

## Sonicare Essence User Guide

A guide designed for use by GPs, practice managers and practice staff, to help them understand the NHS pension scheme and take advantage of the benefits it offers to those in general practice.

Case Studies in Systemic Sclerosis deals specifically with Systemic Sclerosis in a case study format. Each case presentation includes illustrative figures, a discussion of the pathophysiology relevant to the case, a discussion of management that is both evidence-based and expert opinion-based and several key references for further reading. With its easy-to-use format, this book presents multiple different manifestations of Systemic Sclerosis to a wide range of readers. Because this disease has a broad range of systemic features, Case Studies in Systemic Sclerosis is a valuable reference tool not only to the community of rheumatologists (trainees, academic and private practice rheumatologists) and dermatologists, but also potentially to internists, gastroenterologists, pulmonologists, cardiologists and nephrologists. Are you looking for a great idea or some inspiration to start a new venture or to help you grow your existing business? This book contains 100 great business ideas, extracted from the world's best companies. Ideas provide the fuel for individuals and companies to create value and success. Indeed the power of ideas can even exceed the power of money. One simple idea can be the catalyst to move markets, inspire colleagues and employees, and capture the hearts and imaginations of customers. This book can be that very catalyst. Each idea is succinctly described and is followed by advice on how such an idea can be applied to the reader's own business situation. A simple but potentially powerful book for anyone seeking new inspiration and that killer application.

Entering the crazy world of couponing can literally change your life and your lifestyle! You'll start making ends meet, pay off your debt, create a financial cushion, and feel freer and happier than you've felt in years, maybe decades. That's living rich with coupons! Use the tools you get from this book to build your superpowers. Even Wonder Woman needs her indestructible bracelets, and you're about to receive yours. It doesn't matter if you make \$15,000 a year or \$250,000 a year--everyone needs a budget they can stick to and follow. Cindy helps you to uncover every savings opportunity at your local stores. You're going to find out exactly what you need to do to save and how to use those coupons correctly.

The all-star adviser to athletes like Kobe Bryant and Michael Jordan shares his revolutionary, mindfulness-based program for elevating your game "George helped me understand the art of mindfulness. To be neither distracted or focused, rigid or flexible, passive or aggressive. I learned just to be." —Kobe Bryant Michael Jordan credits George Mumford with transforming his on-court leadership of the Bulls, helping Jordan lead the team to six NBA championships. Mumford also helped Kobe Bryant, Andrew Bynum, and Lamar Odom and countless other NBA players turn around their games. A widely respected public speaker and coach, Mumford is sharing his own story and the strategies that have made these athletes into stars in *The Mindful Athlete: The Secret to Pure Performance*. His proven, gentle but groundbreaking mindfulness techniques can transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist. When Michael Jordan left the Chicago Bulls to play baseball in 1993, the team was in crisis. Coach Phil Jackson, a long-time mindfulness practitioner, contacted Dr. Kabat-Zinn to find someone who could teach mindfulness techniques to the struggling team—someone who would have credibility and could speak the language of his players. Kabat-Zinn led Jackson to Mumford and their partnership began. Mumford has worked with Jackson and each of the eleven teams he coached to become NBA champions. His roster of champion clients has since blossomed way beyond basketball to include corporate executives, Olympians, and athletes in many different sports. With a charismatic teaching style that combines techniques of engaged mindfulness with

lessons from popular culture icons such as Yoda, Indiana Jones, and Bruce Lee, Mumford tells illuminating stories about his larger than life clients. His writing is down-to-earth and easy to understand and apply. The Mindful Athlete is an engrossing story and an invaluable resource for anyone looking to elevate their game, no matter what the pursuit, and includes a foreword by Phil Jackson.

James Newman's lucid and engaging introduction guides the reader through the world of videogaming, providing a history of the videogame from its origins in the computer lab to its contemporary status as a global entertainment industry, with characters such as Lara Croft and Sonic the Hedgehog familiar even to those who've never been near a game console. Video games explores: Why study videogames? What is a videogame? A brief history of videogames, from Pacman to Pokémon; The videogame industry; Who plays videogames? Are videogames bad for you? The narrative structure of videogames; The future of videogames. - Back cover.

