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KEY=USER - CARLEE ELIANNA

Traction

Get a Grip on Your Business

BenBella Books, Inc. **OVER 1 MILLION COPIES SOLD!** Do you have a grip on your business, or does your business have a grip on you? All entrepreneurs and business leaders face similar frustrations—personnel conflict, profit woes, and inadequate growth. Decisions never seem to get made, or, once made, fail to be properly implemented. But there is a solution. It's not complicated or theoretical. The Entrepreneurial Operating System® is a practical method for achieving the business success you have always envisioned. More than 80,000 companies have discovered what EOS can do. In Traction, you'll learn the secrets of strengthening the six key components of your business. You'll discover simple yet powerful ways to run your company that will give you and your leadership team more focus, more growth, and more enjoyment. Successful companies are applying Traction every day to run profitable, frustration-free businesses—and you can too. For an illustrative, real-world lesson on how to apply Traction to your business, check out its companion book, *Get A Grip*.

CALL communities and culture – short papers from EUROCALL 2016

Research-publishing.net The 23rd EUROCALL conference was organised by the Cyprus University of Technology Language Centre. The theme of the conference was “CALL communities and Culture”. Between the 24th and 27th August 2016, over 135 presentations were delivered and 27 posters were presented; 84 of these presentations appear in this volume of selected peer-reviewed short papers.

Radical Belonging

How to Survive and Thrive in an Unjust World (While Transforming it for the Better)

BenBella Books "Belonging has been a formative struggle for me. Like most people with marginalized identities, my experience has taught me that it's hard to be yourself and feel like you belong in a culture that is hostile to your existence. That's why my body of work as a scientist, author, professor, speaker, and advocate for body liberation always comes back to the impact of belonging or not belonging. Radical Belonging is my manifesto, helping us heal from the individual and collective trauma of injustice and support our transition from a culture of othering to one of belonging." —Lindo Bacon Too many of us feel alienated from our bodies. This isn't your personal failing; it means that our culture is failing you. We are in the midst of a cultural moment. #MeToo. #BlackLivesMatter. #TransIsBeautiful. #AbleismExists. #EffYourBeautyStandards. Those of us who don't fit into the "mythical norm" (white, male, cisgender, able-bodied, slender, Christian, etc.)—which is to say, most of us—are demanding our basic right: To know that who we are matters. To belong. Being "othered" and the body shame it spurs is not "just" a feeling. Being erased and devalued impacts our ability to regulate our emotions, our relationships with others, our health and longevity, our finances, our ability to realize dreams, and whether we will be accepted, loved, or even safe. Radical Belonging is not a simple self-love treatise. Focusing only on self-love ignores the important fact that we have negative experiences because our culture has targeted certain bodies and people for abuse or alienation. For marginalized people, a focus on self-love can be a spoonful of sugar that makes the oppression go down. This groundbreaking book goes further, helping us to manage the challenges that stem from oppression and moving beyond self-love and into belonging. With Lindo Bacon's signature blend of science and storytelling, Radical Belonging addresses the political, sociological, psychological and biological underpinnings of your experiences, helping you understand that the alienation and pain you are experiencing is not personal, but human. The problem is in injustice, not you as an individual. So many of us feel wounded by a culture that has alienated us from our bodies and divided us from each other. Radical Belonging provides strategies to reckon with the trauma of injustice; reclaim yourself, body and soul; and rewire your nervous system to better cope within an unjust world. It also provides strategies to help us all provide refuge for one another and create a culture of equity and empathy, one that respects, includes, and benefits from all its diverse peoples. Whether you are transgender, queer, Black, Indigenous or a Person of Color, disabled, old, or fat—or your more closely resemble the "mythical norm"—Radical Belonging is your guidebook for creating a world where all bodies are valued and all of us belong—and for coping with this one, until we make that new world a reality.

Unplug

A Simple Guide to Meditation for Busy Sceptics and Modern Soul Seekers

Hachette UK 'Unplug is the book I wish I had when I first started meditating. Simple, smart, and inspirational, it provides concrete tools you can use to live a more fulfilling, happier, and yes, more productive life' Arianna Huffington THE MODERN GUIDE TO MEDITATION FOR BUSY PEOPLE Unplug is the modern, minimalist guide to meditation for busy people. Whether you're a Fortune 500 CEO or someone bogged down with a never ending to-do list, Suze Yalof-Schwartz shows that you can get more done - and do it better - by consciously unplugging for just a few minutes each day. This revolutionary book brilliantly simplifies the art of meditation and reveals the life-changing benefits you will experience, from improved memory and a more positive outlook to a reduction in anxiety and stress. Through easy techniques and tips for incorporating meditation into your daily life, Unplug shows you that everyone can meditate, even if - especially if - you believe you think too much, have no time, can't sit still or that it's just 'not you'.

