

## A Users Manual To The Pmbok Guide By Cynthia Snyder Stackpole

A little boy who is disappointed by the seven steps in his Superhero Instruction Guide gets a glimpse of true heroism.

Guidelines for Reporting Health Research is a practical guide to choosing and correctly applying the appropriate guidelines when reporting health research to ensure clear, transparent, and useful reports. This new title begins with an introduction to reporting guidelines and an overview of the importance of transparent reporting, the characteristics of good guidelines, and how to use reporting guidelines effectively in reporting health research. This hands-on manual also describes over a dozen internationally recognised published guidelines such as CONSORT, STROBE, PRISMA and STARD in a clear and easy to understand format. It aims to help researchers choose and use the correct guidelines for reporting their research, and to produce more completely and transparently reported papers which will help to ensure reports are more useful and are not misleading. Written by the authors of health research reporting guidelines, in association with the EQUATOR (Enhancing the QUALity and Transparency Of health Research) Network, Guidelines for Reporting Health Research is a helpful guide to producing publishable research. It will be a valuable resource for researchers in their role as authors and also an important reference for editors and peer reviewers.

The must-have manual to understand and use the latest edition of the Fifth Edition The professional standard in the field of project management, A Guide to the Project Management Body of Knowledge (PMBOK® Guide—Fifth Edition) published by the Project Management Institute (PMI®) serves as the ultimate resource for professionals and as a valuable studying and training device for students taking the PMP® Exam. A User's Manual to the PMBOK® Guide takes the next logical step to act as a true user's manual. With an accessible format and easy-to-understand language, it helps to not only distill essential information contained in the PMBOK® Guide—Fifth Edition, but also fills an educational gap by offering instruction on how to apply its various tools and techniques. This edition of the User's Manual: Defines each project management process in the PMBOK® Guide—Fifth Edition, describes the intent, and discusses the individual ITTOs (inputs, tools and techniques, and outputs) Features examples, handy tips, and sample forms to supplement learning Contains a data flow diagram of each process in the PMBOK® Guide—Fifth Edition to show how information is distributed Is updated to provide deeper coverage of stakeholder management and to include new processes for scope, schedule, cost, and stakeholder management The User's Manual enables you to put the PMBOK Guide—Fifth Edition to work on your projects. It will help you implement the processes described in the PMBOK Guide—Fifth Edition and apply the tools and techniques to help make your projects successful. Thorough in coverage and rich in content, it is a worthy companion to augment the important strategies laid out in the PMBOK® Guide—Fifth Edition, and the one book that aspiring or professional project managers should never be without. Fully updated to align with A Guide to the Project Management Body of Knowledge (PMBOK® Guide)—Fifth Edition Describes how to apply tools and techniques for projects and how to create process outputs Presents information by process group Expands upon the PMBOK® Guide with information on the sponsor's role and planning loops Integrates and describes interpersonal skills into the process where they are identified (PMBOK, PMI, PMP and Project Management Professional are registered marks of the Project Management Institute, Inc.)

The Vagina Book is an essential guide packed with invaluable information about sexual health that everybody should know, but might be too afraid to ask. With sections on anatomy, periods, hormones, sex, contraception, fertility, hair care, and so much more, this fun-to-read guide

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helps readers make healthy decisions for their bodies. Compelling personal essays from a diverse group of luminary figures—including Margaret Cho, Roxane Gay, and Blair Imani—are sprinkled throughout, enriching the pages with beauty, strength, and honesty. • From OB/GYN Dr. Jennifer Conti and the team behind the beloved Thinx period products • Dispenses with taboos and misinformation about vaginas and bodies • Provides the latest health research in easy-to-digest entries Advice includes yoga poses to help with PMS and cramping, a cheat sheet for making sense of contraception options, why you should care about your pelvic floor (plus easy strengthening exercises!), and the illustrated history of feminine hygiene products, from ancient Egypt through today. This groundbreaking guide is a perfect gift for every modern woman and a vital addition to every modern bookshelf. • A must-have handbook for anyone with a vagina • Presented in a luxe, cushioned case filled with more than a hundred vibrant illustrations • Perfect unique gift for anyone who is passionate about sexual health, feminism, and learning more about their body, as well as readers of Refinery29 and GOOP • Add it to the shelf with books like Come as You Are: The Surprising New Science that Will Transform Your Sex Life by Emily Nagoski PhD;, WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source by Alisa Vitti; and Pussy: A Reclamation by Regena Thomashaue.

