

Casamba Smart Training

Amy Lyndon is Hollywood's Premiere Booking Coach and creator of the revolutionary Lyndon Technique: The 15 Guideline Map To Booking Handbook. Besides being a Coach and Mentor, she is also an Actress, Award Winning Director, Producer, Casting Director, and was a CEO of a successful Personal Management Company for 9 years. Her clients are Series Regulars, Guest Leads and Starring in Feature Films around the globe. Some of her Clients include: Nadine Velazquez (My Name is Earl), Adam Brody (The OC), Christel Khalil (The Young and the Restless), Hosea Chanchez (The Game), Sterling Knight (Sonny with a Chance), Kenton Duty (Shake It Up), Matthew J. Evans (Bad Teacher) and Raini Rodriguez (Austin and Ally). Lyndon won one of the Best Cold Reading Teachers in Los Angeles Backstage Magazine 2010, 2011 and 2012! The Lyndon Technique proves to be a practical approach to auditioning and booking the job on the first take. Each chapter provides detailed insight into each of Lyndon's 15 Guideline Map to Booking Technique. Lyndon travels Internationally to teach the principles of Booking, Marketing and running a successful business as an Actor. The information is applicable no matter where you live or where you are in your career. Dialectical behavior therapy (DBT) has become a useful treatment for a range of clinical problems and is no longer limited to the treatment of suicidal behaviors or borderline personality disorder. The Handbook of Dialectical Behavior Therapy: Theory, Research, and Evaluation reviews the evidence-based literature on use of DBT in a wide range of populations and settings. The book begins with the foundations of DBT: its history, development, core principles, mechanisms of change, and the importance of the therapeutic relationship. It also reviews the efficacy of DBT for treatment of suicidal behavior, eating disorders, and substance abuse disorders, as well as its use for children, adolescents, and families. A section on clinical settings reviews implementation in schools, college counseling centers, and hospitals. Provides an overview of DBT including its development, core principles, and training Discusses the importance of the therapeutic relationship and alliance in DBT Outlines DBT treatment for suicidal behavior, eating disorders, and substance use disorders Includes DBT as treatment for adolescents and children Covers DBT implementation in schools, counseling centers, and hospitals

Provides a review of exam topics and includes two full-length sample tests with solutions

When you are confronted with a child who is troubled, disruptive, oppositional, defiant or angry - whether you are a parent or a teacher - it can be difficult to know the best way to support them. Traditional methods of 'shaping' a child's behaviour can often be at best ineffective, at worst distressing, for child and adult alike. Drawing on 30 years of experience, internationally known paediatric psychologist Dr Mona Delahooke describes these troubled behaviours as the 'tip of the iceberg', important signals that point to deeper, individual differences in the child that we need to understand and address before we can resolve behavioural challenges. Using the very latest neuroscientific research Beyond Behaviours makes the case that many children who can't seem to behave simply don't have the developmental capacity to do so - yet. This book uses neuroscientific findings to help you deconstruct behaviour challenges, and to discover their cause and triggers for your child. It will show you how to apply this knowledge across a variety of behaviour spectrums, from children diagnosed with autism or other forms of neurodiversity, to those who might have been exposed to toxic stress or trauma during their early years. There are practical strategies to implement at every stage, backed up by impactful worksheets and charts, with a strong emphasis not on 'managing' behaviour, but instead on helping children and families build positive experiences to counteract the stress and pressure felt by everybody when you're working, or living, with a child who has behavioural challenges. Accessible, practical, warmly supportive and steeped in research and clinical expertise, Beyond Behaviours offers a break-through book which guides us - parents and caregivers alike - to the realisation that the most important tool in our toolkit is always our connection with the child standing in front of us.

Let the CEO of Rework Work help you understand diversity, equity, and inclusion concepts to actively remove bias from the workplace Dismantling unhealthy workplaces involves much more than talking about it, and more than charts, graphs, and statistics—it requires action. Although it's increasingly common for businesses of all shapes and sizes to appreciate the importance of diversity and inclusion in the workplace, many are often unaware of bias in the cultures they've created. Others might know there's a problem, but don't know how to properly address it. UNBIAS: Addressing Unconscious Bias At Work helps you understand concepts of workplace diversity, equity, and inclusion, shows you how to identify bias, and provides you with the tools for actively removing barriers and ensuring equity throughout your organization. Written by Stacey Gordon—CEO of Rework Work, a company on a mission to reduce bias in global talent acquisition and management—this real-world handbook offers step-by-step guidance on creating workplace cultures where employees feel they belong. UNBIAS teaches you to: Identify and address bias in the workplace Understand what you can do to be more inclusive Handle potentially uncomfortable conversations Discuss race in an authentic and meaningful way Use workplace-proven tools that make concepts of diversity and equity actionable Help your employee resource groups without giving them extra work Place accountability on organizational policies that allow biased behavior UNBIAS is a must-have resource for all employers, managers, and HR professionals seeking to create and sustain healthy, inclusive, and equitable workplace environments.

