

## The Hidden Power Of Blend Modes In Adobe Photoshop

A National Bestseller, a New York Times Notable Book, and an Entertainment Weekly Best Book of the Year from the author of *Extra Life* “By turns a medical thriller, detective story, and paean to city life, Johnson's account of the outbreak and its modern implications is a true page-turner.” —The Washington Post “Thought-provoking.” —Entertainment Weekly It's the summer of 1854, and London is just emerging as one of the first modern cities in the world. But lacking the infrastructure-garbage removal, clean water, sewers-necessary to support its rapidly expanding population, the city has become the perfect breeding ground for a terrifying disease no one knows how to cure. As the cholera outbreak takes hold, a physician and a local curate are spurred to action-and ultimately solve the most pressing medical riddle of their time. In a triumph of multidisciplinary thinking, Johnson illuminates the intertwined histories of the spread of disease, the rise of cities, and the nature of scientific inquiry, offering both a riveting history and a powerful explanation of how it has shaped the world we live in.

“Readers...will be enamored by this blend of history, mystery, and superpowered action.” —Booklist (starred review) “Has the exciting pace of a superhero adventure.” —Kirkus Reviews *Hidden Figures* meets *Wonder Woman* in this action-packed, comic-inspired adventure about a brilliant girl puzzler who discovers she's part of a superhero team—the first in a new series! Josie O'Malley does a lot to help out Mam after her father goes off to fight the Nazis, but she wishes she could do more—like all those caped heroes who now seem to have disappeared. If Josie can't fly and control weather like her idol, Zenobia, maybe she can put her math smarts to use cracking puzzles for the government. After an official tosses out her puzzler test because she's a girl, it soon becomes clear that an even more top-secret agency has its eye on Josie, along with two other applicants: Akiko and Mae. The trio bonds over their shared love of female superhero celebrities, from *Hauntima* to *Zenobia* to *Hopscotch*. But during one extraordinary afternoon, they find themselves transformed into the newest (and youngest!) superheroes in town. As the girls' abilities slowly begin to emerge, they learn that their skills will be crucial in thwarting a shapeshifting henchman of Hitler, and, just maybe, in solving an even larger mystery about the superheroes who've recently gone missing. Inspired by remarkable real-life women from World War II—the human computers and earliest programmers called “the ENIAC Six”—this pulse-pounding adventure features bold action and brave thinking, with forty-eight pages of comic book style graphic panels throughout the book. Readers will want to don their own capes for an adventure, and realize they have the power to be a superhero, too!

Adobe Photoshop for Photographers by acclaimed digital imaging professional Martin Evening has been revamped to include detailed instruction for all of the updates to Photoshop on Adobe's Creative Cloud, including significant new

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features such as Cloud document saving, the new Content-Area Fill and the Texture slider and Depth Range Mask for Camera Raw. This guide covers all the tools and techniques photographers and professional image editors need to know when using Photoshop, from workflow guidance to core skills to advanced techniques for professional results. Using clear, succinct instruction and real-world examples, this guide is the essential reference for Photoshop users. The accompanying website has been updated with new sample images, tutorial videos, and bonus chapters.

Overcrowding. Lengthy queues. Increasing animosity from locals. Loss of authenticity. Disappointment. As tourists, how can we improve tourism for locals, their communities, their culture and the environment - as well as for ourselves? By taking steps to "be invisible," of course! Unbeknownst to most tourists, there is a hidden power within them. This handbook examines the lesser-known problems with overtourism, how they came to be and details practical solutions to help you unlock this power to use as a force for good. Packed with everything you need to know to tailor your own invisibility cloak, you'll learn how to: Plan a stress-free trip every time & ways to reduce disappointment; Enjoy popular destinations without contributing to overcrowding; Feel fulfilled by personal, authentic encounters with locals whilst helping their businesses; Avoid pickpockets & scammers for a safe travel experience; Preserve local cultures & identities instead of diluting them; Protect attractions of significant cultural heritage & the natural environment. Learn how to make the most of your next travel experience by "blending in!"