The Daniel Prayer

Prayer That Moves Heaven and Changes Nations

Zondervan Bestselling author Anne Graham Lotz will teach you how to pray effectively for your nation, for your families, and for yourself. Many people today find that their prayers don't "work." And like a broken cell phone, DVD player, or TV remote, they throw prayer out as unnecessary "clutter" in their busy lives. Anne Graham Lotz has found that while prayer does work, sometimes the "pray-ers" don't. So she has turned to the prophet Daniel for help. The Daniel Prayer is born deep within your soul, erupts through your heart, and pours out on your lips, words created by and infused with the Spirit of God quivering with spiritual electricity. It's really not an everyday type of prayer. It's a prayer birthed under pressure. Heartache. Grief. Desperation. It can be triggered by a sudden revelation of hope. An answer to prayer, a promise freshly received, a miracle that lies just over the horizon. Join Anne in a thrilling discovery of prayer that really works. For extended study into The Daniel Prayer message, Anne has also created The Daniel Prayer video study and study guide. Available now.

Hacking Exposed Computer Forensics

Secrets & Solutions

McGraw Hill Professional Investigate computer crime, corporate malfeasance, and hacker break-ins quickly and effectively with help from this practical and comprehensive resource. You'll get expert information on crucial procedures to successfully prosecute violators while avoiding the pitfalls of illicit searches, privacy violations, and illegally obtained evidence. It's all here--from collecting actionable evidence, re-creating the criminal timeline, and zeroing in on a suspect to uncovering obscured and deleted code, unlocking encrypted files, and preparing lawful affidavits. Plus, you'll get in-depth coverage of the latest PDA and cell phone investigation techniques and real-world case studies.

Traction

How Any Startup Can Achieve Explosive Customer Growth

Penguin UK In Traction, serial entrepreneurs Gabriel Weinberg and Justin Mares give startups the tools for generating explosive customer growth 'Anyone trying to break through to new customers can use this smart, ambitious book' Eric Ries, author of The Lean Startup Most startups don't fail because they can't build a product. Most startups fail because they

can't get traction. Building a successful company is hard. Smart entrepreneurs know that the key to success isn't the originality of your offering, the brilliance of your team, or how much money you raise. It's how consistently you can grow and acquire new customers. Traction will teach you the nineteen channels you can use to build a customer base, and offers a three-step framework to figure out which ones will work best for your business. No matter how you apply them, the lessons and examples in Traction will help you create and sustain the growth your business desperately needs. 'Here is the inside scoop, the latest, most specific tactics from the red-hot centre of the Internet marketing universe. From someone who has done it. Twice' Seth Godin, author of Linchpin

Parables from the Pandemic

Holding Onto Hope in a Hurting World: Holding Onto Hope in a Hurting World

Road Less Traveled Enterprises **Parables from the Pandemic: Holding onto Hope in a Hurting World** is a collection of illustrated short stories and reflection questions that invite us to explore our faith and offer us hope.

Vocabulary and Spelling Success in 20 Minutes a Day

Learning Express Llc **Focuses on the art of successful written communication. Presents exercises for improving vocabulary, pronunciation, and spelling, as well as understanding context, definitions, word parts, denotation and connotation, synonyms, and antonyms. Includes pre- and post-tests and answers, crossword puzzles for each word list, and an appendix of study tips for retaining definitions and passing standardized tests.**

Seeking God

Finding Another Kind of Life with St. Ignatius and Dallas Willard

NavPress **Jesus promised, "Seek and you will find!" Do you long for a transforming encounter with the living God? Jesus assures us that those willing to become seekers will find what their hearts most deeply desire. Profoundly influenced by his long friendship with Dallas Willard, and his experience guiding people through the Spiritual Exercises of St. Ignatius for the last thirty years, Trevor Hudson offers you a practical tool kit for your seeking journey. Designed to help you move beyond insight to encounter the living God in your life, each chapter invites you to experience the crucified and risen Christ. Together with a free video series based on the book and a study guide by Dr. Gary Moon, Seeking God makes an ideal study for individuals and groups longing to discover what following Jesus may look like in our broken and suffering world, as well as for individual reading.**