"This life changing book helps readers use cognitive-behavioral therapy - one of today's most effective forms of psychotherapy - to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems. The second edition contains numerous new features : expanded content on anxiety ; chapters on setting personal goals and maintaining progress ; happiness rating scales ; gratitude journals ; innovative exercises focused on mindfulness, acceptance, and forgiveness; new worksheets ; and much more."--Publisher.

Featuring a new preface for the 10th anniversary As did the national bestseller Nickel and Dimed, Mike Rose's revelatory book demolishes the long-held notion that people who work with their hands make up a less intelligent class. He shows us waitresses making lightning-fast calculations, carpenters handling complex spatial mathematics, and hairdressers, plumbers, and electricians with their aesthetic and diagnostic acumen. Rose, an educator who is himself the son of a waitress, explores the intellectual repertory of everyday workers and the terrible social cost of undervaluing the work they do. Deftly combining research, interviews, and personal history, this is one of those rare books that has the capacity both to shape public policy and to illuminate general readers.

Tackling relationships, career, and family issues, John Kim, LMFT, thinks of himself as a life-styledesigner, not a therapist. His radical new approach, that he sometimes calls "self-help in a shot glass" is easy, real, and to the point. He helps people make changes to their lives so that personal growth happens organically, just by living. Let's face it, therapy is a luxury. Few of us have the time or money to devote to going to an office every week. With anecdotes illustrating principles in action (in relatable and

sometimes irreverent fashion) and stand-alone practices and exercises, Kim gives readers the tools and directions to focus on what's right with them instead of what's wrong. When John Kim was going through the end of a relationship, he began blogging as The Angry Therapist, documenting his personal journey post-divorce. Traditional therapists avoid transparency, but Kim preferred the language of "me too" as opposed to "you should." He blogged about his own shortcomings, revelations, views on relationships, and the world. He spoke a different therapeutic language —open, raw, and at times subversive — and people responded. The Angry Therapist blog, that inspired this book, has been featured in The Atlantic Monthly and on NPR.

Ever wonder how to take your climbing to the next level? Has injury prevented you from climbing? Whether you're a professional athlete or a novice climber, *Climb Injury-Free?* is the guide that will take your climbing to the next level. The book utilizes the *Rock Rehab Pyramid*, the most advanced injury prevention and athletic performance program built specifically for rock climbers. You will learn how to diagnosis, treat and prevent the 10 most common climbing injuries in step-by-step chapters. Learn exclusive injury advice with over 30 profiles from top professional climbers including Adam Ondra, Sasha DiGiulian Sean McColl, Jonathan Siegrist and many more. Now you can utilize the system used by thousands of climbers worldwide and see the results for yourself. Start today on the path to recovery and take your climbing to the next level. Climb on!

"Before making data available in SAP HANA, you must standardize, integrate, and secure it--that's where data provisioning comes in. In this guide, you'll learn about each of your options, from SAP HANA-based tools like SDI and SDQ to SAP Data Services and SAP LT Replication Server. Whether you'll be provisioning data in batches or in real-time, you'll understand when to use each tool, its requirements, and how it works. A detailed case study will show you how to establish a successful data provisioning practice"-- New York Times Bestseller Foreword by Dr. Phil McGraw Ask yourself...are you truly who you want to be? Is this the life you really want? Are you living each day as your best self? What can you change, today? How would you answer those questions? Think about your daily life. Are you thriving, or going through the motions? Are your days full of work, relationships and activities that are true to your authentic self, or do you feel trapped on a treadmill of responsibility? If you dream of a better life, now is the time to turn your dream into reality. And the tools you need are within your grasp, to design a life that is fulfilling on the deepest levels. *Best Self* will show you how. Mike Bayer, known to the thousands of clients whose lives he has changed as Coach Mike, has helped everyone from pop stars to business executives to people just like you discover the freedom to be their best selves. By asking them and leading them to ask themselves a series of important but tough questions--such as "What are your core values?" "Do you go to bed each day more knowledgeable than when you woke up?" and "Am I neglecting some aspect of my physical health out of fear or denial?"--he helps them see what their Best Selves and Anti-Selves really look like. As a mental health specialist, a personal development coach, and an all-around change agent, Mike has seen the amazing ways in which lives can improve with honesty and clarity. He understands our struggles intimately, because he's faced--and overcome--his own. And he knows that change is possible. By working through each of the Seven SPHERES of life--Social, Personal, Health, Education, Relationships, Employment and Spiritual Development--*Best Self* is an accessible and interactive book that distills all of Coach Mike's wisdom into a compact, focused guide that will ignite anyone's desire for change. Chock full of revealing quizzes, and full of provocative questionnaires, *Best Self* will empower you to embrace your authenticity, acknowledge what is holding you back, and break through to live a passionate life to the fullest, forever.

