and non-majors alike, Introduction to Geospatial Technologies demonstrates the wide range of geographic

technologies available to and used by geographers today. Each chapter contains an introduction to the key concepts and a lab activity, so that in addition to gaining a basic foundation of knowledge students also obtain hands-on experience with the relevant software. This new edition stays current with its rapidly moving field, with coverage and lab activities revised to reflect is the most up-to-date ideas and innovations in GST.

Embedded Linux Primer Christopher Hallinan 2010-10-26 Up-to-the-Minute, Complete Guidance for Developing Embedded Solutions with Linux Linux has emerged as today's #1 operating system for embedded products. Christopher Hallinan's Embedded Linux Primer has proven itself as the definitive real-world guide to building efficient, high-value, embedded systems with Linux. Now, Hallinan has thoroughly updated this highly praised book for the newest Linux kernels, capabilities, tools, and hardware support, including advanced multicore processors. Drawing on more than a decade of embedded Linux experience, Hallinan helps you rapidly climb the learning curve, whether you're moving from legacy environments or you're new to embedded programming. Hallinan addresses today's most important development challenges and demonstrates how to solve the problems you're most likely to encounter. You'll learn how to build a modern, efficient embedded Linux development environment, and then utilize it as productively as possible. Hallinan offers up-to-date

guidance on everything from kernel configuration and initialization to bootloaders, device drivers to file systems, and BusyBox utilities to real-time configuration and system analysis. This edition adds entirely new chapters on UDEV, USB, and open source build systems. Tour the typical embedded system and development environment and understand its concepts and components. Understand the Linux kernel and userspace initialization processes. Preview bootloaders, with specific emphasis on U-Boot. Configure the Memory Technology Devices (MTD) subsystem to interface with flash (and other) memory devices. Make the most of BusyBox and latest open source development tools. Learn from expanded and updated coverage of kernel debugging. Build and analyze real-time systems with Linux. Learn to configure device files and driver loading with UDEV. Walk through detailed coverage of the USB subsystem. Introduces the latest open source embedded Linux build systems. Reference appendices include U-Boot and BusyBox commands.
Amaryllis at the Fair Richard Jefferies 2015-02-09 Originally published in 1887, 'Amaryllis at the Fair' is a work by the English writer Richard Jefferies. It is set on a farm in rural England where a little girl named Amaryllis despairs at her family's hardships. It is full of wonderful descriptions of country life that were close to the writer's heart, himself having grown up in Wiltshire, England. We are republishing this work with a brand new introductory biography of the

author.

Selected Papers from the 12th International Networking Conference Bogdan Ghita 2021-01-04 The proceedings includes a selection of papers covering a range of subjects focusing on topical areas of computer networks and security with a specific emphasis of novel environments, ranging from 5G and virtualised infrastructures to Internet of things, smart environments and cyber security issues. Networking represents the underlying core of current IT systems, providing the necessary communication support for complex infrastructures. Recent years have witnessed a number of novel concepts moving from theory to large scale implementations, such as Software Defined Networking, Network Function Virtualisation, 5G, smart environments, and IoT. These concepts change fundamentally the paradigms used in traditional networking, with a number of areas such as network routing and system or business security having to adjust or redesign to accommodate them. While the benefits are clear, through the advent of new applications, use cases, improved user interaction and experience, they also introduce new challenges for generic network architectures, mobility, security, traffic engineering.