The Book of the Unnamed Midwife

47North **Philip K. Dick Award Winner for Distinguished Science Fiction** When she fell asleep, the world was doomed. When she awoke, it was dead. In the wake of a fever that decimated the earth's population--killing women and children and making childbirth deadly for the mother and infant--the midwife must pick her way through the bones of the world she once knew to find her place in this dangerous new one. Gone are the pillars of civilization. All that remains is power--and the strong who possess it. A few women like her survived, though they are scarce. Even fewer are safe from the clans of men, who, driven by fear, seek to control those remaining. To preserve her freedom, she dons men's clothing, goes by false names, and avoids as many people as possible. But as the world continues to grapple with its terrible circumstances, she'll discover a role greater than chasing a pale imitation of independence. After all, if humanity is to be reborn, someone must be its guide.

Lesbian, Gay, Bisexual, and Transgender Youth, An Issue of Pediatric Clinics of North America, E-Book

Elsevier Health Sciences **The Guest Editors of this issue have come together with the goal of producing a useful, basic guide on this population for pediatric primary care clinicians. Topics in this issue address: Caring for LGBT Youth & Families in Inclusive and Affirmative Environments; Mental Health and the Development of Sexual Orientation and Gender in Children and Adolescents; What the Primary care Pediatrician Needs to Know about Gender Variance in Children and Adolescents; Clinical Implications of Stigma, Minority Stress, and Resilience as Predictors of Health and Mental Health Outcomes; LGBT Youth and Bullying; LGBT Youth and Family Acceptance; HIV, Other Sexually Transmitted Infections, and Sexual Health in LGBT Youth; Substance Abuse Prevention, Assessment & Treatment for LGBT Youth; Body Image and Disordered Eating among LGBT Youth; and Sociocultural Factors and LGBT Youth's Health-related behavior. Pediatricians will come away with a solid understanding of recognizing and communicating with LGBT children and adolescents.**

Living with the King

Meditations That Teach, Transform and Transcend

AuthorHouse **Living With The King** is a disciple-centric read that stresses the importance of building a relationship with Jesus Christ. It is crafted in the conversational tone of writing, directed by the Holy Spirit and influenced by authorial experiences. It includes a study section after each unit which allows for penned prayers, journaling, private devotions as well as group discussions. There are three exciting features of Living With The King. The first feature offers a wealth of noted scriptures to under gird a topic or thought. They are useful for reflection, referencing and research. The second feature encourages the reader to think critically by asking the author a question at the end of the Study Guide section. The question can be forwarded to the author via e-mail, her facebook or twitter pages which are on the Home page of the website, www.stephanniesolomon.com. The third feature consists of thirty-one days of affirmations; an excellent companion for fasting and prayer. Like its predecessor, *Conversations With The King*, this page turner highlights the endorsements of three reputable Christian leaders on its back cover. Truly, Living With The King is an asset to any home, office, church and community library as well as church and commercial bookstores. No ministry should be without it.

The Flash (2016-) #750

DC Comics **Beginning: "The Flash Age"!** The story we've been building toward since issue #50 comes to a head! While a supercharged Speed Force wreaks havoc on Barry Allen's life, a new threat appears on the horizon in the form of the deadly Paradox. Destined to destroy the Flash's legacy, Paradox sends his herald, Godspeed, to trap the Flash family! Plus, in this special anniversary issue: tales from across the generations of super-speedsters by an all-star lineup of writers and artists!