Compelling stories that present a new view of ADHD *Smart but Stuck* offers 15 true and compelling stories about intelligent, capable teens and adults who have gotten "stuck" at school, work, and/or in social relationships because of their ADHD. Dr. Brown highlights the often unrecognized role that emotions play in this complex disorder. He explains why even very bright people with ADHD get stuck because they can focus well on some tasks that interest them, but often can't focus adequately on other important tasks and relationships. The first book to explain and illustrate the crucial role of emotions in the daily functioning of those living with ADHD Brown, Associate Director of the Yale Clinic for Attention & Related Disorders, is an internationally known authority on ADHD Drawing on the latest research findings, the book describes strategies and treatments for getting "unstuck" to move on to a more rewarding and productive life.

'If you're thinking about trying mindfulness, this is the perfect introduction....I'm grateful to Andy for helping me on this journey.'

BILL GATES 'It's kind of genius' EMMA WATSON Feeling stressed about Christmas/Brexit/everthing? Try this... Demystifying meditation for the modern world: an accessible and practical route to improved health, happiness and well being, in as little as 10 minutes. Andy Puddicombe, founder of the celebrated Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the now. Here he shares his simple to learn, but highly effective techniques of meditation. * Rest an anxious, busy mind * Find greater ease when faced with difficult emotions, thoughts, circumstances * Improve focus and concentration * Sleep better * Achieve new levels of calm and fulfilment. The benefits of mindfulness and meditation are well documented and here Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. First published as *Get Some Headspace*, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results.

This is the single best book ever written on data quality. Clear, concise, and actionable. We all want to leverage our data resources to drive growth, but we too often ignore the fundamentals of data quality, which almost always inhibits our success. Tom lays out a clear path for each organization to holistically improve not only its data quality, but more importantly the performance of its business as a whole. —Jeffrey G. McMillan, Chief Analytics and Data Officer, Morgan Stanley This book lays out the roles everyone, up and down the organization chart, can and must play to ensure that data is up to the demands of its use, in day-in, day-out work, decision-making, planning, and analytics. By now, everyone knows that bad data extorts an enormous toll, adding huge (though often hidden) costs, and making it more difficult to make good decisions and leverage advanced analyses. While the problems are pervasive and insidious, they are also solvable! As Tom Redman, "the Data Doc," explains in *Getting in Front on Data*, the secret lies in getting the right people in the right roles to "get in front" of the management and social issues that lead to bad data in the first place. Everyone should see himself or herself in this book. We are all both data customers and data creators—after all, we use data created by others and create data used by others. And all of us must step up to these roles. As data customers, we must clarify our most important needs and communicate them to data creators. As data creators, we must strive to meet those needs by finding and eliminating the root causes of error. *Getting in Front on Data* proposes new roles for data professionals as: embedded data managers, in helping data customers and creators complete their work, DQ team leads, in connecting customers and creators, pulling the entire program together, and training people on their new roles, data maestros, in providing deep expertise on the really tough problems, chief data architects, in establishing common data definitions, and technologists, in increasing scale and decreasing unit cost. *Getting in Front on Data* introduces a new role, the data provocateur,

the motive force in attacking data quality properly! This book urges everyone to unleash their inner provocateur. Finally, it crystallizes what senior leaders must do if their entire organizations are to enjoy the benefits of high-quality data! Data quality has always been important. But now, in the growing digital economy where business transactions and customer experiences are automated and tailored, data quality is critical. This book comes just in time. —Maria C. Villar, Global Vice President, SAP America, Inc. Winning, and more importantly thriving, in the digital age requires more than stating “Data is a strategic corporate asset.”