"A USER'S MANUAL FOR THE HUMAN EXPERIENCE" by Michael W. Dean Foreword by Pastor Kenneth V. Blanchard, Sr. SUBJECTS: \*Self-Help: Codependency; \*Self-Help: Substance Abuse & Addictions - General; \*Biography & Autobiography: Personal Memoirs Published by The Nestlandia Institute Think Tank. WEBSITE, forum and contact: LifeAmp.org OVERVIEW: This is the first-ever book on LIFE AMPLIFICATION or "LifeAmp." LifeAmp is learning to be comfortable in your own skin, and make a living doing what you love. This stunning new guide applies libertarian "no free lunch" and "no initiation of force" ideals to self-help. The book teaches that self-defense is "appropriate and right," and shows how to practice PRACTICAL EMOTIONAL SELF-DEFENSE, using the same standard of integrity when dealing with family, friends, strangers, work, community, the nation, and the world. It's RECOVERY WITHOUT MEETINGS - from codependence, dope addiction, booze addiction...in short, any destructive pattern you'd like to delete from your own internal wiring. It then teaches you how to MAXIMIZE YOUR WORK ETHIC after you eliminate the toxic patterns and SERENITY VAMPIRES. "A USER'S MANUAL FOR THE HUMAN EXPERIENCE" is a post-modern guide for today's realist - everyone who knows that meditating on rainbows, angels and puppies won't fix them. AUTHOR: Michael W. Dean is the author of the books "\$30 Film School," "\$30 Music School," "\$30 Writing School," "Starving in the Company of Beautiful Women," "The Simple Pleasures of a Complex Girl," "DIY NOW! Digital Audio" and "YouTube: an Insider's Guide to Climbing the Charts." Michael directed the films "Hubert Selby Jr: It'll Be Better Tomorrow" and "D.I.Y. or DIE: How to Survive as an Independent Artist." WHAT PEOPLE ARE SAYING ABOUT THE BOOK: "I knew Michael Dean back in the day, when he was a 19-year-old punk rocker with an appetite for self-destruction. I honestly didn't think he'd live to be 30. But guess what? It turns out that Michael isn't just a survivor; he's a survivor who's learned how to enjoy life, liberty, and the pursuit of happiness after recovery. For everyone who wants to know how to stay sane, develop a great work ethic, and make a mark on the world, Michael Dean has a great story to tell. --Professor Michael Brub, Ph.D.(Penn State), author of "What's Liberal About the Liberal Arts?" and "Life as We Know It" "Part intellectual memoir, part self-help book, Michael W. Dean's Practical Emotional Self-Defense (PESD) techniques flow from a wealth of life experiences, both positive and negative. 'The Only Two Rules in Life' have some radical, refreshing implications. You'll have to read the book to find out what they are!" --Jason Sorens, Ph.D. (Assistant Professor, University at Buffalo, SUNY), founder of the Free State Project "You owe yourself the opportunity to step outside your comfort zone and put yourself in the court with this modern-day Socrates." --Pastor Kenneth V. Blanchard, Sr., author of

### "Black Man with a Gun"

An entirely new approach to reading, understanding, and enjoying Native American fiction This book has been written with the narrow conviction that if Native American literature is worth thinking about at all, it is worth thinking about as literature. The vast majority of thought that has been poured out onto Native American literature has puddled, for the most part, on how the texts are positioned in relation to history or culture. Rather than create a comprehensive cultural and historical genealogy for Native American literature, David Treuer investigates a selection of the most important Native American novels and, with a novelist's eye and a critic's mind, examines the intricate process of understanding literature on its own terms. Native American Fiction: A User's Manual is speculative, witty, engaging, and written for the inquisitive reader. These essays—on Sherman Alexie, Forrest Carter, James Fenimore Cooper, Louise Erdrich, Leslie Marmon Silko, and James Welch—are rallying cries for the need to read literature as literature and, ultimately, reassert the importance and primacy of the word. An opinionated, illustrated guide for cocktail beginners, covering the basics of spirits plus making and drinking cocktails, written by celebrated craft cocktail bartender Jeffrey Morgenthaler. This easy-reading, colorful introduction for cocktail beginners, with approximately 100 succinct lessons on drinking culture, spirits, and cocktail making, is delivered in the pithy, wry style Morgenthaler is known for in his instructional videos and writing for beverage publications. Novices will learn how to order a drink, how to drink with the boss, how to drink at the airport, and more. Twelve perfect starter recipes—ranging from a Dry Gin Martini to a Batched Old-Fashioned (perfect for the flask)—plus thirty original illustrations round out this distillation for new enthusiasts.