The Magus of Java

Teachings of an Authentic Taoist Immortal

Simon and Schuster **The story of John Chang, the first man to be documented performing pyrokinesis, telekinesis, levitation, telepathy, and other paranormal abilities. • The author, a mechanical engineer, provides scientific explanations of how these powers work. • For the first time, the discipline of Mo-Pai is introduced to the West. In 1988 the documentary Ring of Fire was released to great acclaim. The most startling sequence in the film is that of a Chinese-Javanese acupuncturist who demonstrates his full mastery of the phenomenon of chi, or bio-energy, by generating an electrical current within his body, which he uses first to heal the filmmaker of an eye infection and then to set a newspaper on fire with his hand. Ring of Fire caused thousands to seek out this individual, John Chang, in pursuit of instruction. Of the many Westerners who have approached him, John Chang has accepted five as apprentices. Kosta Danaos is the second of those five. In his years of study with John Chang, Danaos has witnessed and experienced pyrokinesis, telekinesis, levitation, telepathy, and much more exotic phenomena. He has spoken with spirits and learned the secrets of reincarnation. Most important, he has learned John Chang's story. John Chang is the direct heir to the lineage of the sixth-century b.c. sage Mo-Tzu, who was Confucius's greatest rival. His discipline, called the Mo-Pai, is little-known in the West and has never before been the subject of a book. Now, John Chang has decided to bridge the gap between East and West by allowing a book to be published revealing the story of his life, his teachings, and his powers. It will surely expedite what may well become the greatest revolution of the twenty-first century--the verification and study of bio-energy.**

Sacred Scripture, Sacred War

The Bible and the American Revolution

Oxford University Press **Winner of an Award of Merit in the Christianity Today Book Awards, History/Biography category** On January 17, 1776, one week after Thomas Paine published his incendiary pamphlet *Common Sense*, Connecticut minister Samuel Sherwood preached an equally patriotic sermon. "God Almighty, with all the powers of heaven, are on our side," Sherwood said, voicing a sacred justification for war that Americans would invoke repeatedly throughout the struggle for independence. In *Sacred Scripture, Sacred War*,

James Byrd offers the first comprehensive analysis of how American revolutionaries defended their patriotic convictions through scripture. Byrd shows that the Bible was a key text of the American Revolution. Indeed, many colonists saw the Bible as primarily a book about war. They viewed God as not merely sanctioning violence but actively participating in combat, playing a decisive role on the battlefield. When war came, preachers and patriots alike turned to scripture not only for solace but for exhortations to fight. Such scripture helped amateur soldiers overcome their natural aversion to killing, conferred on those who died for the Revolution the halo of martyrdom, and gave Americans a sense of the divine providence of their cause. Many histories of the Revolution have noted the connection between religion and war, but *Sacred Scripture, Sacred War* is the first to provide a detailed analysis of specific biblical texts and how they were used, especially in making the patriotic case for war. Combing through more than 500 wartime sources, which include more than 17,000 biblical citations, Byrd shows precisely how the Bible shaped American war, and how war in turn shaped Americans' view of the Bible. Brilliantly researched and cogently argued, *Sacred Scripture, Sacred War* sheds new light on the American Revolution.

Delish Insane Sweets

Bake Yourself a Little Crazy: 100+ Cookies, Bars, Bites, and Treats

Houghton Mifflin The first dessert recipe collection from the editors of the wildly popular site and magazine, Delish The editors of Delish.com know one thing for sure: ANYONE can bake an amazing dessert. Crammed with surprising ideas for treats that are both fun and easy, the wildly popular brand's second cookbook features 100 recipes: new classics and reader favorites that have been shared hundreds of thousands of times. You'll find all the essentials (Snickerdoodles, Death By Chocolate Brownies, and Extra-Fluffy Vanilla Cupcakes), but also the crazy twists Delish is known for, like Crème Brûlée Cookies, Samoa Cheesecake Bars, and Moscow Mule Cupcakes--plus an entire chapter dedicated to over-the-top cookie cakes and skillet desserts. This indulgent book will appeal to food lovers who bake the way most of us do--sometimes with a boxed mix, sometimes from scratch; as therapy for a bad day; or to impress friends on Girls' Night.

Word Smart

How to Build an Educated Vocabulary

Princeton Review Provides the definitions of words that are commonly misused or misunderstood and uses them in a sentence, along with a guide for how to memorize words quickly and quick quizzes.