Leaders and organizations need a plan of action to make the new vision a reality. Tom's latest book is a how-to for those seeking that reality. —Bob Palermo, Vice President, Performance Excellence, Shell Unconventionals Many, if not most, companies still struggle with their data. With his latest offering, Tom Redman sets out a path they can follow to Get in Front on Data. Based on his decades of experience working with many companies and individuals, this is the most practical guide around. A must read for data professionals, and especially data “provocateurs”. —Ken Self, President IAIDQ This book offers a unique perspective on how to think about data and address Data Quality – offering practical guidance and useful instruction from the perspective of each stakeholder. The process – and processes – to go from business need to having the right quality data to address that need is no small task. —John Nicodemo, Global Leader, Data Quality, Dun & Bradstreet Getting in Front on Data is a clearly written survival handbook for the new data-driven economy. It is a “must read” for the employees of any organization expecting to remain relevant and competitive. The “Data Doc” has an extraordinary talent for explaining key concepts with simple examples and understandable analogies making it accessible to everyone in their organization regardless of their role. —John R. Talburt, Director of the Information Quality Graduate Program University of Arkansas at Little Rock

Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

Provides aspiring professional television writers with industry insider information and explains how to write a spec script for dramas and sit-coms that will get noticed and provides a timeline for the steps involved in creating, selling and making a TV show. Original. Biblical solutions to dozens of the toughest challenges leaders face today. Concise, to-the-point, and highly useable, How to Lead by THE BOOK presents a series of personal and business challenges recognizable to leaders, then deals with each through insight, personal experience, and a discussion of why conventional approaches often fail. Each section then concludes with winning proverbs, parables, or principles that offers applicable strategies to solve the issue. In this practical and inspiring guide, you'll discover proven methods and advice to shape young leaders, stretch veteran leaders, become a better communicator, maintain your work-life balance, deal with dishonesty among competitors, and much more. Shows why typical approaches to leadership problems often fail, while biblical wisdom succeeds Covers both day-to-day dilemmas and larger questions of management, accountability, and vision From the bestselling author of How to Run Your Business by THE BOOK, Up Your Business, and If You Don't Make Waves You'll Drown What is the number one downfall for leaders? When is the best time to make a decision? How do you hold others accountable? How do you survive success with your principles intact? What does the Bible say about time management? Get the answers to these and many more practical business questions when you discover the winning wisdom of How to Lead by THE BOOK.

Data Leadership Stop Talking about Data and Start Making an Impact!

Your Voice Is Your Power—Now Make It Heard More than ever before, the business, entertainment, and political landscapes are ripe for women to accomplish their goals. Women are entering law, medical, and graduate schools in equal numbers to men. But it's still a challenge to make it to the top. Developing excellent communication and public speaking skills gives women the ability to rise to their full potential, seize every opportunity, and realize their aspirations. Whether pitching for new business, delivering a talk at a conference, raising money for a non-profit, or communicating one-on-one with coworkers, women can become effective, powerful communicators when they speak with authenticity and confidence. Deborah Shames, a veteran speaker and master trainer with 18 years of experience coaching high-level executives and celebrities, invites women to step up and be heard. Noting the perfection syndrome and negative self-talk that plague many women, Deborah delivers a how-to for battling these demons and identifies women's special talents—from high emotional intelligence and leadership skills to storytelling. She guides readers in the mechanics of communicating efficiently and constructing successful presentations, even with pressing deadlines. Out Front is the definitive book for every woman who wants to engage an audience and expand her influence, whatever the venue or challenge.

"I've known Paul personally for many years and have faithfully followed his training advice with wonderful results. I can't recommend him highly enough." —Jeff Probst, host of Survivor "This is basically a 'perfect book'...with this knowledge there should be many more well-adjusted canine companions and far fewer dogs being relinquished to shelters. This book is an admirable accomplishment." —The APDT Chronicle of the Dog (The publication for professional dog trainers) Following the success of his book The Dog Whisperer, Paul Owens turns his attention to puppies. In this book, Owens and his protégé Terence Cranendonk offer a compassionate step-by-step guide to all things puppy, including how to: Evaluate temperament Choose the right pup personality for your family Monitor diet, play, and exercise Train and problem solve Provide early socialization and positive training Potty train, step-by-step Ensure safety and health care, including the latest on vaccinations Puppies can be a lot of work, but they can also be a furry bundle of joy. If you're thinking of bringing a puppy into your home, The Puppy Whisperer is your must-have guide.

