

## Ama Manual Of Style

Action learning is a continued process of learning and reflection with the support of a group of colleagues, working on real issues. The action learning method is increasingly used to bring innovation to many different fields of work. The principles of action learning can achieve improvement and transformation in a wide range of applications and disciplines, including professional training and educational contexts. This book is a comprehensive guide to action learning which maintains an accessible, practical focus throughout. It is packed with useful resources, including case studies and ideas for workshop sessions. Key topics covered include: \* action learning in professional and educational settings \* setting up, facilitating and evaluating an action learning programme \* the roles and skills required to practice successfully \* use of action learning in relation to the individual, the group and the organization \* the role of reflection; and action learning theory. Newcomers to the area of action learning will find this an essential introduction which can be put to use straight away, while more experienced practitioners seeking a deeper understanding will value the thorough analysis of action learning theory.

Concise, practical, and packed full of clinical information, the Oxford Handbook of Surgical Nursing is the essential resource for all those working in nursing practice surgery and its sub-specialties. Easily-accessible, this handbook provides all of the

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information and practical advice needed to care effectively and professionally for surgical patients This handbook provides a thorough introduction to the principles and practice of the care of patients undergoing the range of surgical procedures. It covers all of the core elements of surgical care from point of diagnosis, through to discharge and rehabilitation. The Oxford Handbook of Surgical Nursing provides clinical knowledge and skills for managing complex cases in the hospital or clinic. This guide will assist the reader in understanding the core role of the surgical nurse within the modern surgical team, to plan, implement and evaluate patient care delivery, and to manage complications arising from surgery. Evidence-based, and following the latest national guidelines, you can be sure this will be an indispensable companion, for all nurses, whether new to the specialty, or more experienced in surgical care.

Explains the importance of using citations; outlines the various styles, including APA, MLA, and Chicago; and offers examples for each from a wide range of sources.

Quick reference for the writing style guidelines from the American Medical Association for the medical sciences community. The need-to-know essentials of the guidelines in 6 laminated pages, designed for quick access and durability. Suggested uses:

- oStudents - handy reference while writing papers where AMA is the required or suggested style
- oProfessors - require students to write in AMA Style to prepare for a future in the science or medical sciences field
- oAuthors/Editors - reference while writing or editing pieces to be published in the science or medical science fields

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“We think of English as a fortress to be defended, but a better analogy is to think of English as a child. We love and nurture it into being, and once it gains gross motor skills, it starts going exactly where we don’t want it to go: it heads right for the goddamned electrical sockets.” With wit and irreverence, lexicographer Kory Stamper cracks open the obsessive world of dictionary writing, from the agonizing decisions about what to define and how to do it to the knotty questions of ever-changing word usage. Filled with fun facts—for example, the first documented usage of “OMG” was in a letter to Winston Churchill—and Stamper’s own stories from the linguistic front lines (including how she became America’s foremost “irregardless” apologist, despite loathing the word), *Word by Word* is an endlessly entertaining look at the wonderful complexities and eccentricities of the English language.

A call to redefine mobility so that it is connected, heterogeneous, intelligent, and personalized, as well as sustainable, adaptable, and city-friendly. The twentieth century was the century of the automobile; the twenty-first will see mobility dramatically re-envisioned. Automobiles altered cityscapes, boosted economies, and made personal mobility efficient and convenient for many. We had a century-long love affair with the car. But today, people are more attached to their smartphones than their cars. Cars are not always the quickest mode of travel in cities; and emissions from the rapidly growing number of cars threaten the planet. This book, by three experts from industry and academia, envisions a new world of mobility that is connected, heterogeneous,

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intelligent, and personalized (the CHIP architecture). The authors describe the changes that are coming. City administrators are shifting from designing cities for cars to designing cities for people. Nations and cities will increasingly employ targeted user fees and offer subsidies to nudge consumers toward more sustainable modes. The sharing economy is coaxing many consumers to shift from being owners of assets to being users of services. The auto industry is responding with connected cars that double as virtual travel assistants and by introducing autonomous driving. The CHIP architecture embodies an integrated, multimode mobility system that builds on ubiquitous connectivity, electrified and autonomous vehicles, and a marketplace open to innovation and entrepreneurship. Consumers will exercise choice on the basis of user experience and efficiency, aided by “intelligent advisors,” accessible through their mobile devices. An innovative mobility architecture reconfigured for this century is a social and economic necessity; this book charts a course for achieving it.