Telecommunications

Queer Virtue

What LGBTQ People Know About Life and Love and How It Can Revitalize Christianity

Beacon Press LGBTQ people are a gift to the Church and have the potential to revitalize Christianity. As an openly lesbian Episcopal priest and professional advocate for LGBTQ justice, the Reverend Elizabeth Edman has spent her career grappling with the core tenets of her faith. After deep reflection on her tradition, Edman is struck by the realization that her queer identity has taught her more about how to be a good Christian than the church. In *Queer Virtue*, Edman posits that Christianity, at its scriptural core, incessantly challenges its adherents to rupture false binaries, to "queer" lines that pit people against one another. Thus, Edman asserts that Christianity, far from being hostile to queer people, is itself inherently queer. Arguing from the heart of scripture, she reveals how queering Christianity—that is, disrupting simplistic ways of thinking about self and other—can illuminate contemporary Christian faith. Pushing well past the notion that "Christian love = tolerance," Edman offers a bold alternative: the recognition that queer people can help Christians better understand their fundamental calling and the creation of sacred space where LGBTQ Christians are seen as gifts to the church. By bringing queer ethics and Christian theology into conversation, Edman also shows how the realities of queer life demand a lived response of high moral caliber—one that resonates with the ethical path laid down by Christianity. Lively and impassioned, Edman proposes that queer experience be celebrated as inherently valuable, ethically virtuous, and illuminating the sacred. A rich and nuanced exploration, *Queer Virtue* mines the depths of Christianity's history, mission, and core theological premises to call all Christians to a more authentic and robust understanding of their faith.

Bicycling

Bicycling magazine features bikes, bike gear, equipment reviews, training plans, bike maintenance how tos, and more, for cyclists of all levels.

Python Web Scraping Cookbook

Over 90 proven recipes to get you scraping with Python, microservices, Docker, and AWS

Packt Publishing Ltd Untangle your web scraping complexities and access web data with ease using Python scripts Key Features Hands-on recipes for advancing your web scraping skills to expert level One-stop solution guide to address complex and challenging web scraping tasks using Python Understand web page structures and collect data from a website with ease Book Description Python Web Scraping Cookbook is a solution-focused book that will teach you techniques to develop high-performance Scrapers, and deal with cookies, hidden form fields, Ajax-based sites and proxies. You'll explore a number of real-world scenarios where every part of the development or product life cycle will be fully covered. You will not only develop the skills to design reliable, high-performing data flows, but also deploy your codebase to Amazon Web Services (AWS). If you are involved in software engineering, product development, or data mining or in building data-driven products, you will find this book useful as each recipe has a clear purpose and objective. Right from extracting data from websites to writing a sophisticated web crawler, the book's independent recipes will be extremely helpful while on the job. This book covers Python libraries, requests, and BeautifulSoup. You will learn about crawling, web spidering, working with AJAX websites, and paginated items. You will also understand to tackle problems such as 403 errors, working with proxy, scraping images, and LXML. By the end of this book, you will be able to scrape websites more efficiently and deploy and operate your scraper in the cloud. What you will learn Use a variety of tools to scrape any website and data, including Scrapy and Selenium Master expression languages, such as XPath and CSS, and regular expressions to extract web data Deal with scraping traps such as hidden form fields, throttling, pagination, and different status codes Build robust scraping pipelines with SQS and RabbitMQ Scrape assets like image media and learn what to do when Scraper fails to run Explore ETL techniques of building a customized crawler, parser, and convert structured and unstructured data from websites Deploy and run your scraper as a service in AWS Elastic Container Service Who this book is for This book is ideal for Python programmers, web administrators, security professionals, and anyone who wants to perform web analytics. Familiarity with Python and basic understanding of web scraping will be useful to make the best of this book.

Word Smart, 4th Edition

Princeton Review Knowing which words to use and how to use them is the key to communicating accurately and effectively! That's why more than one million people have used *Word Smart, 4th Edition* to improve their vocabularies. To find out which words you absolutely need to know, The Princeton Review researched the vocabularies of educated adults by analyzing major newspapers and books and focusing on the words that people misunderstand or misuse. We also examined the SAT and other standardized tests to determine which words are tested most frequently. All of the entries in *Word Smart, 4th Edition* are necessary for an impressive vocabulary, and learning and using these words effectively can help you to get better grades, score higher on tests, and communicate more confidently at work.