Defining a set of guiding principles for data management and describing how these principles can be applied within data management functional areas; Providing a functional framework for the implementation of enterprise data management practices; including widely adopted practices, methods and techniques, functions, roles, deliverables and metrics; Establishing a common vocabulary for data management concepts and serving as the basis for best practices for data management professionals. DAMA-DMBOK2 provides data management and IT professionals, executives, knowledge workers, educators, and researchers with a

framework to manage their data and mature their information infrastructure, based on these principles: Data is an asset with unique properties; The value of data can be and should be expressed in economic terms; Managing data means managing the quality of data; It takes metadata to manage data; It takes planning to manage data; Data management is cross-functional and requires a range of skills and expertise; Data management requires an enterprise perspective; Data management must account for a range of perspectives; Data management is data lifecycle management; Different types of data have different lifecycle requirements; Managing data includes managing risks associated with data; Data management requirements must drive information technology decisions; Effective data management requires leadership commitment.

Learn the importance and function of each macronutrient, why food quality does, but doesn't matter for weight loss and even how many calories you need to fuel your body and achieve amazing results. The Macro Hacks teaches you how to dial in your macros according to your goals even as your needs and goals change over time. It isn't a quick fix, but instead teaches you how to create the best meal plan for your body because, over time, our lifestyle and goals change. Whether you're looking to lose weight, lose fat, build muscle, maintain your results, fuel for your endurance sport or even simply manage hormonal changes, the Macro Hacks has a ratio cycle for you! You'll even learn how to adjust your nutrition as you get older because our body goes through changes that make focusing on macros even more important as we get older! No more wondering how to eat or if what you're doing is right for your body! With the Macro Hacks, you'll learn the foundation of nutrition. And to help you along the way are macro ratios all laid out for you based on your needs and goals. This includes sample days and over 200 recipes to get you started! So if you aren't sure how to hit your macros? There is a sample meal plan to help as well as bonus charts and recipes to help you hit your ratios with the foods you love. No more arbitrary restrictions. Whether you are Vegan, Vegetarian, Paleo, FODMAP or an omnivore, Macro Hacks will show you how to dial in the foods you love!

American policing is in crisis. Here, award-winning investigative journalist Joe Domanick reveals the troubled history of American policing over the past quarter century. He begins in the early 1990s with the beating of Rodney King and the L.A. riots, when the Los Angeles Police Department was caught between a corrupt and racist past and the demands of a rapidly changing urban population. Across the country, American cities faced similar challenges to law and order. In New York, William J. Bratton was spearheading the reorganization of the New York City Transit Police and later the 35,000-strong New York Police Department. His efforts resulted in a dramatic decrease in crime, yet introduced highly controversial policing strategies. In 2002, when Bratton was named the LAPD's new chief, he implemented the lessons learned in New York to change a department that previously had been impervious to reform. Blue ends in 2015 with the LAPD on its unfinished road to reform, as events in Los Angeles, New York, Baltimore, and Ferguson, Missouri, raise alarms about the very strategies Bratton pioneered, and about aggressive racial profiling and the militarization of police departments throughout the United States. Domanick tells his story through the lives of the people who lived it. Along with Bratton, he introduces William Parker, the legendary LAPD police chief; Tom Bradley, the first black mayor of Los Angeles; and Charlie Beck, the hard-nosed ex-gang cop who replaced Bratton as LAPD chief. The result is both intimate and expansive: a gripping narrative that asks big questions about what constitutes good and bad policing and how best to prevent crime, control police abuse, and ease tensions between the police and the powerless. Blue is not only a page-turning read but an essential addition to our scholarship.--Adapted from book jacket.

Data has never been more important to your success than it is today, yet you are surrounded with data you can't trust, and the overwhelming burden of fixing it. Everyone deserves data that helps-not hurts-their organization.

Gentle, positive, and fun training for you and your dog! In this updated edition, Paul Owens and Norma Eckroate offer more in-depth training with additional notes, tips, and problem-solving to make training even easier! In addition to the bestselling nonviolent training features that made the prior edition a classic, this second edition includes: Updated material on the power of non-force training Information on the newest, most effective gear for all levels of training A new tricks section that will provide fun for both you and your dog With guidance from The Dog Whisperer, 2nd Edition, you'll learn compassionate training methods for even the most sensitive dogs. This revolutionary, humane, and logical approach to raising and teaching promises to make training your dog the most positive experience possible.

Based on the actual experiences, this is the story of a stressed Executive Director who tries everything to move his fundraising to the next level.