The AMA Manual of Style<sup>6R</sup> (AMAMoS) is a must-have guide for those seeking to publish research findings and anyone involved in medical or scientific publishing. But more than just a style manual, it offers guidance on how to navigate the dilemmas that authors, researchers and their institutions, medical editors and publishers, and members of the news media who cover scientific research confront on a daily basis. Written by an expert committee of JAMA and Archives editors, this 10th edition thoroughly covers ethical and legal issues, authorship, conflicts of interest, scientific

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misconduct and intellectual property, in addition to preparation of articles for publication, style, terminology, measurement, and quantitation.

Meticulously reviewed and updated for today's medical students, *Basic Immunology*, 6th Edition, is a concise text expertly written by the same distinguished author team as the best-selling, comprehensive text, *Cellular and Molecular Immunology*. This focused, easy-to-understand volume uses full-color illustrations and clinical images, useful tables, and practical features such as Summary Point boxes, end-of-chapter review questions, glossary terms, and clinical cases—all designed to help students master this complex topic in the most efficient, effective manner possible. Emphasizes clinical aspects of immunology, including disease pathogenesis, the development of novel therapies based on basic science, and an appendix of clinical cases for real-world application.

Provides top-notch instruction from experienced teachers, course directors, and lecturers led by well-known editor and author Dr. Abul Abbas. Features a highly readable writing style and practical organization, now with fully revised content and updated images to reflect recent important advances in today's understanding of the immune system. Presents information in a format and style that maximizes usefulness to students and teachers studying medicine, allied health fields, and biology. Contains numerous features designed to help students

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understand key immunologic concepts: high-quality illustrations, practical tables, chapter outlines, bolded key points, and focus questions in every chapter for self-assessment and review. Evolve Instructor site with a downloadable image bank is available to instructors through their Elsevier sales rep or via request at: <https://evolve.elsevier.com>

Provides information on manuscript preparation, punctuation, spelling, quotations, captions, tables, abbreviations, references, bibliographies, notes, and indexes, with sections on journals and electronic media.

The AMA Manual of Style is a must-have guide for those seeking to publish research findings and anyone involved in medical or scientific publishing. But more than just a style manual, it offers guidance on how to navigate the dilemmas that authors, researchers and their institutions, medical editors and publishers, and members of the news media who cover scientific research confront on a daily basis. Written by an expert committee of JAMA and Archives editors, this 10th edition thoroughly covers ethical and legal issues, authorship, conflicts of interest, scientific misconduct, and intellectual property, in addition to preparation of articles for publication, style, terminology, measurement, and quantification. Customers who purchase the Special Online Bundle Package receive the hardcover 10th edition, as well as a one-year subscription to the

Online Edition.

Introduction to molecular medicine -- Cardiovascular disease -- Pulmonary and critical care medicine -- Preoperative and postoperative care -- Renal disease -- Gastrointestinal disease -- Diseases of the liver and biliary system -- Hematologic disease -- Oncologic disease -- Endocrine disease and metabolic disease -- Women's health -- Men's health -- Diseases of bone and bone mineral metabolism -- Musculoskeletal and connective tissue disease -- Infectious disease -- Neurologic disease -- Geriatrics -- Palliative care -- Alcohol and substance abuse

Evidence-based medicine aims to apply the best available evidence gained from the scientific method to medical decision making. It is a practice that uses statistical analysis of scientific methods and outcomes to drive further experimentation and diagnosis. The profusion of evidence-based medicine in medical practice and clinical research has produced a need for life scientists and clinical researchers to assimilate biostatistics into their work to meet efficacy and practical standards. Practical Biostatistics provides researchers, medical professionals, and students with a friendly, practical guide to biostatistics. With a detailed outline of implementation steps complemented by a review of important topics, this book can be used as a quick reference or a hands-on guide to

effectively incorporate biostatistics in clinical trials. Customized presentation for biological investigators with examples taken from current clinical trials in multiple disciplines Clear and concise definitions and examples provide a pragmatic guide to bring clarity to the applications of statistics in improving human health Addresses the challenge of assimilation of mathematical concepts to better interpret literature, to build stronger studies, to present research effectively, and to improve communication with supporting biostatisticians