More than 100,000 entrepreneurs rely on this book for detailed, step-by-step instructions on building successful, scalable, profitable startups. The National Science Foundation pays hundreds of startup teams each year to follow the process outlined in the book, and it's taught at Stanford, Berkeley, Columbia and more than 100 other leading universities worldwide. Why? The Startup Owner's Manual guides you, step-by-step, as you put the Customer Development process to work. This method was created by renowned Silicon Valley startup expert Steve Blank, co-creator with Eric Ries of the "Lean Startup" movement and tested and refined by him for more than a decade. This 608-page how-to guide includes over 100 charts, graphs, and diagrams, plus 77 valuable checklists that guide you as you drive your company toward profitability. It will help you:

- Avoid the 9 deadly sins that destroy startups' chances for success
- Use the Customer Development method to bring your business idea to life
- Incorporate the Business Model Canvas as the organizing principle for startup hypotheses
- Identify your customers and determine how to "get, keep and grow" customers profitably
- Compute how you'll drive your startup to repeatable, scalable profits.

The Startup Owner's Manual was originally published by K&S Ranch Publishing Inc. and is now available from Wiley. The cover, design, and content are the same as the prior release and should not be considered a new or updated product.

Build your skills and confidence in digital photography with practical and inspirational advice from Tom Ang. Find your inner photographer and get the most out of your camera with Digital Photography Essentials. Packed with expert knowledge, it is the perfect combination of practical photography advice and visual inspiration to help you make your own digital masterpieces in a flash. This guide will teach you the basics of how to approach a subject, develop ideas, and manipulate images in a series of inspiring photography projects. As well as featuring chapters dedicated to the art of taking photographs, this handbook will help you to gain confidence in other subjects that you may need, such as sharing

images, making movies, and selecting equipment. Covering the latest advances in digital photography, Digital Photography Essentials is the perfect reference to help you master every step of taking successful photographs. If life came with an owner's manual, would you take the time to read it? The Book on Time: An Owner's Manual for the Time of Your Life is your guide to answering one of life's most important questions: "How should I spend my time?" Our team of Harvard educated researchers went through the latest scientific findings from over 830 peer-reviewed scientific studies on topics ranging from astrobiology to the gut microbiome to life regrets looking for answers. We also brushed up on 3,000 years of philosophy until our eyes glazed over. Save yourself a lot of time (and suffering) by getting the most important insights and distilled wisdom in an easy-to-digest and visually striking form. This 180-page owner's manual should take you about 48 minutes to skim (and a lifetime to master). In return for the time invested you will: Deepen your understanding and appreciation of time Identify common pitfalls and how to avoid them Learn from the best of scientific research, philosophy, and ancient wisdom Think through life's important questions & decisions Get actionable ways to make the most of your time We have come to realize that time well spent leads to a life well lived. Learning and applying insights from The Book on Time is guaranteed to be one of the most valuable uses of your time. Enjoy!

Discover the essential ways that we are connected the earth in Precious Planet, and learn what you can do to take care of our planet. How amazing is the home we all share, planet Earth! It's home to millions and billions of animals and plants, but have you ever wondered how everything is connected? In Precious Planet, learn all about our home that was formed almost 4.6 billion years ago-- the earth's crust, the continents we live on, and the oceans in between--and dive into the planet's fascinating geography. One of the most important parts of living in a home that you love is taking care of it. Precious Planet shows how we can work together to take care of this magnificent place--from saving water and trees, to looking out for each other. Precious Planet uses eye-popping illustrations to explain the world's natural phenomena, while opening children's eyes to the importance of sustainability and conservation in a fun and engaging way.