The 420 Gourmet

The Elevated Art of Cannabis Cuisine

HarperCollins "The Julia Child of Weed" (Daily Beast) presents a foodie's guide to cannabis: a smart, sophisticated, and inviting lifestyle cookbook, featuring 100 delectable recipes and 75 full-color photos, that teaches at-home chefs how to safely create and experience edibles. JeffThe420Chef is revolutionizing the world of edibles. He first began cooking with cannabis to help a close friend's mother manage the pain, nausea, and discomfort of cancer treatments. Along the way, he developed an intricate process that effectively neutralizes the taste of cannabis when infusing it into butters and oils—opening the door to a new understanding of edibles. In *The Ganja Gourmet*, JeffThe420Chef teaches home cooks how to safely create and experience healthy cannabis edibles. He begins with his signature "light tasting" CannaButter and CannaOils, which are the secret to his outrageously delicious

and truly unique recipes. By mastering these staples, you can easily incorporate cannabis into everyday dishes—and the possibilities are endless! From Eggs Canna-dict and Gnocchi with Hazelnut Canna-Pesto to Fish Tacos with Chipotle Canna-aioli and Pot-zah Ball Soup, these mouthwatering recipes take cooking with cannabis beyond midnight munchies, delighting the taste buds of recreational and medicinal users alike. The Ganja Gourmet covers everything from brunch and small plates to salads and gourmet dinners, offering gluten free, vegetarian, vegan, and kosher options along the way. These recipes are fully adaptable to your needs, whether you want a full course meal for pain management or a quick snack to help you focus, relax, and enhance creativity. JeffThe420Chef combines his fun-loving approach to cooking with practical information about marijuana—including specifics about dosing, the principal strains, and the ingredient's medical and recreational benefits. Whether you're new to edibles or a long-time medicinal user, The Ganja Gourmet will educate and entertain you, all while serving as your ultimate guide to cannabliiss.

Tiberius Found

Andrew Goodman What would you do if you discovered your whole life to be a lie? Daniel Henstock thinks he's an ordinary schoolboy but on his sixteenth birthday his world is turned upside down. He is the world's first one-hundred percent genetically-engineered human - assigned the codename Tiberius - and Gregory Dryden, the man responsible, wants him back so that he can continue his deadly experiments. Running for his life, Daniel flees to New York and is forced to go 'off-grid'. In this near-future America, where the security-obsessed authorities require citizens to carry DNA cards, Daniel meets the feisty and beautiful Eleanor. But by falling for her, Daniel also puts her in terrible danger. Daniel pursues the facts about his origins but is hunted by an agent sent by Dryden to bring him to heel. Can Daniel find out the truth whilst trying to evade those who think they own him? As his enemies close in Daniel must draw on resources he never knew he had to win his freedom - but in doing so he may be walking into a deadly trap ... TIBERIUS FOUND is the first instalment in a thrilling series - The Emperor Initiative - that introduces an engaging new hero that will appeal to fans of Alex Rider and Jason Bourne.

Adobe GoLive 5.0

Adobe Press Showcases the Web design and publishing tool's updated features, covering toolbars, palettes, site management tools, layout design, Cascading Style Sheets, and image maps.

The EOS Life

BenBella Books Do what you love—with people you love. Make a huge difference. Get compensated accordingly. And still have time for other passions. The EOS Life will help you to discover, clarify, and customize the life you want to live: one where you do what you love every day, with the people you love doing it with—while at the same time making a huge difference and impact, getting compensated very well for doing it, and still having plenty of time to pursue other passions, hobbies, and interests that energize you. From Gino Wickman, creator of the Traction Library, TheEOS Life will give you practical, real-world, time-tested tools and insights to maximize your productivity, vitality, happiness, and work-life balance. This book is a must-read for all entrepreneurs and their leadership team members interested in living their ideal life.

Tactile Graphics

American Foundation for the Blind An easy-to-read encyclopedic handbook on translating visual information into a three-dimensional form that blind and visually impaired persons can understand. This heavily illustrated guide covers theory, techniques, materials, and step-by-step instructions for educators, rehabilitators, graphic artists, museum and business personnel, employers, and anyone involved in producing tactile material for visually impaired persons. Separate chapters are devoted to such important topics as production methods, how to edit and prepare material, pictures, maps, charts and graphs, and displays for readers with low vision.

Word Smart

Building an Educated Vocabulary

The Princeton Review A revised guide to building a better vocabulary features more than eight hundred words one needs in order to communicate effectively, be more persuasive, get more from reading, and impress people. Original. 65,000 first printing.

No Self, No Problem

Awakening to Our True Nature

Shambhala Publications An accessible introduction to the profound experience of enlightenment—with instructions on how to wake up to, and feel confident about, our true nature We can realize the highest truth in each moment when we learn to see through the illusion of the self. Anam Thubten, in remarkably easy-to-understand language, provides teachings for doing exactly that, based on the wisdom of the Buddhist traditions. He illuminates the path of going beyond the misconceptions of the ego to experience the reality of our true nature, which is already enlightened. He communicates with clarity, humor, and refreshing honesty, lighting the way to a life full of love, compassion, and true satisfaction.