Beacon Technologies Stephen Statler 2016-06-16 Learn the key standards—iBeacon, Eddystone, Bluetooth 4.0, and AltBeacon—and how they work with other proximity technologies. Then build your understanding of the proximity framework and how to identify and

deploy the best solutions for your own business, institutional, or consulting needs. Proximity technology—in particular, Bluetooth beacons—is a major source of business opportunity, and this book provides everything you need to know to architect a solution to capitalize on that opportunity. What You'll Learn Understand the disruptive implications of digital—physical convergence and the new applications it makes possible Review the key standards that solutions developers need to understand to capitalize on the business opportunity of proximity technology Discover the new phenomenon of beacon networks, which will be hugely significant in driving strategic decisions and creating wealth See other technologies in the proximity ecosystem catalyzed by and complementary to Bluetooth beacons, including visual light communication, magnetic resonance, and RFID Examine the Beacosystem framework for analyzing the proximity ecosystem Who This Book Is For Solutions architects of all types—venture capitalists, founders, CEOs, strategists, product managers, CTOs, business developers, and programmers Stephen Statler is a writer, public speaker, and consultant working in the beacon ecosystem. He trains and advises retailers, venue owners, VCs, as well as makers of beacon software and hardware, and is a thought leader in the beacosystem community. Previously he was the Senior Director for Strategy and Solutions Management at Qualcomm's Retail Solutions Division, helping to incubate Gimbal, one of the leading Bluetooth beacons in the

market. He is also the CEO of Cause Based Solutions, creators of Give the Change, democratizing philanthropy, enabling non-profit supporters to donate the change from charity branded debit cards, and developer of The Good Traveler program. Contributors: Anke Audenaert, CEO, Favrit John Coombs, CEO, Rover Labs Theresa Mary Gordon, Co-Founder, tapGOconnect Phil Hendrix, Director, immr Kris Kolodziej, President, IndoorLBS Patrick Leddy, CEO, Pulsate Ben Parker, VP Business Development, AccelerateIT Mario Proietti, CEO, Location Smart Ray Rotolo, SVP OOH, Gimbal Kjartan Slette, COO, Unacast Jarno Vanto, Partner, Borenius Attorneys LLP David Young, Chief Engineer, Radius Networks Foreword by Asif Khan, President LBMA How to Do Everything with Your Dell Axim Handheld, Second Edition Rich Hall 2005-12-21 Get the most out of your Dell Axim with this step-by-step guide. How to Do Everything with Your Dell Axim Handheld, Second Edition has been fully revised to cover Microsoft's new operating system for Pocket PCs--Windows Mobile 5.0. Find out how to manage personal information, send and receive e-mail, synchronize with desktop computers, and go wireless. Get details on optimizing memory, conserving battery power, and using the security features to protect your valuable information. Enjoy videos, music, and eBooks, and use your Axim as a digital camera. This handy resource contains all of the expert advice you need to be more productive and have more fun with your Dell Axim.

CyberGIS for Geospatial Discovery and

Innovation Shaowen Wang 2018-06-26 This book elucidates how cyberGIS (that is, new-generation geographic information science and systems (GIS) based on advanced computing and cyberinfrastructure) transforms computation- and data-intensive geospatial discovery and innovation. It comprehensively addresses opportunities and challenges, roadmaps for research and development, and major progress, trends, and impacts of cyberGIS in the era of big data. The book serves as an authoritative source of information to fill the void of introducing this exciting and growing field. By providing a set of representative applications and science drivers of cyberGIS, this book demonstrates how cyberGIS has been advanced to enable cutting-edge scientific research and innovative geospatial application development. Such cyberGIS advances are contextualized as diverse but interrelated science and technology frontiers. The book also emphasizes several important social dimensions of cyberGIS such as for empowering deliberative civic engagement and enabling collaborative problem solving through structured participation. In sum, this book will be a great resource to students, academics, and geospatial professionals for leaning cutting-edge cyberGIS, geospatial data science, high-performance computing, and related applications and sciences.
Process Mining Wil M. P. van der Aalst 2016-04-15 This is the second edition of Wil van der Aalst's