The news is everywhere. We can't stop constantly checking it on our computer screens, but what is this doing to our minds? We are never really taught how to make sense of the torrent of news we face every day, writes Alain de Botton (author of the best-selling The Architecture of Happiness), but this has a huge impact on our sense of what matters and of how we should lead our lives. In his dazzling new book, de Botton takes twenty-five archetypal news stories—including an airplane crash, a murder, a celebrity interview and a political scandal—and submits them to unusually intense analysis with a view to helping us navigate our news-soaked age. He raises such questions as Why are disaster stories often so uplifting? What makes the love lives of celebrities so interesting? Why do we enjoy watching politicians being brought down? Why are upheavals in far-off lands often so boring? In The News: A User's Manual, de Botton has written the

ultimate guide for our frenzied era, certain to bring calm, understanding and a measure of sanity to our daily (perhaps even hourly) interactions with the news machine. (With black-and-white illustrations throughout.)

**At Last! A Beginner's Guide to Toddler Technology** Just when you've mastered your infant's maintenance routine, he begins to malfunction, refusing fuel, crying inexplicably, and resisting your attempts to clothe him. Your infant has upgraded to a toddler! But how can you master your toddler's changing technology? Through step-by-step instructions and helpful schematic diagrams, *The Toddler Owner's Manual* explores hundreds of frequently asked questions: How should I react when my toddler throws a tantrum? How do I train my toddler for self-waste disposal? Whatever your concerns, you'll find the answers here—courtesy of pediatric psychologist Dr. Brett R. Kuhn and co-author Joe Borgenicht. Together, they provide plenty of useful advice for anyone who wants to learn the basics of toddler care.

Represents an exploration of the relationship between imagination and reality as seen through the eyes of the dying Serge Valene, an inhabitant of a large Parisian apartment block.

How should I live? What is my purpose? Can I find happiness? Ever felt as though life would be simpler if it came with an instruction manual? There are no easy answers to the big questions. And life does not follow a straight path from A to B. Since the beginning of time, people have asked questions about how they should live and, from Ancient Greece to Japan, philosophers have attempted to solve these questions for us. The timeless wisdom that they offer can help us to find our own path. In this insightful, engaging book, renowned existential psychotherapist and philosophical counsellor Antonia Macaro and bestselling philosopher Julian Baggini cover topics such as bereavement, luck, free will and relationships, and guide us through what the greatest thinkers to ever walk the earth have to say on these subjects, from the Stoics to Sartre. Discover advice from the world's greatest thinkers on questions like- Is there a right way to grieve? What is free will? How can we learn from past mistakes? Do we make our own luck?

What you hold in your hands is the instruction manual that should have been provided at your birth. While a set of knives may come with ten pages of instructions, and DVD players are documented with epics that would put Tolstoy off, you were previously left without so much as an FAQ to your very existence. *Life: A User's Manual* will provide you every thing you need to know in order to: Get out of doing the dishes, forever Run a successful presidential campaign Gain entry into the best pre-school clique Decide if a career in mad science is right for you "From first steps to last breaths, Steve Cullison's *Life: A User's Manual* comically guides the reader through the ages and stages of one's life. A combination of Douglas Adams and Jack Handy, *Life* is both written and illustrated with intelligence and a droll tongue-in-cheek sense of humor. A must-read that should be in every kitchen drawer and glove box, and on every bookshelf." -Benjamin Hesse, author of *Memoirs of a Gaijin*

Berger's slim, user-friendly volume on academic writing is a gift to linguistically-stressed academics. Author of 60 published books, the author speaks to junior scholars and graduate students about the process and products of academic writing. He differentiates between business writing skills for memos, proposals, and reports, and the scholarly writing that occurs in journals and books. He has suggestions for getting the "turgid" out of turgid academic prose and offers suggestions on how to best structure various forms of documents for effective communication. Written in Berger's friendly, personal style, he shows by example that academics can write good, readable prose in a variety of genres.

Providing Christians with guidance to help them break out of the bondage of materialism, this book helps readers effect a change of heart, not budgeting strategies. It inspires readers to spend less than they make and be content with what they have.