Don't miss Evermore, the first book in Alyson Noël's #1 New York Times bestselling The Immortals series. Enter an enchanting new world where true love never dies. . . After a horrible accident claimed the lives of her family, sixteen-year-old Ever Bloom can see people's auras, hear their thoughts, and know someone's entire life story by touching them. Going out of her way to avoid human contact and suppress her abilities, she has been branded a freak at her new high school—but everything changes when she meets Damen Auguste. Damen is gorgeous, exotic and wealthy. He's the only one who can silence the noise and random energy in her head—wielding a magic so intense, it's as though he can peer straight into her soul. As Ever is drawn deeper into his enticing world of secrets and mystery, she's left with more questions than answers. And she has no idea just who he really is—or what he is. The only thing she knows to be true is that she's falling deeply and helplessly in love with him.

Provides instructions on Photoshop's adjustment and fill layers, covering such topics as color, composition, histograms, and gradient maps.

Demonstrates how to use blend modes in Adobe Photoshop, covering such topics as photographic manipulation, compositing, design, and painting, and offering a reference to every blend mode and more than fifty techniques.

This is investigative reporter Gus Russo's most explosive book yet, the remarkable story of the "Supermob"-a cadre of

men who, over the course of decades, secretly influenced nearly every aspect of American society. Presenting startling revelations about such famous members as Jules Stein, Joe Glaser, Ronald Reagan, Lew Wasserman, and John Jacob Factor—as well as infamous, low-profile members—Russo pulls the lid off of a half-century of criminal infiltration into American business, politics, and society. At the heart of it all is Sidney "The Fixer" Korshak, who from the 1940s until his death in the 1990s was not only the most powerful lawyer in the world, according to the FBI, but the enigmatic player behind countless twentieth-century power mergers, political deals, and organized crime chicaneries.

Five years after attacking the human-colonized worlds of the Spiral Arm, the hydrogues maintain absolute control over stardrive fuel...and their embargo is strangling human civilization. On Earth, mankind suffers from renewed attacks by the hydrogues and decides to use a cybernetic army to fight them. Yet the Terran leaders don't realize that these military robots have already exterminated their own makers - and may soon turn on humanity. Once the rulers of an expanding empire, humans have become the galaxy's most endangered species. But the sudden appearance of incredible new beings will destroy all balances of power. Now for humans and the myriad alien factions in the universe, the real war is about to begin...and genocide may be the result.

Bizarre military history: In 1979, a crack commando unit was established by the most gifted minds within the U.S. Army. Defying all known laws of physics and accepted military practice, they believed that a soldier could adopt the cloak of invisibility, pass cleanly through walls, and—perhaps most chillingly—kill goats just by staring at them. They were the First Earth Battalion, entrusted with defending America from all known adversaries. And they really weren't joking. What's more, they're back—and they're fighting the War on Terror. An uproarious exploration of American military paranoia: With investigations ranging from the mysterious "Goat Lab," to Uri Geller's covert psychic work with the CIA, to the increasingly bizarre role played by a succession of U.S. presidents, this might just be the funniest, most unsettling book you will ever read—if only because it is all true and is still happening today.

A lyrical memoir that identifies the pressure to conform as a hidden threat to our civil rights, drawing on the author's life as a gay Asian American man and his career as an acclaimed legal scholar. "[Kenji] Yoshino offers his personal search for authenticity as an encouragement for everyone to think deeply about the ways in which all of us have covered our true selves. . . . We really do feel newly inspired."—The New York Times Book Review Everyone covers. To cover is to downplay a disfavored trait so as to blend into the mainstream. Because all of us possess stigmatized attributes, we all encounter pressure to cover in our daily lives. Racial minorities are pressed to "act white" by changing their names, languages, or cultural practices. Women are told to "play like men" at work. Gays are asked not to engage in public displays of same-sex affection. The devout are instructed to minimize expressions of faith, and individuals with disabilities are urged to conceal the paraphernalia that permit them to function. Given its pervasiveness, we may experience this pressure to be a simple fact of social life. Against conventional understanding, Kenji Yoshino argues that the work of American civil rights law will not be complete until it attends to the harms of coerced conformity. Though we have come to some consensus against penalizing people for differences based on race, sex, sexual orientation, religion, and disability, we still routinely deny equal treatment to people who refuse to downplay differences along these lines. At the same time, Yoshino is responsive to the American exasperation with identity politics, which often seems like an endless parade of groups asking for state and social solicitude. He observes that the ubiquity of covering provides an opportunity to lift civil rights into a higher, more universal register. Since we all experience the covering demand, we can all make common cause around a new