seminal book on process mining, which now discusses the field also in the broader context of data science and big data approaches. It includes several additions and updates, e.g. on inductive mining techniques, the notion of alignments, a considerably expanded section on software tools and a completely new chapter of process mining in the large. It is self-contained, while at the same time covering the entire process-mining spectrum from process discovery to predictive analytics. After a general introduction to data science and process mining in Part I, Part II provides the basics of business process modeling and data mining necessary to understand the remainder of the book. Next, Part III focuses on process discovery as the most important process mining task, while Part IV moves beyond discovering the control flow of processes, highlighting conformance checking, and organizational and time perspectives. Part V offers a guide to successfully applying process mining in practice, including an introduction to the widely used open-source tool ProM and several commercial products. Lastly, Part VI takes a step back, reflecting on the material presented and the key open challenges. Overall, this book provides a comprehensive overview of the state of the art in process mining. It is intended for business process analysts, business consultants, process managers, graduate students, and BPM researchers.

Process Control and Automation 1956
The Sugar King of Havana John Paul

Rathbone 2010-08-05 "Fascinating...A richly detailed portrait." -Michiko Kakutani, The New York Times Known in his day as the King of Sugar, Julio Lobo was the wealthiest man in prerevolutionary Cuba. He had a life fit for Hollywood: he barely survived both a gangland shooting and a firing squad, and courted movie stars such as Joan Fontaine and Bette Davis. Only when he declined Che Guevara's personal offer to become Minister of Sugar in the Communist regime did Lobo's decades-long reign in Cuba come to a dramatic end. Drawing on stories from the author's own family history and other tales of the island's lost haute bourgeoisie, The Sugar King of Havana is a rare portrait of Cuba's glittering past—and a hopeful window into its future.

Degrowth in Movement(s) Nina Treu 2020-05-29 Degrowth is an emerging social movement that overlaps with proposals for systemic change such as anti-globalization and climate justice, commons and transition towns, basic income and Buen Vivir. Degrowth in Movement(s) reflects on the current situation of social movements aiming at overcoming capitalism, industrialism and domination. The essays ask: What is the key idea of the respective movement? Who is active? What is the relation with the degrowth movement? What can the degrowth movement learn from these other movements and the other way around? Which common proposals, but also which contradictions, oppositions and tensions exist? And what alliances could be possible for broader

systemic transformations? Corinna Bukhart, Matthias Schmelzer, and Nina Treu have curated an impressive demonstration that there are, beyond regressive neoliberalism and techno-fixes, emancipatory alternatives contributing to a good life for all. Degrowth in Movement(s) explores this mosaic for social-ecological transformation - an alliance strengthened by diversity.

GPS For Dummies Joel McNamara 2008-11-17 Need directions? Are you good at getting lost? Then GPS is just the technology you've dreamed of, and GPS For Dummies is what you need to help you make the most of it. If you have a GPS unit or plan to buy one, GPS For Dummies, 2nd Edition helps you compare GPS technologies, units, and uses. You'll find out how to create and use digital maps and learn about waypoints, tracks, coordinate systems, and other key point to using GPS technology. Get more from your GPS device by learning to use Web-hosted mapping services and even how to turn your cell phone or PDA into a GPS receiver. You'll also discover: Up-to-date information on the capabilities of popular handheld and automotive Global Positioning Systems How to read a map and how to get more from the free maps available online The capabilities and limitations of GPS technology, and how satellites and radio systems make GPS work How to interface your GPS receiver with your computer and what digital mapping software can offer Why a cell phone with GPS capability isn't the same as a GPS unit What can affect your GPS reading and how accurate it will be