How can we think of life in its dual expression, matter and experience, the living and the lived? Philosophers and, more recently, social scientists have offered multiple answers to this question, often privileging one expression or the other – the biological or the biographical. But is it possible to conceive of them together and thus reconcile naturalist and humanist approaches? Using research conducted on three continents and engaging in critical dialogue with Wittgenstein, Benjamin, and Foucault, Didier Fassin attempts to do so by developing three concepts: forms of life, ethics of life, and politics of life. In the conditions of refugees and asylum seekers, in the light of mortality statistics and death benefits, and via a genealogical and ethnographical inquiry, the moral economy of life reveals troubling tensions in the way contemporary societies treat human beings. Once the pieces of this anthropological composition are assembled, like in Georges Perec's jigsaw puzzle, an image appears: that of unequal lives.

Is your body starting to feel the wear and tear of life? Physical labor and repetitive movements can wear your body down if you don't know how to take care of it. People will tell you that pain is inevitable. That it's a part of getting older. That you need better ergonomics or that you'll have to quit your job. But it's not true. In *Your Body, a User's Manual*, Dr. Laurie shows you that you don't need to live and work in pain. By increasing the amount of stress your body can handle, you can return your body to a younger state, with less pain and quicker recovery times. ? Stop turning to things like alcohol and pain meds that mask your symptoms instead of fixing the underlying problem. Pick up *Your Body, a User's Manual* today, start rebuilding your body's resilience, and learn how to return to a younger you.

This much anticipated volume continues the tradition of Volume I, the Practitioner course manual. The authors now invite you to reach beyond Practitioner to Master level to develop the very spirit of NLP. "... the quintessential self-study course on advanced NLP." Judith E. Pearson PhD

From the author of *How Emotions Are Made*, a myth-busting primer on the brain in the tradition of *Seven Brief Lessons on Physics* and *Astrophysics for People in a Hurry*. Have you ever wondered why you have a brain? Let renowned neuroscientist Lisa Feldman Barrett demystify that big gray blob between your ears. In seven short essays (plus a bite-sized story about how brains evolved), this slim, entertaining, and accessible collection reveals mind-expanding lessons from the front lines of neuroscience research. You'll learn where brains came from, how they're structured (and why it matters), and how yours works in tandem with

other brains to create everything you experience. Along the way, you'll also learn to dismiss popular myths such as the idea of a "lizard brain" and the alleged battle between thoughts and emotions, or even between nature and nurture, to determine your behavior. Sure to intrigue casual readers and scientific veterans alike, *Seven and a Half Lessons About the Brain* is full of surprises, humor, and important implications for human nature—a gift of a book that you will want to savor again and again. Leading teachers share what they do in studio when working with people in their fifth decade and beyond. Practical, informative, and full of hints, tips, physical and vocal exercises expressly for older voices, this is an invaluable resource for the study of pedagogy, and a handbook that singers and their teachers can use.

"Congratulations on the purchase of this exclusive product, tailor-made just for you. It will provide you with years of continuous existence." So begins *The Brain: A User's Manual*, Marco Magrini's fascinating guide to the inner workings of one of nature's most miraculous but misunderstood creations: the human brain. This user-friendly manual offers an accessible guide to the machine you use the most, deconstructing the brain into its constituent parts and showing you both how they function and how to maintain them for a longer life. Cutting through the noise of modern pop psychology, *The Brain: A User's Manual* is a refreshingly factual approach to self-help. Written with a deft style and wry humour, it offers tips on everything from maximising productivity to retaining memory and boosting your mood.

The imperative to "publish and not perish" has never been more compelling. Yet millions of manuscripts are prepared each year without a clear path to publication by a peer-reviewed medical journal. Enter "The Gutkin Manual." Drawing from the author's distinguished, nearly 30-year career, this comprehensive and supportive guide helps to get your paper accepted—and by the journal of first choice. Elucidating pivotal principles of quality, and biostatistics, and informed by the belief that your writing can be engaging, elegant, and memorable—no matter how technical and complex the subject matter, this volume can be your trustworthy companion as you seek to enhance both the structure and substance of your manuscripts.