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civil rights paradigm based on our desire for authenticity—a desire that brings us together rather than driving us apart. Praise for Covering “Yoshino argues convincingly in this book, part luminous, moving memoir, part cogent, level-headed treatise, that covering is going to become more and more a civil rights issue as the nation (and the nation’s courts) struggle with an increasingly multiethnic America.”—San Francisco Chronicle “[A] remarkable debut . . . [Yoshino’s] sense of justice is pragmatic and infectious.”—Time Out New York The instant New York Times Bestseller #1 Wall Street Journal Business Bestseller Instant Washington Post Bestseller "Brims with a surprising amount of insight and practical advice." --The Wall Street Journal Daniel H. Pink, the #1 bestselling author of Drive and To Sell Is Human, unlocks the scientific secrets to good timing to help you flourish at work, at school, and at home. Everyone knows that timing is everything. But we don't know much about timing itself. Our lives are a never-ending stream of "when" decisions: when to start a business, schedule a class, get serious about a person. Yet we make those decisions based on intuition and guesswork. Timing, it's often assumed, is an art. In When: The Scientific Secrets of Perfect Timing, Pink shows that timing is really a science. Drawing on a rich trove of research from psychology, biology, and economics, Pink reveals how best to live, work, and succeed. How can we use the hidden patterns of the day to build the ideal schedule? Why do certain breaks dramatically improve student test scores? How can we turn a stumbling beginning into a fresh start? Why should we avoid going to the hospital in the afternoon? Why is singing in time with other people as good for you as exercise? And what is the ideal time to quit a job, switch careers, or get married? In When, Pink distills cutting-edge research and data on timing and synthesizes them into a fascinating, readable narrative packed with irresistible stories and practical takeaways that give readers compelling insights into how we can live richer, more engaged lives.

Part graphic novel, part memoir, Wake is an imaginative tour-de-force that tells the story of women-led slave revolts and chronicles scholar Rebecca Hall’s efforts to uncover the truth about these women warriors who, until now, have been left out of the historical record. Women warriors planned and led slave revolts on slave ships during the Middle Passage. They fought their enslavers throughout the Americas. And then they were erased from history. Wake tells the story of Dr. Rebecca Hall, a historian, granddaughter of slaves, and a woman haunted by the legacy of slavery. The accepted history of slave revolts has always told her that enslaved women took a back seat. But Rebecca decides to look deeper, and her journey takes her through old court records, slave ship captain’s logs, crumbling correspondence, and even the forensic evidence from the bones of enslaved women from the “negro burying ground” uncovered in Manhattan. She finds women warriors everywhere. Using in-depth archival research and a measured use of historical imagination, Rebecca constructs the likely pasts of Adono and Alele, women rebels who fought for freedom during the Middle Passage, as well as the stories of women who led slave revolts in Colonial New York. We also follow Rebecca’s own story as the legacy of slavery shapes life, both during her time as a successful attorney and later as a historian seeking the past that haunts her. Illustrated beautifully in black and white, Wake will take its place alongside classics of the graphic novel genre, like Marjane Satrapi’s Persepolis and Art Spiegelman’s Maus. The story of both a personal and national legacy, it is a powerful reminder that while the past is gone, we still live in its wake.

Deepak Chopra, Debbie Ford, and Marianne —New York Times bestselling authors and internationally acclaimed teachers—have joined together to share their knowledge on one of the most crucial obstacles to happiness we face—the shadow. These three luminaries, each with a signature approach, bring to light the parts of ourselves we deny but that still direct our life. For it is only when we embrace our shadow that we discover the gifts of our authentic nature. The shadow exists within all of us. It is a part of us and yet we spend most of our life running from it. But far from being scary, our dark side holds the promise of a better, more fulfilling life. Our shadow makes itself known every day. It

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is the reason we get furious over a friend showing up ten minutes late, yell at our parents or kids when they have done nothing wrong, and sabotage our own success at the worst possible time. Until we are able to embrace our dualistic nature, we will continue to hurt ourselves and those closest to us and fall short of our potential. Combining the wisdom of three experts, *The Shadow Effect* is a practical and profound guide to discovering the gifts of our shadow. These three authors powerfully pierce the veil of our unclaimed self, releasing us from the past and propelling us on a journey to wholeness. No longer living a half life, we are capable of achieving our dreams and reclaiming the happiness that is our birthright.