How to use Street Atlas USA, TopoFusion, Google Earth, and other tools Fun things to do with GPS, such as exploring topographical maps, aerial imagery, and the sport of geocaching Most GPS receivers do much more than their owners realize. With GPS For Dummies, 2nd Edition in hand, you'll venture forth with confidence! **Talking to Siri** Erica Sadun 2012-03-16 Sweet-talk SiriTM into doing practically anything! Apple's Siri voice technology is even more amazing when you really know how to talk to it. Now, two top Apple tech experts show how to talk Siri into doing more than ever before! Just look up what you want to do, and you'll find tested step-by-step instructions for getting exactly the results you want. From start to finish, this book is packed with quick and easy ways to make Siri even more reliable and useful—and way more fun! • Get more accurate recognition every time you use Siri • Ask questions that avoid "misunderstandings" and lead to precise, accurate answers • Check weather forecasts, stock prices, and lots more • Help Siri recognize and connect with your spouse, children, and parents • Use Siri to stay in touch with friends, colleagues, and customers • Transform Siri into your personal media DJ • Find the nearest store that's selling whatever you're looking for • Let Siri calculate restaurant tips and "splitting the tab" • Use Siri to organize your life—and never miss another commitment • Answer math and science problems with Siri and Wolfram Alpha • Dictate memos, text and Twitter

messages, and even blog posts • Make sure Siri responds only to you, not to an impostor

Machine Language for the Commodore 64, 128, and Other Commodore Computers Jim Butterfield 1986 Explains how machine language works, subroutines, address modes, and temporary storage, and shows how to link machine language and BASIC

iOS Forensic Analysis Sean Morrissey 2011-09-22 iOS Forensic Analysis provides an in-depth look at investigative processes for the iPhone, iPod Touch, and iPad devices. The methods and procedures outlined in the book can be taken into any courtroom. With never-before-published iOS information and data sets that are new and evolving, this book gives the examiner and investigator the knowledge to complete a full device examination that will be credible and accepted in the forensic community.

UNIMARC Manual Alan Hopkinson 2008-12-18 The third edition succeeds the fifth update of second edition. One of the main features has been the adoption of new and revised international standards, notably the International Standard Identifier for Libraries and Related Organizations, the ISBN 13 and the linking ISSN. New fields have been added for recording the Persistent Record Identifier. Uniform Conventional Headings for Legal and Religious texts are now catered for with separate fields. A number of fields have been revised: archival materials, manuscripts and documentation produced by the ISSN International Centre.

Mapping and the Citizen Sensor Giles

Foody 2017-09-11 Maps are a fundamental resource in a diverse array of applications ranging from everyday activities, such as route planning through the legal demarcation of space to scientific studies, such as those seeking to understand biodiversity and inform the design of nature reserves for species conservation. For a map to have value, it should provide an accurate and timely representation of the phenomenon depicted and this can be a challenge in a dynamic world. Fortunately, mapping activities have benefitted greatly from recent advances in geoinformation technologies. Satellite remote sensing, for example, now offers unparalleled data acquisition and authoritative mapping agencies have developed systems for the routine production of maps in accordance with strict standards. Until recently, much mapping activity was in the exclusive realm of authoritative agencies but technological development has also allowed the rise of the amateur mapping community. The proliferation of inexpensive and highly mobile and location aware devices together with Web 2.0 technology have fostered the emergence of the citizen as a source of data. Mapping presently benefits from vast amounts of spatial data as well as people able to provide observations of geographic phenomena, which can inform map production, revision and evaluation. The great potential of these developments is, however, often limited by concerns. The latter span issues from the nature of the citizens through the

way data are collected and shared to the quality and trustworthiness of the data. This book reports on some of the key issues connected with the use of citizen sensors in mapping. It arises from a European Co-operation in Science and Technology (COST) Action, which explored issues linked to topics ranging from citizen motivation, data acquisition, data quality and the use of citizen derived data in the production of maps that rival, and sometimes surpass, maps arising from authoritative agencies.