*At Last! A Beginner's Guide to Newborn Baby Technology* You've programmed your DVR, you've installed a wireless Internet connection, you can even check Facebook on your cell phone. But none of this experience will prepare you for the world's biggest technological marvel: a newborn baby. Through step-by-step instructions and helpful schematic diagrams, *The Baby Owner's Manual* explores hundreds of frequently asked questions: What's the best way to swaddle a baby? How can I make my newborn sleep through the night? When should I bring the baby to a doctor for servicing? Whatever your concerns, you'll find the answers here—courtesy of celebrated pediatrician Dr. Louis Borgenicht and his son, Joe Borgenicht. Together, they provide plenty of useful advice for anyone who wants to learn the basics of childcare.

*The Owner's Manual to the Voice* demystifies the voice, enabling singers and all voice professionals - whether actors, broadcasters, teachers, preachers, lawyers, public speakers- to communicate intelligently with physicians and understand dangers, treatments, vocal hygiene and medical procedures.

What is the point? What is the purpose of life? Why must I suffer the stress, and anxiety that comes with it? Why does it all seem

so hard and so unfair? If you have asked yourself any of these questions, then you have found the book you are looking for. There are answers to all of these questions and Anderson Silver has compiled teachings from Stoicism and other schools of thought in Your User's Manual. This refreshing collection not only gives the reader much sought after answers, but also provides the tools for finding purpose, and living an anxiety-free life in the modern world. Meant as a light read that the reader can come back to and meditate on periodically, Anderson has done a wonderful job of condensing fundamental teachings, making Your User's Manual a straightforward read in answering life's most pressing questions and recognizing what is truly important.

How should I live? What is my purpose? Can I find happiness? Ever felt as though life would be simpler if it came with an instruction manual? There are no easy answers to the big questions. And life does not follow a straight path from A to B. Since the beginning of time, people have asked questions about how they should live and, from Ancient Greece to Japan, philosophers have attempted to solve these questions for us. The timeless wisdom that they offer can help us to find our own path. In this insightful, engaging book, renowned existential psychotherapist and philosophical counsellor Antonia Macaro and bestselling philosopher Julian Baggini cover topics such as bereavement, luck, free will and relationships, and guide us through what the greatest thinkers to ever walk the earth have to say on these subjects, from the Stoics to Sartre. Discover advice from the world's greatest thinkers on questions like: Is there a right way to grieve? What is free will? How can we learn from past mistakes? Do we make our own luck?

Your User's Manual A Guide for Purpose and an Anxiety Free Life in the 21st Century ISBN Canada

Steampunk, the retro-futuristic cultural movement, has become a substantial and permanent genre in the worlds of fantasy and science fiction. A large part of its appeal is that, at its core, Steampunk is about doing it yourself: building on the past while also innovating and creating something original. VanderMeer's latest book offers practical and inspirational guidance for readers to find their individual path into this realm. Including sections on art, fashion, architecture, crafts, music, performance, and storytelling, The Steampunk User's Manual provides a conceptual how-to guide that motivates and awes both the armchair enthusiast and the committed creator. Examples range from the utterly doable to the completely over-the-top, encouraging participation and imagination at all levels.

Is your Chromebook proving difficult to navigate? Do you wish to learn mouth-watering tricks on your Chromebook? If your answers to the above questions is YES then this Chromebook Manual for Beginners is truly yours. It contains easy to follow step-by-step instructions, exclusive details and concise points that would help you become a pro user in record time. In this manual, you will discover how to: Set up google account Set up and personalize your Chromebook Navigate your Chromebook with touchpad gestures Health tips for same usage of your Chromebook Troubleshoot common problems Transfer file from one device to another 20+ shortcut tips for your Chromebook Use Google Docs and many more The advantage of this book over other Chromebook manuals in the market is that this book simplifies every information for anyone to understand. Why not get this user guide for Chromebook today?!

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An A-Z guide for graphic designers who want to make expressive and distinctive work. Offers students, novice designers, and seasonal professionals on insider's guide to the complexities of current graphic design practice and thinking.

At Last! A Comprehensive Guide to Understanding Teens Hormones. Rebellion. Moodiness. Peer pressure. No parent can be fully prepared for all the challenges associated with adolescence. Fortunately, The Teen Owner's Manual is here to answer your most pressing questions: How can I teach my teenager to make smart decisions? How do I keep her safe on the Web? How do I get him to communicate? How and when should I talk to her about sex? Whatever your concerns, you'll find the answers right here—courtesy of parenting author Sarah Jordan and adolescent medicine specialist Dr. Janice Hillman.