**#1 NEW YORK TIMES BESTSELLER** • Over two million copies sold! “Packed with incredible insight about what it means to be a woman today.”—Reese Witherspoon (Reese’s Book Club Pick) In her most revealing and powerful memoir yet, the activist, speaker, bestselling author, and “patron saint of female empowerment” (People) explores the joy and peace we discover when we stop striving to meet others’ expectations and start trusting the voice deep within us. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY O: The Oprah Magazine** • The Washington Post • Cosmopolitan • Marie Claire • Bloomberg • Parade • “Untamed will liberate women—emotionally, spiritually, and physically. It is phenomenal.”—Elizabeth Gilbert, author of *City of Girls* and *Eat Pray Love* This is how you find yourself. There is a voice of longing inside each woman. We strive so mightily to be good: good partners, daughters, mothers, employees, and

friends. We hope all this striving will make us feel alive. Instead, it leaves us feeling weary, stuck, overwhelmed, and underwhelmed. We look at our lives and wonder: Wasn't it all supposed to be more beautiful than this? We quickly silence that question, telling ourselves to be grateful, hiding our discontent—even from ourselves. For many years, Glennon Doyle denied her own discontent. Then, while speaking at a conference, she looked at a woman across the room and fell instantly in love. Three words flooded her mind: There She Is. At first, Glennon assumed these words came to her from on high. But she soon realized they had come to her from within. This was her own voice—the one she had buried beneath decades of numbing addictions, cultural conditioning, and institutional allegiances. This was the voice of the girl she had been before the world told her who to be. Glennon decided to quit abandoning herself and to instead abandon the world's expectations of her. She quit being good so she could be free. She quit pleasing and started living. Soulful and uproarious, forceful and tender, *Untamed* is both an intimate memoir and a galvanizing wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live. It is the story of navigating divorce, forming a new blended family, and discovering that the brokenness or wholeness of a family depends not on its structure but on

each member's ability to bring her full self to the table. And it is the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honor our anger and heartbreak, and unleash our truest, wildest instincts so that we become women who can finally look at ourselves and say: There She Is. Untamed shows us how to be brave. As Glennon insists: The braver we are, the luckier we get.

The sixth edition of Lockey and Ledford's Allergens and Allergen Immunotherapy continues to provide comprehensive coverage of all types of allergens and allergen vaccines, providing clinicians the essential information they need to accurately diagnose and manage all allergic conditions. With new and updated chapters, the sixth edition is the most up-to-date, single resource on allergy and immunotherapy. Key Features Completely revised and updated Detailed single source reference on allergy and immunotherapy Reorganized to provide clinicians with essential information to make diagnoses and offer the best treatments

Extensive coverage of the Internet as a source of and distribution means for drug information, and detailed sections on evaluating medical literature from clinical trials Audience includes Pharmacists, Pharmacy students and Pharmacy schools Updated to include using PDAs for medication information Covers the ethical and legal aspects of drug information management

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Nothing else like it on the market

Publisher's Note: Products purchased from Third Party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitlements included with the product. The world-renowned experts at JAMA® explain statistical analysis and the methods used in medical research. Written in the language and style appropriate for clinicians and researchers, this new JAMA Guide to Statistics and Methods provides explanations and expert discussion of the statistical analytic approaches and methods used in the medical research reported in articles appearing in JAMA and the JAMA Network journals. This addition to the JAMAevidence® series is particularly timely and necessary because today's physicians and other health care professionals must pursue lifelong learning to keep up with the ever-expanding universe of new medical science and evidence-based clinical information. Readers and users of research articles must have a firm grasp of the myriad new statistical, analytic, and methodologic approaches used in contemporary medical studies. To provide concrete examples, the explanations in the book link to research articles that incorporate the specific statistical test or methodological approach being discussed.

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on

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you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party

Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review)

“The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review)

“I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide*

“Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

Based on the Netflix original series with a foreword by Gina Rodriguez. For decades, people have asked the question: Where in the world is Carmen Sandiego? But just who is this infamous and elusive globe-trotting criminal? A skilled thief on a mysterious mission, Carmen Sandiego is endlessly pursued by ACME and Interpol. But the woman in the red fedora is always one step ahead! In this novelization, based on the Netflix animated series, Carmen

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shares her own backstory for the first time ever. Now, it's time to find out.... Who in the world is Carmen Sandiego.