Aeronautical Equipment, Army Oil Analysis Program (AOAP). 1992

The IoT Hacker's Handbook Aditya Gupta 2019-03-30 Take a practioner's approach in analyzing the Internet of Things (IoT) devices and the security issues facing an IoT architecture. You'll review the architecture's central components, from hardware communication interfaces, such as UARTand SPI, to radio protocols, such as BLE or ZigBee. You'll also learn to assess a device physically by opening it, looking at the PCB, and identifying the chipsets and interfaces. You'll then use that information to gain entry to the device or to perform other actions, such as dumping encryption keys and firmware. As the IoT rises to one of the most popular tech trends, manufactures need to take necessary steps to secure devices and protect them from attackers. The IoT Hacker's Handbook breaks down the Internet of Things, exploits it, and reveals how these devices can be built securely. What You'll LearnPerform a threat model of a real-world IoT device and

locate all possible attacker entry points Use reverse engineering of firmware binaries to identify security issues Analyze,assess, and identify security issues in exploited ARM and MIPS based binariesSniff, capture, and exploit radio communication protocols, such as Bluetooth Low Energy (BLE), and ZigBee Who This Book is For Those interested in learning about IoT security, such as pentesters working in different domains, embedded device developers, or IT people wanting to move to an Internet of Things security role.

Entrepreneurship Bruce R. Barringer 2008 Undergraduate course in Entrepreneurship and New Venture creation. Entrepreneurship 2/e takes students on the entire journey of launching a new venture, with a unique emphasis on the front end of the entrepreneurial process.

HTML, XHTML, and CSS Bible Bryan Pfaffenberger 2004-11-11 An expanded, updated, and retitled edition of HTML Bible, examining HTML, XHTML-a set of extensions to HTML to make it more like XML-and cascading style sheets (CSS), which provide a simple way to add consistent formatting to HTML Web documents Focusing on reader feedback and changing industry trends, this new edition is a major overhaul that addresses the extensive changes in Web development Shows readers the best, most efficient way to use HTML and examines which peripheral technologies are worth learning for the long run Features "before and after" pictures that show the results of improved Web page coding Offers continued coverage of key topics,

including site administration, dynamic data-driven pages, and many others, in addition to new sections on hot new topics such as blogs and content management

How to Identify & Resolve Radio-tv Interference Problems United States. Federal Communications Commission. Field Operations Bureau 1982

The Practice of Statistics for Business and Economics [With Access Code] David S. Moore 2011-04

The Wim Hof Method Wim Hof 2020-10-20 INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his

gripping and passionate style, Wim shares his method and his story, including: • Breath—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind • Cold—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength • Mindset—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living • Science—How users of this method have redefined what is medically possible in study after study • Health—True stories and testimonials from people using the method to overcome disease and chronic illness • Performance—Increase your endurance, improve recovery time, up your mental game, and more • Wim's Story—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph • Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you. **Humble Pi** Matt Parker 2020-01-21 #1 INTERNATIONAL BESTSELLER AN ADAM SAVAGE BOOK CLUB PICK The book-length answer to anyone who ever put their

hand up in math class and asked, "When am I ever going to use this in the real world?" "Fun, informative, and relentlessly entertaining, Humble Pi is a charming and very readable guide to some of humanity's all-time greatest miscalculations—that also gives you permission to feel a little better about some of your own mistakes." —Ryan North, author of How to Invent Everything Our whole world is built on math, from the code running a website to the equations enabling the design of skyscrapers and bridges. Most of the time this math works quietly behind the scenes . . . until it doesn't. All sorts of seemingly innocuous mathematical mistakes can have significant consequences. Math is easy to ignore until a misplaced decimal point upends the stock market, a unit conversion error causes a plane to crash, or someone divides by zero and stalls a battleship in the middle of the ocean. Exploring and explaining a litany of glitches, near misses, and mathematical mishaps involving the internet, big data, elections, street signs, lotteries, the Roman Empire, and an Olympic team, Matt Parker uncovers the bizarre ways math trips us up, and what this reveals about its essential place in our world. Getting it wrong has never been more fun.

Cocomelon Let's All Sing Together Cottage Door Press 2021-11-02 Sing along with 5 favorite songs!