Here for the first time is a comprehensive explanation of how to unlock the power within each of us. This power, our LIFE ENERGY, specifically determines our mental and physical states. By showing you how to release this energy, Dr. John Diamond will teach you how to: Lead a more productive, creative, and happy life Achieve your fullest potential Deal positively with mental and physical stress Reduce negative emotional states (hatred, anger, jealousy, etc.) and increase positive emotions (love, faith, courage, etc.) Prevent and overcome illness and maintain good health Look younger as you learn to erase the lines of self-doubt and unhappiness from your face Dr. Diamond's approach to releasing LIFE ENERGY is based on his discovery that each of the twelve acupuncture meridians relates to a specific emotional state. By learning to assess these emotional states by using the simple muscle test described in this book, you can determine your present emotional state or anyone else's. By practicing the short daily meditational program, you will keep your emotions and meridians balanced so that you can achieve heightened LIFE ENERGY and maintain mental and physical well-being and harmony every day of your life.

Creative professionals seeking the fastest, easiest, most comprehensive way to learn Adobe Photoshop choose *Adobe Photoshop Classroom in a Book* (2020 release) from Adobe Press. The 15 project-based lessons show key step-by-step techniques for working in Photoshop, including how to correct, enhance, and distort digital images, create image composites, and prepare images for print and the web. In addition to learning the essential elements of the Photoshop interface, this revised edition for the 2020 release covers features like the new Object Selection tool, saving Cloud Documents for easy access from Photoshop on other devices such as the Apple iPad, removing objects with upgraded Content-Aware Fill, applying styles and objects such as gradients and shapes, instantly using redesigned Presets panels, and much more! The online companion files include all the necessary assets for readers to complete the projects featured in each chapter. All buyers of the book get full access to the Web Edition: A Web-based version of the complete ebook enhanced with video and multiple-choice quizzes

The main purpose of the book is to provide insight into an area that humans often take for granted. There are wonderful and exciting stories of organisms using chemical signals as a basis of a sophisticated communication system. In many instances, chemical signals can provide more detailed and accurate information than any other mode of communication, yet this world is hidden from us because of our focus on visual and auditory signals. Although we have a diversity of senses available to us, humans are primarily auditory and visual animals. These stimuli are sent to the more cognitive areas of our brain where they are immediately processed for information. We use sounds to communicate and music to excite or soothe us. Our vision provides us with communication, entertainment, and information about our world. Even though our world is dominated by other stimulus energies, we have chosen, in an evolutionary sense, either auditory or visual signals to carry our most important information. This is not the case for most other organisms. Chemical signals, mediated through the sense of smell and taste, are typically more

important and are used more often than other sensory signals. The world of communication using chemicals is an alien world for us. We are unaware of how important chemical signals are to other organisms and we often overlook the influence of chemical signals in our own life. Part of this naïveté about chemical signals is due to our cultural focus on visual and auditory signals, but a larger part of our collective ignorance is the lack of information about chemical communication in both popular and scientific writings. The popular press and popular writings virtually ignore the chemical senses, especially in regard to their role or influence for humans and our human culture. Academic books and textbooks are no better.

A classic work of American literature that has not stopped changing minds and lives since it burst onto the literary scene, *The Things They Carried* is a ground-breaking meditation on war, memory, imagination, and the redemptive power of storytelling. *The Things They Carried* depicts the men of Alpha Company: Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O'Brien, who has survived his tour in Vietnam to become a father and writer at the age of forty-three. Taught everywhere—from high school classrooms to graduate seminars in creative writing—it has become required reading for any American and continues to challenge readers in their perceptions of fact and fiction, war and peace, courage and fear and longing. *The Things They Carried* won France's prestigious Prix du Meilleur Livre Etranger and the Chicago Tribune Heartland Prize; it was also a finalist for the Pulitzer Prize and the National Book Critics Circle Award.

### **Learn to harness the full power of layers and selections in Photoshop—and let your creativity soar!**

Learning the basics of Photoshop is an admirable feat. Unfortunately, that's exactly where most people end their Photoshop journey: with a fundamental appreciation of the program and the ability to execute a few helpful techniques. But without a full understanding of and capability with layers and selections—arguably Photoshop's most powerful tools—you're leaving the vast majority of Photoshop's power and potential untapped.