This volume, covering entries from "Determinables and determinates" to "Fuzzy logic," presents articles on Eastern and Western philosophies, medical and scientific ethics, the Holocaust, terrorism, censorship, biographical entries, and much more.

"This [book] is a guide to improving writing, with a major focus on demonstrating proper English grammar and composition. This is a must have reference to be kept at the writer's side."

Score:100, 5 stars --Doody's Now you can learn and apply the basic principles of writing style, composition, grammar, word usage, and misusage, to the field of health care. With the Health Professionals Style Manual you will learn to improve your message and communicate more effectively. With up-to-date resources and references, these are just some of the rules and tools you will learn to use in your own writing: Style and Substance Art of Effective Writing Tips and Pitfalls Redundancies, Euphemisms, and Cliches Computers and the Internet Common Abbreviations and Acronyms Commonly Misspelled Words Using Prefixes and Suffixes Common Proofreader's Marks Electronic Resources If you're a researcher, student or professional specializing in the health related professions, this new, handy guide will help you improve your writing style and hone your grammar and word usage skills.

With this edition of Special Edition Using Office XP there is a continual emphasis on realistic applications and uses of the program features. While there are many other big books in the Office market today, there are few that tailor coverage uniquely for the intermediate to advanced Office user as Special Edition Using does, delivering more focused value for the customer. It has been updated to reflect Office XP's Smart tags, collaboration features, speech

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and dictation tools, built-in recovery features, "add network place" wizard and much more. In the time since the second edition of *The ACS Style Guide* was published, the rapid growth of electronic communication has dramatically changed the scientific, technical, and medical (STM) publication world. This dynamic mode of dissemination is enabling scientists, engineers, and medical practitioners all over the world to obtain and transmit information quickly and easily. An essential constant in this changing environment is the requirement that information remain accurate, clear, unambiguous, and ethically sound. This extensive revision of *The ACS Style Guide* thoroughly examines electronic tools now available to assist STM writers in preparing manuscripts and communicating with publishers. Valuable updates include discussions of markup languages, citation of electronic sources, online submission of manuscripts, and preparation of figures, tables, and structures. In keeping current with the changing environment, this edition also contains references to many resources on the internet. With this wealth of new information, *The ACS Style Guide's* Third Edition continues its long tradition of providing invaluable insight on ethics in scientific communication, the editorial process, copyright, conventions in chemistry, grammar, punctuation, spelling, and writing style for any STM author, reviewer, or editor. The Third Edition is the definitive source for all information needed to write, review, submit, and edit scholarly and scientific manuscripts. Through eight outstanding editions, *Middleton's Allergy: Principles and Practice* has been the reference of choice for both clinicians and researchers as both a practical reference and an effective self-assessment tool for board preparation. The 9th Edition continues the tradition of excellence with comprehensive coverage of all basic science and clinical applications regarding allergy practice and disease mechanisms. It brings you fully up to date with recent

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innovations in the diagnosis, prevention, and management of allergic disorders, including emerging global issues, the advent of precision medicine, and new immunologic therapies. Offers unparalleled depth and up-to-date guidance on the full spectrum of allergy across the lifespan, with significant updates throughout. Contains new chapters on Innate Lymphoid Cells, Systems Biology, and Treatment of Primary Immunodeficiency Diseases. Discusses emerging topics such as epidemic thunderstorm asthma and precision medicine in allergic disorders. Features more than 730 full-color illustrations, including many new cellular and molecular drawings of disease mechanisms. Includes new Summary of Important Concepts boxes, plus new multiple-choice questions online with explanations and answers. Features a new team of expert editors and more international contributors for a global perspective of this complex field. Offers sixty-two alphabetically-arranged business communication tips