Outside the Box: Rethinking ADD/ADHD in Children and Adults -- A Practical Guide identifies assumptions about ADD/ADHD that demand reevaluation in light of recent research. Building upon a current, science-based foundation, the book describes in practical terms how ADHD can be recognized at various ages; how it differs from more typical brain development; how it can significantly impair those affected; and how it can safely, and in most cases effectively, be treated in children and adults. The book is based upon current scientific research but also on the experience and perspective of the author, a clinician who has devoted more than 35 years to studying this disorder formally and countless hours to engaging with and providing treatment for a diversity of children, teenagers, and adults with ADHD and related problems. The book's audience is the wide variety of clinicians involved in assessing, treating, and/or monitoring the care of children and adults with this disorder (e.g., pediatricians, primary care physicians, psychologists, psychiatrists, neurologists, physician assistants, advanced practice nurses, and clinical social workers) and also educators, disability service providers, human resource specialists, and the adolescents and adults who seek more information about ADHD assessment and treatment for themselves or for family or friends. The book offers practical, accessible information that is grounded in the latest research: The book is focused not primarily on details of academic arguments but on practical aspects of ADHD -- how it varies from one person to another, how it changes over the life span, how treatments need to be adjusted for different individuals, and how it sometimes gets worse and sometimes gets better. Emphasizing that ADHD is not a simple problem of failing to listen or staying focused on a task, the author examines research demonstrating that ADHD results from impairment of a complex syndrome of brain functions essential for self-management, the "executive functions." While DSM-5 is acknowledged as a valuable source of information about ADHD, this book draws upon a wider range of scientific research and perspectives not yet incorporated into DSM. Although accessible to the general reader, the text includes citations to sources that can be used to obtain additional, more technical information. Utterly current and scientifically based, Outside the Box: Rethinking ADD/ADHD in Children and Adults -- A Practical Guide challenges old thinking and provides much-needed information and support to clinicians, educators, patients, and families.

This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Used by sites as varied as Twitter, GitHub, Disney, and Airbnb, Ruby on Rails is one of the most

popular frameworks for developing web applications, but it can be challenging to learn and use. Whether you're new to web development or new only to Rails, *Ruby on Rails™ Tutorial, Fourth Edition*, is the solution. Best-selling author and leading Rails developer Michael Hartl teaches Rails by guiding you through the development of three example applications of increasing sophistication. The tutorial's examples focus on the general principles of web development needed for virtually any kind of website. The updates to this edition include full compatibility with Rails 5, a division of the largest chapters into more manageable units, and a huge number of new exercises interspersed in each chapter for maximum reinforcement of the material. This indispensable guide provides integrated tutorials not only for Rails, but also for the essential Ruby, HTML, CSS, and SQL skills you need when developing web applications. Hartl explains how each new technique solves a real-world problem, and then he demonstrates it with bite-sized code that's simple enough to understand, yet novel enough to be useful. Whatever your previous web development experience, this book will guide you to true Rails mastery. This book will help you install and set up your Rails development environment, including pre-installed integrated development environment (IDE) in the cloud. Go beyond generated code to truly understand how to build Rails applications from scratch. Learn testing and test-driven development (TDD). Effectively use the Model-View-Controller (MVC) pattern. Structure applications using the REST architecture. Build static pages and transform them into dynamic ones. Master the Ruby programming skills all Rails developers need. Create high-quality site layouts and data models. Implement registration and authentication systems, including validation and secure passwords. Update, display, and delete users. Upload images in production using a cloud storage service. Implement account activation and password reset, including sending email with Rails. Add social features and microblogging, including an introduction to Ajax. Record version changes with Git and create a secure remote repository at Bitbucket. Deploy your applications early and often with Heroku.

Clowns: In Conversation with Modern Masters is a groundbreaking collection of conversations with 20 of the greatest clowns on earth. In discussion with clown aficionados Ezra LeBank and David Bridel, these legends of comedy reveal the origins, inspirations, techniques, and philosophies that underpin their remarkable odysseys. Featuring incomparable artists, including Slava Polunin, Bill Irwin, David Shiner, Oleg Popov, Dimitri, Nola Rae, and many more, *Clowns* is a unique and definitive study on the art of clowning. In *Clowns*, these 20 master artists speak candidly about their first encounters with clowning and circus, the crucial decisions that carved out the foundations of their style, and the role of teachers and mentors who shaped their development. Follow the twists and turns that changed the direction of their art and careers, explore the role of failure and originality in their lives and performances, and examine the development and evolution of the signature routines that became each clown's trademark. The discussions culminate in meditations on the role of clowning in the modern world, as these great practitioners share their perspectives on the mysterious, elusive art of the clown.