The only reference to provide both current and thorough coverage of this important analytical technique Static headspace-gas chromatography (HS-GC) is an indispensable technique for analyzing volatile organic compounds, enabling the analyst to assay a variety of sample matrices while avoiding the costly and time-consuming preparation involved with traditional GC. Static Headspace-Gas Chromatography: Theory and Practice has long been the only reference to provide in-depth coverage of this method of analysis. The Second Edition has been thoroughly updated to reflect the most recent developments and practices, and also includes coverage of solid-phase microextraction (SPME) and the purge-and-trap technique. Chapters cover: \* Principles of static and dynamic headspace analysis, including the evolution of HS-GC methods and regulatory methods using static HS-GC \* Basic theory of headspace analysis-physicochemical relationships, sensitivity, and the principles of multiple headspace extraction \* HS-GC techniques-vials, cleaning, caps, sample volume, enrichment, and cryogenic techniques \* Sample handling \* Cryogenic HS-GC \* Method development in HS-GC \* Nonequilibrium static headspace analysis \* Determination of physicochemical functions such as vapor pressures, activity coefficients, and more Comprehensive and focused, Static Headspace-Gas Chromatography, Second Edition provides an excellent resource to help the reader achieve optimal chromatographic results. Practical examples with original data help readers to master determinations in a wide variety of areas, such as forensic, environmental, pharmaceutical, and industrial applications.

Oregon's pioneering land use system is nationally recognized and serves as a valuable model and benchmark for other states. This volume examines the Oregon system, describes its strengths and weaknesses, and gives recommendations for the future. Provides a variety of ideas for the entrepreneurs of small businesses, including finding a great lawyer, locating a good accountant and how to get free government counseling. Original.

The original instruction book published in 1952 by the A C Gilbert Company. The book contains 64 pages of advice and helpful hints on planning and operating an American Flyer model railroad.

Innovation has a pivotal role for companies in attaining business survival but making an organization innovative is not straightforward. By determining contextual factors, managers can help decide how to employ a portfolio of innovation management processes. This book explores how contingency influence the management of innovation. Taking the perspective of innovation managers, the authors focus on the decision-making process to demonstrate that different approaches are required depending on the business context. In breaking the process into three levels (culture, industry and company), the book helps choose an optimal innovative approach. With

references to real-world innovation cases and organizations, this book will prove useful reading for students and researchers in the field of innovation studies and management.

The fifth edition of "Numerical Methods for Engineers" continues its tradition of excellence. Instructors love this text because it is a comprehensive text that is easy to teach from. Students love it because it is written for them--with great pedagogy and clear explanations and examples throughout. The text features a broad array of applications, including all engineering disciplines. The revision retains the successful pedagogy of the prior editions. Chapra and Canale's unique approach opens each part of the text with sections called Motivation, Mathematical Background, and Orientation, preparing the student for what is to come in a motivating and engaging manner. Each part closes with an Epilogue containing sections called Trade-Offs, Important Relationships and Formulas, and Advanced Methods and Additional References. Much more than a summary, the Epilogue deepens understanding of what has been learned and provides a peek into more advanced methods. Approximately 80% of the end-of-chapter problems are revised or new to this edition. The expanded breadth of engineering disciplines covered is especially evident in the problems, which now cover such areas as biotechnology and biomedical engineering. Users will find use of software packages, specifically MATLAB and Excel with VBA. This includes material on developing MATLAB m-files and VBA macros.

An in effort to reject cynicism and feelings of powerlessness, a known social activist uses moving stories of ordinary Americans who have found fulfillment in participation to inspire and encourage others to follow the same path. Original.

In this heart-warming tale, Eli helps Punchinello understand how he is - no matter what other Wemmicks may think. Children will learn a vital lesson - regardless of how the world sees them, God loves each of them just as they are.

This book covers issues of men's health, including screening, diagnosis and management of common disorders and opportunities for prevention and health maintenance. Each chapter pertains to a component of the physical exam and/or organ system. Examples include appropriate survey and screening of the integument, the significance of buccal/dental integrity, tailoring cardiovascular remedies and balancing prostate cancer screening with quality of life. The book follows the methodical approach of a comprehensive wellness visit, including inventory of psychosocial factors, which significantly impact physical well-being. Justification for often overlooked topics in the review of systems, such as sexual history and satisfaction, relationship issues, and vocational fulfillment are provided. This book is written in the spirit of the rich bedside acumen and the art of healing, we must strive to protect. While informative and stimulating, this text serves to remind us of the specialized diagnostic tools we carry between our ears, and the power of healing we possess in our hands as well as the counsel and education we provide to our patients. Men's Health: A Head to Toe Guide for Clinicians serves as an important and readily accessible resource for primary care physicians, internists and family doctors, physician's assistants and nurse practitioners who care for adult males.