Secrets of Successful Program Design Alwyn Cosgrove 2020-08-03 Your success as a fitness professional depends on your ability to reliably deliver results to clients. In

Secrets of Successful Program Design: A How-To Guide for Busy Fitness Professionals, noted fitness and program design expert Alwyn Cosgrove and his director of programming, Craig Rasmussen, share Alwyn's proven system for creating programs that take clients from where they are to where they want to be. You'll learn how to properly assess a client and design the most effective program based on their individual goal—whether that is fat loss, muscle and strength building, or improved overall conditioning. You'll also learn how to customize the training experience of your client on the fly, effectively progressing and regressing exercises according to day-to-day fluctuations in abilities and needs. This will ensure you are delivering the best results possible for each client every time they train. This guide to building training programs is supplemented with a selection of predesigned workouts that will draw on your skills for progressing and regressing exercises, saving you valuable time and energy while still allowing you to produce a personalized experience for your client. A reliable system-based approach to program design that consistently delivers results to every client—regardless of demographic profile, ability, or goals—will set your training business up for success in the incredibly competitive fitness market. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Secrets of Successful Program Design Online CE

Exam may be purchased separately or as part of the Secrets of Successful Program Design With CE Exam package that includes both the book and the exam.

Be Iron Fit Don Fink 2010-03-16 Ever dream of being an elite endurance athlete and competing in races like Hawaii's Ironman? Professional athletes are not the only people who have the ability to attain superior athletic accomplishments. Every season tens of thousands of amateur triathletes compete head-to-head, pushing their physical and mental strength to the absolute limits. The standard Ironman competition is a true test: a 2.4-mile open-water swim, followed by a 112-mile bike leg, and a 26.2-mile marathon run. Sought-after multisport coach, Don Fink assures readers that the challenge is not too difficult, the dream is not impossible. His time-efficient training methods have been honed over the years and have been proved to aid anyone in achieving their athletic dreams. Be Iron-Fit provides practical training information in a step-by-step, enjoyable way so that even everyday athletes can attain ultimate conditioning. Included in this revolutionary guide is information on: - The essential workouts - The training cycle- Core training - 12-week training programs - Effective time management - The principle of gradual adaptation - Effective heart-rate training - Preparing with training races - Proper technique - Equipment tips - Race and pre-race strategies - Mental training - Effective goal setting and race

selection- Nutrition - And much more
With the proper preparation and
training techniques explained here,
virtually anyone can attain supreme
fitness.

Programming Ruby David Thomas 2004 A
tutorial and reference to the object-
oriented programming language for
beginning to experienced programmers,
updated for version 1.8, describes
the language's structure, syntax, and
operation, and explains how to build
applications. Original.
(Intermediate)

A Whole Bunch of Paper Eco Eco Asylum
2018-03 If you're looking for an
entire book of nothing but blank
paper, a book with a unicorn on the
cover, a book that is not already
cluttered up with words and drawings
and stuff, you've come to the right
place. Maybe you need a place to put
autographs, a place to tape
photographs, a place to write your
next operatic symphony! Can't do that
in a cluttered book full of words and
drawings and stuff. This is a
notebook, it is a sketch book, it is
an idea book, it is whatever you want
it to be! A book with listening
skills, a book with potential!!! ...
A Book with a Whole Bunch of Blank
Paper...

The Chief Learning Officer Tamar
Elkeles 2007 NEW - TAMAR ELKELES WINS
PRESTIGIOUS AWARD! Tamar Elkeles,
vice president of Qualcomm Learning
Center and co-author of The Chief
Learning Officer, has been named 2010
CLO of the Year by Chief Learning
Officer magazine "Since she began
with the company in 1992, Tamar
Elkeles has built the Qualcomm
Learning Center from a one-person