At Last! A No-Nonsense Guide to Bridal Essentials! Feuding in-laws, rehearsal dinner meltdowns, controlling wedding planners— what's a gal to do when her Big Day threatens to go down with more drama than a boatload of wedding crashers? Have no fear: The Bride's Instruction Manual boils it all down to the basics, covering every topic you need to know to march down that aisle with confidence, from setting the date and choosing The Dress to creating your guest list. Chock-full of cheat sheets to keep you on track and on budget, The Bride's Instruction Manual is the perfect shower gift for every blushing bride-to-be—courtesy of veteran wedding journalist Carrie Denny.

The #1 bestseller that gives YOU complete control over your body and your health. With new health studies and advice bombarding us every day, few people know much about what chugs, churns, and thumps throughout the miraculous system that is the human anatomy. YOU: The Owner's Manual challenges preconceived notions about how the human body works and ages, and takes you on a fascinating grand tour of all your blood-pumping, food-digesting, and numbers-remembering systems and organs—including the heart, brain, lungs, immune system, bones, and sensory organs. In this updated and expanded edition, America's favorite doctors, Michael Roizen and Mehmet Oz, discuss how YOU actually have control over your genes. Discover how diseases start and how they affect your body—as well as advice on how to prevent and beat conditions that threaten your quality of life. There are also 100 questions asked by you, and answered by the experts. For instance, do you know which of the following statements are true? As you increase the amount you exercise, the rewards you gain from it increase as well. If you're not a smoker, you have nothing to worry about when it comes to your lungs. Your immune system always knows the difference between your own cells and enemy invaders. The biggest threat to your arteries is cholesterol. Memory loss is a natural, inevitable part of aging. Stress is the greatest ager, and controlling it changes which of your genes is on. Did you answer "true" for any of the above? Then take a look inside. Complete with exercise tips, nutritional guidelines, simple lifestyle changes, and alternative approaches, YOU: The Owner's Manual debunks myths and gives you an easy, comprehensive, and life-changing How-To plan—as well as great-tasting and calorie-saving recipes—that can help you live a healthier, younger, and better life. Be the best expert on your body!

Ockham's razor, the principle of parsimony, states that simpler theories are better than theories that are more complex. It has a history dating back to Aristotle and it plays an important role in current physics, biology, and psychology. The razor also gets used outside of science - in everyday life and in philosophy. This book evaluates the principle and discusses its many applications. Fascinating examples from different domains provide a rich basis for contemplating the principle's promises and perils. It is obvious that simpler theories are beautiful and easy to understand; the hard problem is to figure out why the simplicity of a theory should be relevant to saying what the world is like. In this book, the ABCs of probability theory are succinctly developed and put to work to describe two 'parsimony paradigms' within which this problem can be solved.

Cutting-edge, user-friendly, and comprehensive: the revolutionary guide to the brain, now fully revised and updated At birth each of us is

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given the most powerful and complex tool of all time: the human brain. And yet, as we well know, it doesn't come with an owner's manual—until now. In this unsurpassed resource, Dr. Pierce J. Howard and his team distill the very latest research and clearly explain the practical, real-world applications to our daily lives. Drawing from the frontiers of psychology, neurobiology, and cognitive science, yet organized and written for maximum usability, *The Owner's Manual for the Brain, Fourth Edition*, is your comprehensive guide to optimum mental performance and well-being. It should be on every thinking person's bookshelf. What are the ingredients of happiness? Which are the best remedies for headaches and migraines? How can we master creativity, focus, decision making, and willpower? What are the best brain foods? How is it possible to boost memory and intelligence? What is the secret to getting a good night's sleep? How can you positively manage depression, anxiety, addiction, and other disorders? What is the impact of nutrition, stress, and exercise on the brain? Is personality hard-wired or fluid? What are the best strategies when recovering from trauma and loss? How do moods and emotions interact? What is the ideal learning environment for children? How do love, humor, music, friendship, and nature contribute to well-being? Are there ways of reducing negative traits such as aggression, short-temperedness, or irritability? What is the recommended treatment for concussions? Can you delay or prevent Alzheimer's and dementia? What are the most important ingredients to a successful marriage and family? What do the world's most effective managers know about leadership, motivation, and persuasion? Plus 1,000s more topics!

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