This text provides a critical overview of current thinking about equity issues in the teaching and learning of mathematics. Grounded in feminist theories of curriculum change and a broad range of cultural perspectives, the new approaches described here

go beyond "special programmes" and "experimental treatments" designed to correct perceived problems and deficits. Instead they establish how improved instructional practices and a fuller understanding of the nature of the mathematical enterprise can overcome the systemic obstacles that have thwarted women's participation in this important field.; This book will appeal to all those who are interested in the mathematical education of women, including teachers, parents, administrators and researchers.

The Game Maker's Companion is the long-awaited sequel to The Game Maker's Apprentice. This book picks up where the last book left off, advancing your game development journey with some seriously impressive gaming projects. This time you'll learn how to make professional-quality platform games with solid collision detection and slick control mechanisms and you'll get acquainted with a long-lost icon of platform gaming history on the way. You'll go on to discover techniques to add depth and believability to the characters and stories in your games, including The Monomyth, cut scene storyboarding, and character archetypes. This culminates in the creation of an original atmospheric platform-adventure which will take your GML programming skills to new heights. There's even a handy reference section at the back of the book which will be invaluable for adding common features to your own games. With contributions from four games industry professionals and a highly respected member of the Game Maker community, The Game Maker's Companion is another labor of love that will give you even more hours of enjoyment than the original. If you already own Game Maker, then you really must own this book as well.

Rarely has a book about advertising created such a commotion as this brilliant account of the principles of successful advertising. Published in 1961, Reality in Advertising was listed for weeks on the general best-seller lists, and is today acknowledged to be advertising's greatest classic. It has been translated into twelve languages and has been published in twenty-one separate editions in fifteen countries. Leading business executives, and the advertising cognoscenti, hail it as "the best book for professionals that has ever come out of Madison Avenue." Rosser Reeves says: "The book attempts to formulate certain theories of advertising, many quite new, and all based on 30 years of intensive research." These theories, whose value has been proved in the marketplace, all revolve around the central concept that success in selling a product is the key criterion of advertising. Get Your Copy Now

There is a holistic alternative to conventional dental treatments which can help you heal tooth pain, reduce tooth infections, halt tooth decay and inhibit gum disease. Learn about a flexible whole foods dietary program pioneered by the head of research at the National Dental Association, Weston Price D.D.S. that proved 90-95% effective in halting cavities. Cure Tooth Decay provides clear and easy to understand dental facts so you can make healthy, life affirming choices about your dental health, including a non-surgical approach to halt baby-bottle tooth decay. Learn five nutritional programs that Nagel used to cure his own cavities, and halt his daughter's severe cavities.

Restore dental and oral health through nutrition and lifestyle, not harmful chemicals and surgery. This is the first book to be endorsed by the Holistic Dental Association because, as its president Dr. Gallagher says, "Cure Tooth Decay is treasure-trove of wisdom as it takes the mystery out of dental health."

Theory on Demand #36 Listening into Others: An Ethnographic Exploration in

Govindpuri Tripta Chandola The essays collected here are based on two decades of engagement with the residents of the slums of Govindpuri in India's capital, Delhi. The book presents stories of many kinds, from speculative treatises, via the recollection of a thousand everyday conversations, to an account of the making of a radio documentary. "Noise/Music" looks at the phenomenon of noise in music, from experimental music at the early 20th century to the Japanese noise, music and glitch electronica of today. ... While it provides an excellent historical overview, the book's main concern is in the noise/music that has emerged since the mid 1970s, whether through industrial music, punk, free jazz or the purer noise of Merzbow. The book progresses seamlessly from discussions of John Cage, Erik Satie and Pauline Oliveros through to bands like Trobbing Gristle and the Boredoms. The author also examines the concept of noise from a philosophical perspective. Underpinned throughout by the ideas of Adorno, Deleuze and others, the author's writing is sharp and erudite. -- Summarized from back cover.