The second edition of this book is designed for beginning and experienced authors, for nurses who want to write articles about their practice, and for graduate students in nursing to guide their preparation of papers for both courses and publication. Developing the ability to communicate in writing is an essential outcome of nursing programs, particularly at the graduate level. This book is a widely used resource on all aspects of: writing EBP papers, reporting research for use in practice, disseminating the findings of clinical projects and innovations, and preparing manuscripts for publication. The text includes new content that focuses on the dissemination of information in Evidence-Based Practice (EBP). Varied models of EBP are presented with an emphasis on how to disseminate evidence to different audiences, including how to prepare critical appraisals of research studies with implications for practice, literature reviews and syntheses, and other types of written reports that contribute to

### EBP.

Four years have passed since the last edition (3rd) of this book was published. In the intervening years, several reviews of this book have provided highly encouraging remarks about the value of this book in transmitting information on classification and treatment of psychiatric disorders to the audience. We are proposing to revise all chapters with an eye on accuracy and ease of use, and this is an especially timely endeavor with the upcoming publication of the Diagnostic and Statistical Manual V. All the appropriate new information on biology, etiology, diagnosis and treatment of psychiatric disorders will be added to the current proposed edition. It is our goal to recruit the same authors (if possible) who contributed to the previous edition. While all chapters will be updated (see TOC), those marked by asterisks will be the most likely to undergo more revision. Psychiatry has emerged as a burgeoning scientific field with major advances in etiology and treatment of several disorders. Just as there was excitement in the anatomic advances that took place a hundred years ago when Emil Kraepelin and his collaborators took on the enormous task of classification of psychiatric disorders based on rational scientific thinking, new advances in genetics, biochemistry, neuroanatomy and pharmacotherapy of mental disorders have brought us even closer to a better understanding of complex disorders like schizophrenia, bipolar disorder, depression and even autism. The major goal of the previous edition of this classic book was to update the busy clinician, psychiatric resident and medical student with the most up-to-date information on etiology, diagnosis and treatment of psychiatric disorders. This goal remains the focus of the fourth edition of this book. In this updated and expanded edition, the reader will be provided with the most contemporary information and literature supported by a close survey of the field.

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This new edition of this classic title, with its focus on biologic and medical aspects of psychiatry, will continue to be of significant help to all interested in the scientific practice of psychiatry.

National expenditures for medical care in the months and days preceding death are enormous. But we do not know whether that money is buying good quality care or optimizing the quality of life of those dying, or whether the situation is getting better or worse over time. The information that exists "describing death" at a national level " though some of it is very informative " is fragmentary. This report recommends ways to fill the information gaps by better use of existing nationally-representative data, and through some new measures, in particular, a new, ongoing National Mortality Followback Survey. The aim is to allow us to benchmark where we are today as a society, and what goals we can set to minimize pain and suffering and maximize the quality of life of all of us who will die in the years to come.

Provides guidelines and examples for handling research, outlining, spelling, punctuation, formatting, and documentation.

This comprehensive text addresses a number of important issues. It features extensive coverage of psychological principles as they relate to illness, injury, and rehabilitation. It covers key concepts relevant to psychological care in physical therapies, with special focus on approaches to client care. This unique text also includes material on specific client populations. Easy-to-read style and format make the text a helpful reference for experienced practitioners brushing up, or for newcomers seeing a condition for the first time. Information effectively relates the theoretical and research foundation to the practicalities of client-practitioner relationships, interventions and working with clients with a variety of conditions. Broad

international range of contributors provides diverse approaches, giving a global picture. The first edition of this book (titled “The Clinician’s Guide to Medical Writing”) has become a standard in its field and remains an indispensable reference for any clinician, academic physician, or health professional who wishes to hone their writing skills. However, since its publication in 2004, significant changes have taken place in the way medical professionals communicate with each other and the world. *Medical Writing: A Guide for Clinicians and Academicians, 2e* retains all of the fundamental writing advice of the first edition and has been expanded to include two brand new chapters: How to Write a Research Protocol (including why a research project needs a written protocol, elements of the research protocol and common problems) How to Write a Grant Proposal (including sections on government and private grant funding sources, what you need to know about grant writing, and elements of a successful grant proposal) New information is also included throughout the book on becoming a successful writer, medical tables and figures, conflict of interest and disclosures, how to review a scientific article, statistical analysis, “pay-to-publish” journal publishing, electronic submission of manuscripts, issues in medical publishing and the future of medical writing and publication. New appendices address commonly encountered research and statistical terms and memorable aphorisms regarding writing, medical and otherwise.