Chris Collins and Gary Daniel discuss little known service drive secret weapons from how to hire technicians and increasing dealership CSI, to building relationships for long-term customer retention and increasing customer pay sales. The Service Trainer Gurus are here to give you the tools you need to help pull your service department ahead of the pack. G-Man, AKA Gary Daniel, and I started recording this show once a week because advisors deserve advice and training that works, and that comes from advisors who have been successful on the job. It all started while I was watching a competitor's Advisor Training. It was painful... and became obvious by the tactics he was teaching, that he had never actually written service, or been an advisor. I made the comment, "We give away better content for free than what they charge money for." The car industry is changing, and car sales have become the lost leader. To survive in this environment it becomes all about fixed op's performance, and we want to keep you up to date with the "New Stuff," and tricks, that you need to know. I have built a reputation in our industry of being the #1 Expert in Fixed Operations and Service Trainer. I am a Fixer, Trainer and Coach. My passion for this industry helps produce RESULTS my clients never dreamed possible. Chris Collins is a self-taught, business performance expert. He's the #1 Expert in Fixed Operations and Service Trainer. He had the #1 BMW dealership in America for years running, and is the leader in turning around businesses in the automotive industry. Gary Daniel is our "voice of the technician" and number one fixer of service departments. He has spent more than 30 years in the automotive business. From small independent shops to one of the largest dealers in the country, he's just about done it all! In 2014 he joined forces with Chris Collins to be his General Manager and help develop Chris Collins inc. Together Chris and Gary host the successful show, *Service Drive Revolution*, which provides insightful, user-friendly information and tips for anyone working in the automotive business.

When a famous philosopher vanishes, his estranged son must summon the detective skills that failed him in his darkest hour. Three years ago, Jack was a brilliant young detective with the LAPD. Now he plays poker to make ends meet, and to forget the horrific event that ended his police career. Out of the blue Jack gets a call from his father Joseph Pearl, a distinguished Harvard professor who is in Los Angeles for a philosophy conference. The two haven't spoken in years yet Pearl seems anxious to discuss some matter in person, behavior strangely out of character for the emotionally-distant dad who Jack still blames for the family tragedy that tore them apart. But when the philosopher fails to show up and can't be found, Jack knows something is wrong and feels compelled to find him. As his shaky detective instincts kick in, Jack tracks down a beautiful yet troubled Yale grad student named Claire who was having a clandestine affair with Pearl. Together they search for the man they both have issues with and uncover secrets and lies in the world of philosophy, including a trail of murder and no shortage of colleagues who wanted Pearl dead. The more Jack risks his life for answers, the more he fights old demons and his growing attraction to Claire. Then just as he learns the shocking truth behind his father's disappearance, Jack finds himself drawn back into the haunting, unsolved case that got him kicked off the force. Impossible to put down, *THE NAKED PHILOSOPHER* is a gut-wrenching, heart-stopping crime thriller about family and revenge that keeps the reader guessing to the very last page.

For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

Millions of people dream of writing a screenplay but don't know how to begin, or are already working on a script but are stuck and need some

targeted advice. Or maybe they have a great script, but no clue about how to navigate the choppy waters of show business. Enter *Cut To The Chase*, written by professional writers who teach in UCLA Extension Writers' Programme, whose alumni's many credits include *Pirates of the Caribbean: Curse of the Black Pearl*; *Twilight*; and the Academy Award nominated *Letters from Iwo Jima*. From learning how to identify story ideas that make a good movie to opening career doors and keeping them open, this authoritative, comprehensive, and entertaining book, edited by Writers' Program Director Linda Venis, will be the film-writing bible for decades to come. "A well-organized soup-to-nuts manual for aspiring Nora Ephrons and Charlie Kaufmans, from the faculty of a notable screenwriting program. . . . A readable writer's how-to that goes down smoothly." - Kirkus Reviews

Real Estate Crowdfunding: An Insider's Guide to Investing Online introduces the reader to basic real estate investment concepts and then takes a deep dive into how to invest passively yet wisely in real estate syndications. This book will teach the reader how to: • invest in crowd-funded real estate syndicates • understand key financial concepts used in the industry • diversify their investment portfolios • read between the lines of investment contracts • maximize profit while minimizing losses This book is a guide to the foundational financial concepts upon which all real estate projects are based and explains the language of real estate from an insider's perspective. It provides a road map of what to watch for and how to win at the game of passive real estate investing.