*The Photoshop Layers and Selections Workshop* is here to change all that. In this book, photographer and bestselling author Glyn Dewis focuses on these two key features of Photoshop, knowing that if you can learn and master them, you'll have everything you need to maximize Photoshop's potential, bring out the best in your work, and harness your full creativity.

In this book, you will:

- Start off with a detailed breakdown of the Photoshop Home screen and Workspace, including how to best set it up for your way of working.

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- Grow your understanding of layers and learn how to maximize their potential in your selections workflow.
- Conquer selections and cutouts by mastering the use of tools including Select and Mask, the Pen Tool, Channel Pulls, Vector Masks, Color Range, and more.
- Learn how to make and fake the best possible hair and fur selections.
- Work your way through three selections workflows, combining tools and techniques to get the very best possible results.
- Learn some of Glyn's favorite Photoshop techniques in a bonus chapter.

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Brimming with vibrant illustrations, transformative practices, and captivating stories from around the world, *Animal Power* is an enlightening guide to the power of the animal realm. In this luxe compendium, get ready to discover rituals, meditations, and visualizations to connect with 100 remarkable animals. Learn how to connect with the animal power of the bear for comfort and protection, the leopard for confidence, the seal for healthy relationships, and the peacock for creative inspiration, and many others. The practices are paired with illuminating stories from spiritual teachers around the world, plus sidebars with fascinating details on ancient traditions, global mythology, and scientific trivia. Delivered in an enchanting package overflowing with insight and magic, *Animal Power* is a celebration of the natural world and an inspiring companion for modern mystics, nature and animal lovers, and

the spiritually curious. **BEAUTIFUL TO GIFT AND DISPLAY:** Luxe and eye-catching, this statement package features 100 full-page illustrations and shimmery accents on the case, making it a gorgeous décor object and a beautiful gift for modern mystics, meditators, animal and nature lovers, and the spiritually curious. **FUN ACTIVITY:** Animal Power offers endless opportunities for interaction and discovery. Users can pick an animal that is resonating with them each day, flip to a random page for inspiration in the morning, or engage with the fun-to-read content during a gathering with a group of friends. **ACCESSIBLE TECHNIQUES FOR EVERYDAY LIFE:** This book presents spiritual guidance, meditation techniques, and transformative practices in accessible, easy-to-follow entries. People interested in self-care, mindfulness, and personal transformation will enjoy the short practices that can easily be incorporated into everyday life. **AUTHORITATIVE AUTHOR:** Alyson Charles is a shaman and mystic who has studied with spiritual leaders throughout the world. In this book, she shares her deep knowledge and respect for mystical traditions, providing essential context, scientific facts, and global information on humans' relationship with sacred animals, along with illuminating testimonials from shamanic teachers and practitioners around the world. Perfect for: Modern mystics, Tarot and crystal enthusiasts, Meditators, Yogis, Animal lovers, Nature enthusiasts

“Powers writes action and adventure that Indiana Jones could only dream of.” —Washington Post “Tim Powers is a brilliant writer.” —William Gibson The remarkable Tim Powers—who ingeniously married the John Le Carré spy novel to the otherworldly in his critically acclaimed *Declare*—brings us pirate adventure with a dazzling difference. *On Stranger Tides* features Blackbeard, ghosts, voodoo, zombies, the fable Fountain of Youth...and more swashbuckling action than you could shake a cutlass at, as reluctant buccaneer John Shandy braves all manner of peril, natural and supernatural, to rescue his ensorcelled love. Nominated for the Locus and World Fantasy Awards, *On Stranger Tides* is the book that inspired the motion picture *Pirates of the Caribbean: On Stranger Tides*—non-stop, breathtaking fiction from the genius imagination that conceived *Last Call*, *Expiration Date*, and *Three Days to Never*.