Craniosacral therapy (CST) has become an important modality in treating trauma and promoting wellness. With its gentle approach to working with the spine, the skull and its cranial sutures, diaphragms, and fascia, CST has proven equally useful for physical therapists, massage therapists, naturopaths, chiropractors, and osteopaths. One reason for its success has been its underlying theory, as explained by CST pioneer John Upledger. According to

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Upledger, bodily tissues and cells have individual memories, and traumatic memories can be stored in these cells and tissues. *Cell Talk*, written for the layperson, explores this concept in depth and shows practitioners how to use it in healing their patients. The book offers simple strategies for treating disease and dysfunction by communicating with these cells to uncover the memories and then follow the healing path they suggest. Upledger blends the scientific aspects of cell biology with insights into the nature of inner consciousness, in the process uncovering the deep links between physiology, energy, health, and healing. Fascinating case studies—from people rescued from serious ailments to “talking” with AIDS cells—show how these ideas can be turned into useful medical treatment. Fascinating anecdotes from the author’s personal and work life add an intimate, human touch to this helpful book.

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**NEW YORK TIMES BESTSELLER •** A sharp, funny grammar guide they’ll actually want to read, from Random House’s longtime copy chief and one of Twitter’s leading language gurus  
**NAMED ONE OF THE BEST BOOKS OF THE YEAR BY O: The Oprah Magazine • Paste • Shelf Awareness** “Essential (and delightful!)”—People We all write, all the time: books, blogs, emails. Lots and lots of emails. And we all want to write better. Benjamin Dreyer is here to help. As Random House’s copy chief, Dreyer has upheld the standards of the legendary publisher for more than two decades. He is beloved by authors and editors alike—not to mention his followers on social media—for deconstructing the English language with playful erudition. Now he distills everything he has learned from the myriad books he has copyedited and overseen into a useful guide not just for writers but for everyone who wants to put their

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best prose foot forward. As authoritative as it is amusing, Dreyer's English offers lessons on punctuation, from the underloved semicolon to the enigmatic en dash; the rules and nonrules of grammar, including why it's OK to begin a sentence with "And" or "But" and to confidently split an infinitive; and why it's best to avoid the doldrums of the Wan Intensifiers and Throat Clearers, including "very," "rather," "of course," and the dreaded "actually." Dreyer will let you know whether "alright" is all right (sometimes) and even help you brush up on your spelling—though, as he notes, "The problem with mnemonic devices is that I can never remember them." And yes: "Only godless savages eschew the series comma." Chockful of advice, insider wisdom, and fun facts, this book will prove to be invaluable to everyone who wants to shore up their writing skills, mandatory for people who spend their time editing and shaping other people's prose, and—perhaps best of all—an utter treat for anyone who simply revels in language. Praise for Dreyer's English "Playful, smart, self-conscious, and personal . . . One encounters wisdom and good sense on nearly every page of Dreyer's English."—The Wall Street Journal "Destined to become a classic."—The Millions "Dreyer can help you . . . with tips on punctuation and spelling. . . . Even better: He'll entertain you while he's at it."—Newsday

Expanded and updated, the popular Gold Medal Nutrition is back and more relevant to athletes than ever. The fifth edition sports a new look, illustrations, and current discussions of key topics, like what nutrients are needed for peak performance, how best to plan food purchasing and how to control body fat stores and gain muscle. Clear and concise, it is a practical resource for recreational and elite athletes, coaches and health professionals. With the easy-to-follow format in Gold Medal Nutrition, readers can find the advice they need in a matter of

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seconds. Glenn Cardwell created a resource that contains universal principles that anyone will find useful. In a comprehensive—yet accessible—text, Cardwell explains how to • get enough protein, • find the best nutritional supplements, • eat to bulk up, • select the best pre-sport meals, • drink the best fluids for sports, and • travel well and avoid jet lag. The explanations of the physiology behind fuel intake and muscle contraction will be useful to athletes who want to gain a competitive edge in any sport. The book explains how to build endurance and energy with the right mix of protein, carbohydrate, vitamins and liquids. Particularly helpful are the tips for burning fat, building muscle and losing weight safely and sensibly. Readers will feel more confident eating out, reading food labels and even choosing supplements as they integrate these guidelines into their daily lives.

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