Featuring a Foreword by Mikey Siegel, founder of Consciousness Hacking. Technology can now control the spiritual experience. This is a journey through the high-tech aids for psychological growth that are changing our world, while exploring the safety, authenticity and ethics of this new world. We already rely on technology to manage our health, sleep, relationships, and finances, so it's no surprise that we're turning to technological aids for the spiritual journey. From apps that help us pray or meditate, to cybernauts seeking the fast track to nirvana through magnetic brain stimulation, we are on the brink of the most transformative revolution in the practice of religion: an era in which we harness the power of "spirit tech" to deepen our experience of the divine. Spirit tech products are rapidly improving in sophistication and power, and ordinary people need a trustworthy guide. Through their own research and insiders' access to the top innovators and early adopters, Wesley J. Wildman and Kate J. Stockly take you deep inside an evolving world: - Find out how increasingly popular "wearables" work on your brain, promising a shortcut to transformative meditative states. - Meet the inventor of the "God Helmet" who developed a tool to increase psychic skills, and overcome fear, sadness, and anger. - Visit churches that use ayahuasca as their sacrament and explore the booming industry of psychedelic tourism. - Journey to a mansion in the heart of Silicon Valley where a group of scientists and entrepreneurs are working feverishly to bring brain-based spirit tech applications to the masses. - Discover a research team who achieved brain-to-brain communication between individuals thousands of miles apart, harnessing neurofeedback techniques to sync and share emotions among group members. Spirit Tech offers readers a compelling glimpse into the future and is the definitive guide to the fascinating world of new innovations for personal transformation, spiritual growth, and pushing the boundaries of human nature. Arranged in sixteen musical categories, provides entries for twenty thousand releases from four thousand artists, and includes a history of each musical genre.

Join one Black family on their journey to discover what the real Santa looks like in this joyous tale celebrating identity, family and holiday cheer, from the New York Times bestselling author of Bedtime Bonnet. It's not Christmas without Santa! But what does Santa truly look like? Does he match the figurines on the mantel, or the faces on our favorite holiday sweaters? Does he look like you or like me? Find out in this joyous and cozy celebration of family, representation, and holiday spirit! Destined to be a new

classic, and perfect for any child looking to see some of themselves in Santa Claus. It's All About Sentiment...Imagine opening this book after 5 years... Reading loving messages from people dear to Your heart. Happy memories that jump out from every page... Sounds beautiful, doesn't it? All you need is to pick a guest book to store those memories. Here's What You Get: Large paperback: 8.5" x 11" 108 "Guests" pages - plenty of space for all important people to leave warm wishes and stick a photo. Designer soft cover with matte finish Get it now and cross out another item on Your party preparation list. Enjoy Your celebration: ) Team at Peony Lane Publishing

Whatever their industry of origin, all companies are facing the same challenge to a greater or lesser degree: globalization. It is becoming more and more evident that companies need to plan ahead and anticipate coming developments if they are to be successful in the future. Today, it is crucial to establish a solid competitive position in the global arena. There is no doubt that a corporate culture that is open to innovation and shaped by global thinking, plays a key role in this context. A culture in which representatives of different countries and cultures can come together, anticipating and understanding the cultural challenges, creates the foundation of any international business. A global view on intercultural management will be the key to successfully doing business in diverse cultural environments.

The second edition of Textbook of Endodontology continues the aim of serving the educational needs of dental students and dental practitioners searching for updates on endodontic theories and techniques. Significantly restructured and completely updated, the new edition maintains the ethos of the original, facilitating ease of learning through pedagogical features such as annotated references, core concepts and key literature. It features a number of new chapters on topics ranging from outcomes of endodontic treatment to managing endodontic complications to dental trauma. Additionally, all other chapters have been thoroughly revised and brought up to date to reflect contemporary knowledge and practice. Textbook of Endodontology continues its important function of providing lucid scholarship and clear discussion of biological concepts and treatment principles in endodontics, and as such will be an important update to its current readers and a valuable discovery to its new audience.

Earth science is becoming increasingly quantitative in the digital age. Quantification of geoscience and engineering problems underpins many of the applications of big data and artificial intelligence. This book presents quantitative geosciences in three parts. Part 1 presents data analytics using probability, statistical and machine-learning methods. Part 2 covers reservoir characterization using several geoscience disciplines: including geology, geophysics, petrophysics and geostatistics. Part 3 treats reservoir modeling, resource evaluation and uncertainty analysis using integrated geoscience, engineering and geostatistical methods. As the petroleum industry is heading towards operating oil fields digitally, a multidisciplinary skillset is a must for geoscientists who need to use data analytics to resolve inconsistencies in various sources of data, model reservoir properties, evaluate uncertainties, and quantify risk for decision making. This book intends to serve as a bridge for advancing the multidisciplinary integration for digital fields. The goal is to move beyond using quantitative methods individually to an integrated descriptive-quantitative analysis. In big data, everything tells us something, but nothing tells us everything. This book emphasizes the integrated, multidisciplinary solutions for practical problems in resource evaluation and field development.