*Superordinary Society: Book One* Jazz Vanessen is weird--and not just because he's a werewolf. For most of his life, he's felt different from his alpha male brothers and friends. Since he's adopted, he can't even blame it on family. Now eighteen, Jazz meets his idol, the social activist Lysandra Mason, and her breathtaking nephew, Dash Mercury. When Dash is around, even stranger things start to happen, including Jazz falling hopelessly in lust. Not only is Jazz having visions, making people disappear, and somehow turning invisible, but somebody's following him and threatening to reveal his pack's secrets to the world. Together with Dash and Jazz's equally amazing friends--Carla, BeBop, Khadija, and Fatima--they discover the danger is even more lethal than they thought, and Jazz's weirdness may save all their lives.

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von

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Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence ("Law 1: Never Outshine the Master"), others teach the value of confidence ("Law 28: Enter Action with Boldness"), and many recommend absolute self-preservation ("Law 15: Crush Your Enemy Totally"). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

Life energy specifically determines mental and physical states. In this book, the author aims to teach the reader how to release this energy and overcome negative emotional states, prevent illness, and deal positively with mental and physical stress. This is based on 12 acupuncture points.

An ethologist shows man to be a gene machine whose world is one of savage competition and deceit

*Bending Reality* is Victoria Song's innovative process used by billionaires, tech founders, and the world's most successful leaders to make the impossible probable. In this fast-paced guide to success, you will learn how to: Bend reality by mastering two states of being that most people aren't even aware of; Reach your personal peak without burning out; Navigate change and face the unknown like the greatest leaders; Access creative downloads that artists, musicians, and geniuses receive; Make your own luck--there's literally a recipe; Find your unique "zone of genius" and live from it every day. After learning how to bend reality, you will no longer need to memorize rules, tips, or tricks; instead, you will embody the essence of a remarkable leader who can make the impossible probable.

Cora is a slave on a cotton plantation in Georgia. When Caesar, a recent arrival from Virginia, tells her about the Underground Railroad, they decide to take a terrifying risk and escape. Though they manage to find a station and head north, they are being hunted. Their first stop is South Carolina, in a city that initially seems like a haven. But the city's placid surface masks an insidious scheme designed for its black denizens. And even worse: Ridgeway, the relentless slave catcher, is close on their heels.

The author offers exploration of self and practical guidance dealing with the dark side of personality based on Jung's concept of "shadow," or the forbidden and unacceptable feelings and behaviors each of us experience.

Now in paperback--the first volume in a mesmerizing new trilogy which introduces a group of teens, who call themselves *Midnighters*, living in a world that is frozen in time and inhabited by dark creatures that lurk in the shadows.

*Unlocking the Key to Perfect Selections and Amazing Photoshop Effects for Totally Realistic Composites* Compositing is one of the hottest trends in Photoshop and photography today for portrait photographers, designers of all walks of life, and even retouchers. Everywhere you look, from group photos, to school graduation or sports portraits, to magazines, movie posters, and DVD covers, chances are, you've seen compositing. In *Photoshop Compositing Secrets*, Matt Kloskowski takes you through the entire process behind creating convincing, well-executed, and captivating composites. You'll see how to create images that run the gamut from real-world portraits for corporate, graduation, or group photos to sports portraits, templates, and collages, and even the surreal, dramatic composites that clients clamor for. You'll learn: One of the most important secrets to compositing: how

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to master selections in Photoshop (yes, even wispy hair), What background color, and camera and lighting setups work best for compositing, How to move a subject from one background to another, and the Photoshop lighting and shadowing techniques to make it look real, And all the Photoshop tips, tricks, and special effects you need to pull off a convincing, professional composite. No matter if you're a professional, an aspiring professional, or a hobbyist, Photoshop Compositing Secrets will sharpen your skills and open up a whole new avenue of photographic expression in an easy-to-understand way that will have you creating your own composites in no time.

Here is a book as joyous and painful, as mysterious and memorable, as childhood itself. *I Know Why the Caged Bird Sings* captures the longing of lonely children, the brute insult of bigotry, and the wonder of words that can make the world right. Maya Angelou's debut memoir is a modern American classic beloved worldwide. Sent by their mother to live with their devout, self-sufficient grandmother in a small Southern town, Maya and her brother, Bailey, endure the ache of abandonment and the prejudice of the local "powhitetrash." At eight years old and back at her mother's side in St. Louis, Maya is attacked by a man many times her age—and has to live with the consequences for a lifetime. Years later, in San Francisco, Maya learns that love for herself, the kindness of others, her own strong spirit, and the ideas of great authors ("I met and fell in love with William Shakespeare") will allow her to be free instead of imprisoned. Poetic and powerful, *I Know Why the Caged Bird Sings* will touch hearts and change minds for as long as people read. "I Know Why the Caged Bird Sings liberates the reader into life simply because Maya Angelou confronts her own life with such a moving wonder, such a luminous dignity."—James Baldwin From the Paperback edition. Outlines a problem solving approach that replaces traditional ideas of power and authority with a method that allows individuals to discover answers for themselves.