operation into a sophisticated, integrated and innovative strategic resource for the organization" said Norm Kamikow, president and editor in chief of Chief Learning Officer magazine. Congratulations Tamar! ------ New business realities and customer demands, coupled with new technologies in a changing competitive landscape are causing corporate learning departments to rethink their value, role, and impact in the organization. In a constantly changing business landscape with limited resources and tight budgets, learning must be viewed as essential to a successful achievement of business goals. The individual driving this function, the Chief Learning Officer (CLO), is in a unique position to add significant value to the organization. The role of the CLO is to drive value, focusing on issues such as business alignment, managing resources, innovation, customer service and ROI. The challenge is to show value to the organization in terms that business leaders and financial analysts can understand and appreciate. Written from the perspective of the CLO, this book discusses nine important value-adding strategies, making up this critical role of the CLO of the future. At least twenty high profile CLOs provide their strategies on each of these issues. This book is essential reading for both the training and HR communities who need to show the value and connect learning to the business. This book shows the value that can be achieved in the organization if it is managed and organized properly and the

appropriate leadership is provided. * Real world strategies from successful CLO's * Practical applications for skill development * Shows how to connect the learning enterprise to the business.

A Practical Guide to Computer Forensics Investigations Darren R. Hayes 2015 A Practical Guide to Computer Forensics Investigations introduces the newest technologies along with detailed information on how the evidence contained on these devices should be analyzed. Packed with practical, hands-on activities, students will learn unique subjects from chapters including Mac Forensics, Mobile Forensics, Cyberbullying, and Child Endangerment. This well-developed book will prepare students for the rapidly-growing field of computer forensics for a career with law enforcement, accounting firms, banks and credit card companies, private investigation companies, or government agencies.

The PCOS Plan Nadia Brito Pateguana 2020-04-14 New York Times bestselling author Dr. Jason Fung joins forces with naturopathic doctor Nadia Pateguana to offer methods to prevent and reverse PCOS through diet and intermittent fasting. Polycystic Ovary Syndrome (PCOS) is the most common reproductive disorder in the world, affecting an estimated eight to 20 percent of women of reproductive age, almost half of whom are unable to conceive. PCOS is also associated with increased risks of heart disease, ovarian and endometrial cancers, and type 2 diabetes. In this clearly written

guide, backed by science and personal experience, Drs. Jason Fung and Nadia Brito Pateguana identify the symptoms of PCOS and reveal its root cause: excess insulin. They then show how to prevent and reverse PCOS with a low-carb diet and intermittent fasting. As a bonus, fifty recipes and a variety of menu plans are included to put new knowledge into (delicious) practice.

Programming Python, 3/E Mark Lutz 2006-01-01 Whether you're a novice or an advanced practitioner, you'll find this refreshed book more than lives up to its reputation. Programming Python, Third Edition teaches you the right way to code. It explains Python language syntax and programming techniques in a clear and concise manner, with numerous examples that illustrate both correct usage and common idioms. By reading this comprehensive guide, you'll learn how to apply Python in real-world problem domains such as:

Handbook of Energy Economics and Policy Alessandro Rubino 2021-05-01 Handbook of Energy Economics and Policy: Fundamentals and Applications for Engineers and Energy Planners presents energy engineers and managers with analytical skills and concepts that enable them to apply simple economic logic to understand the interrelations between energy technologies, economics, regulation and governance of the industry. Sections cover the origins, types and measurement of energy sources, transportation networks, and regulatory and policy issues on electricity and gas at a global level, new economic and policy

issues, including innovation processes in the energy industry and economic and policy implications. Final sections cover state-of-the-art methods for modeling and predicting the dynamics of energy systems. Its unique approach and learning path makes this book an ideal resource for energy engineering practitioners and researchers working to design, develop, plan or deploy energy systems. Energy planners and policymakers will also find this to be a solid foundation on which to base decisions. Presents key-concepts and their interrelation with energy technologies and systems in a clear way for ready application during planning and deployment of energy technologies and systems Includes global case studies covering a wide array of energy sources and regulatory models Explores methodologies for modeling and forecasting the impacts of energy technologies and systems, as well as their costs and possible business models