Includes a new section on clicker training.

The book *Lifehack* calls "The Bible of business and personal productivity." "A completely revised and updated edition of the blockbuster bestseller from 'the personal productivity guru'"—Fast Company Since it was first published almost fifteen years ago, David Allen's *Getting Things Done* has become one of the most influential business books of its era, and the ultimate book on personal organization. "GTD" is now shorthand for an entire way of approaching professional and personal tasks, and has spawned an entire culture of websites, organizational tools, seminars, and offshoots. Allen has rewritten the book from start to finish, tweaking his classic text with important perspectives on the new workplace, and adding material that will make the book fresh and relevant for years to come. This new edition of *Getting Things Done* will be welcomed not only by its hundreds of thousands of existing fans but also by a whole new generation eager to adopt its proven principles.

Celebrity favorite health and wellness consultant Kelly LeVeque shares her secrets for losing weight, attuning ourselves to our bodies' needs, and freeing ourselves from food drama in this essential wellness guide, which includes 88 delectable recipes! In this inspirational yet practical book, the nutritional consultant and holistic healthcare expert who has helped celebrities such as Jessica Alba, Molly Sims, Chelsea Handler, and Emmy Rossum improve their health and achieve their goals shows you how to get beyond the food drama of cyclical fad diets and feel and look great by eating well. Kelly's Food Freedom program helps you set yourself up for success, eliminating cravings, mood swings, and other symptoms caused by food drama. Start your day with her Fab Four Smoothies, including a Strawberry Shortcake Smoothie and a Mango Kale Madness Smoothie, which pack protein, fat, fiber, and carbs to balance your blood sugar and keep you full and happy. After breakfast, you'll thrive with her Fab Four recipes, including Turkey-Stuffed Delicata Squash, Spicy Salmon Nori Burritos, and Anti-Inflammatory Detox Salad, which include the Fab Four food groups—protein, fat, fiber, and greens—that play a role in day-long satiety. Kelly also teaches you how to elongate your blood sugar curve to stay full and happy, and make yourself insulin aware. Kelly has studied the science behind familiar diets to understand how they trigger the body to lose pounds—and why they aren't sustainable. Instead, she offers a better choice: her four-step Food Freedom program that helps you find your wellness balance between eating enough and deciding how you feel. Once you find your balance, you will lose weight, lose fat, increase lean muscle mass, and drop at least one size. You'll also enjoy thicker, shinier hair; clear, glowing skin; a remarkable improvement in your overall appearance; reduced joint pain and other inflammations; increased energy; and better sleep. Filled with tips and resources on supplements and cleansing, dozens of delicious, healthy recipes and advice on how to adjust your eating when traveling and on vacation, *Body Love* is your one-stop resource to living clean and happy!

Manhattan Prep's 5 lb. Book of GRE Practice Problems is an essential resource for students of any level who are preparing for the GRE revised General Exam. Recently updated to more closely reflect the nuances of the GRE exam, this book offers more than 1,800 questions across 33 chapters and online to provide students with comprehensive practice. Developed by our expert instructors, the problems in this book are sensibly grouped into practice sets and mirror those found on the GRE in content, form, and style. Students can build fundamental skills in math and verbal through targeted practice while easy-to-follow explanations and step-by-step applications help cement their understanding of the concepts tested on the GRE. In addition, students can take their practice to the next level with online question banks that provide realistic, computer-based practice to better simulate the GRE test-taking experience. Purchase of this book includes access to an online video introduction, online banks of GRE practice problems, and the GRE Challenge Problem Archive.

Critical care transport is a highly-competitive industry and to become a Flight Medical Provider(TM) you have to be the best. Since 2011, IA MED has helped thousands of students launch careers as advanced prehospital and critical care professionals by providing the most comprehensive, flexible, and accessible critical care education in the Nation. By presenting complex medical concepts through straightforward instruction, we make learning critical care simple - regardless of your current medical ability or experience. Our unique approach to advanced medical education has made IA MED(R) the industry-standard and a fan-favorite among paramedics, nurses, and other industry providers. The Flight Medical Provider Study guide will review the fundamentals of advanced prehospital care and critical care transport while also helping students as they prepare and successfully challenge the industry's most challenging exams: the Flight Paramedic Certification (FP-C), Critical Care Paramedic Certification (CCP-C) and Certified Flight Registered Nurse (CFRN) exams! This is EMS. Re-imagined.

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