The Hidden Power of Adobe Photoshop for Photographers is about mastering your tools as a path towards mastering your art. Renowned Photoshop teacher Scott Valentine combines expert recipes and instructions with insightful technical and philosophical discussions that help you experiment and expand your knowledge, so you're no longer dependent on specific settings or cookbook-style presentations. Now revamped to focus specifically on digital photography, this edition contains dozens of hands-on examples and projects designed to give you an edge in technical, personal, and commercial projects - as well as indispensable advanced techniques for image enhancement and correction. Valentine offers expert insights and approaches for using blending modes and adjustment layers, and using special effects, compositing, and illustration techniques more creatively. If you crave deeper understanding, greater flexibility, and more effective workflows - and you don't just want to simulate someone else's work - this is the Photoshop guide you've been searching for.

"Throughout history, people have sought the heights of human potential--to become as wise and strong, happy and loving, as any person can ever be. And now recent science is revealing how these remarkable ways of being are based

on equally remarkable changes in our own nervous system, making them more attainable than ever before... Rick Henson, PhD, not only explores the new neuroscience of awakening but also offers a bold yet plausible plan for reverse-engineering peak experiences, senses of oneness, and even enlightenment itself. And he does so with his trademark blend of solid science and warm encouragement, guiding you along this high-reaching path with good humor, accessible tools, and personal examples."--Dust jacket flap.

Why the Dutch are Different is a personal portrait of a fascinating people, a sideways history and an entertaining travelogue.

Most of us focus on thinking positively to create what we really want in life. But science shows it's actually our feelings that matter most. In her relatable and engaging way, psychologist and researcher, Melanie Dean, Ph.D., explains not just what to do to shift your emotions and focus your energy to attract the people, things, and opportunities you want most in life, but how and why it works. Once you understand that your feelings and emotions are real energy waves that go out into the world and connect with (or repel) others, you can start to notice and shift your emotions-and intentionally direct your energy-so you are sending out the waves that will connect with what you really want. By reading *The Hidden Power of Emotions*, you will discover:

- There is a whole world of energy at work in, around, and through you.
- Your emotions, which are more powerful than your thoughts, create energy waves that leave your body, connecting with similar energy.
- Your emotions are the way in which you receive communication back from the shared energy field.
- How to purposefully direct your emotions to connect you with what you want to receive.

Throughout the book, Dean highlights the science behind your power as well as specific tips and strategies to help you apply it in your everyday life, including a Power Zapper section of common struggles that weaken your power, and a Power Booster section of recommendations for increasing your personal power.

Outlines new approaches to networking that reflect shifting cultural values and improved digital technologies, sharing instructional case studies and practical tips for network building using online social media and in-person interactions. Photoshop's adjustment and fill layers give you an amazing level of control and are the building blocks of innumerable techniques. In this definitive resource, Scott Valentine demonstrates how to use these simple but powerful tools through approachable hands-on examples, and he calls on other Photoshop experts to share their techniques. Whether you're a professional or hobbyist, you'll learn techniques that give you an edge in technical, personal, and commercial projects. Beginning and intermediate users of Photoshop will learn how adjustment and fill layers work and get up to speed on the most common techniques. Advanced users will find indispensable reference material in addition to speedy solutions to vexing problems. More than just a collection of effects and recipes, *The Hidden Power of Adjustment Layers in Adobe*

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Photoshop explains why the techniques work and how to tune them for your specific needs. Powerful tips and techniques from industry experts, including Katrin Eismann, Pete Collins, and Corey Barker Straightforward teaching style from a veteran Photoshop user Richly illustrated with examples of over two-dozen techniques covering photography, compositing, and illustration Quick-reference guide to every fill and adjustment layer with before-and-after images for easy comparison Downloadable reference files and actions to explore and enhance your creativity (on the companion website)

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