The Australian Official Journal of Trademarks

The Book of Etta

47North In the gripping sequel to the Philip K. Dick Award-winning novel *The Book of the Unnamed Midwife*, one woman undertakes a desperate journey to rescue the future. Etta comes from Nowhere, a village of survivors of the great plague that wiped away the world that was. In the world that is, women are scarce and childbearing is dangerous...yet desperately necessary for humankind's future. Mothers and midwives are sacred, but Etta has a different calling. As a scavenger. Loyal to the village but living on her own terms, Etta roams the desolate territory beyond: salvaging useful relics of the ruined past and braving the threat of brutal slave traders, who are seeking women and girls to sell and subjugate. When slavers seize those she loves, Etta vows to release and avenge them. But her mission will lead her to the stronghold of the Lion--a tyrant who dominates the innocent with terror and violence. There, with no allies and few weapons besides her wits and will, she will risk both body and spirit not only to save lives but also to liberate a new world's destiny.

Discovering Our Spiritual Identity

Practices for God's Beloved

InterVarsity Press Each chapter in this workbook by Trevor Hudson is peppered with "holy experiments," simple practices that bring you into God's presence and help you experience life as his beloved. At the end of each chapter is a set of questions which are ideal for discussion with one or two spiritual friends or a small group. A Renovaré Resource.

MacArthur at War

World War II in the Pacific

Hachette UK The definitive account of General Douglas MacArthur's rise during World War II, from the author of the bestseller *The Admirals*. World War II changed the course of history. Douglas MacArthur changed the course of World War II. MacArthur at War will go deeper into this transformative period of his life than previous biographies, drilling into the military strategy that Walter R. Borneman is so skilled at conveying, and exploring how personality and ego translate into military successes and failures. Architect of stunning triumphs and inexplicable defeats, General MacArthur is the most intriguing military leader of the twentieth century. There was never any middle ground with MacArthur. This in-depth study of the most critical period of his career shows how his influence spread far beyond the war-torn Pacific. A Finalist for the Gilder Lehrman Prize for Military History at the New York Historical Society

Delish

Eat Like Every Day's the Weekend

Houghton Mifflin Amazingly delicious recipes from the team behind Hearst's wildly popular Delish.com website

Directing The Power of Conscious Feelings

Living Your Own Truth

SCB Distributors This book is about feelings, and the ways that we, as individuals and as a culture, have numbed ourselves against them. It is about unleashing the possibility of conscious feelings to re-make our lives into what really matters to us. The Power of Conscious Feelings introduces readers to the concept of the "personal numbness bar"--a measure set high by modern culture as a way of keeping everything "cool," under control, and consequently out of touch. This book provides the insight and the means for lowering that numbness bar. "You can feel more," the author asserts. You can regain the intelligence and energy of your feelings, so long denied and dressed up to appear acceptable. "Being cool," Callahan states, "allows you to look the other way about torture, invasion, pollution and injustice," and to accept the generic malaise that characterizes so many relationships. The central framework of the book is built with the Ten Distinctions for Consciously Feeling, including: * Learning the potent difference between thoughts and feelings, which most people confuse * Sorting out feelings (based in present) from emotions (based in the past or in somebody else's life) * Fully allowing that feelings are absolutely-neutral energy and information, neither good nor bad, neither positive nor negative. Each chapter is enriched with THOUGHTMAPS-clear diagrams of ways we presently think and ways we could possibly think-and supported by an abundance of practical experiments to try. The Power of Conscious Feelings is so much more than a book of self-help or inspiration. Ultimately, it is about our connection with and responsibility for the fate of the Earth. When we are no longer numb, we are freed from solitary confinement in our private world of thoughts and beliefs. We emerge, already connected with other human beings, connected in the world of feelings we all have in common. This book actually guides the reader through four distinct evolutionary stages: from Personal, to Relational, to Transformational, to Cultural, in showing us how to use our adult feelings as the fuel for living our destiny as creators of sustainable culture. Choosing numbness was probably unconscious for most of us. But, Callahan is committed to showing us, step by step, in this moment, how we can change the mind and learn to consciously feel.

Middleware 2001

IFIP/ACM International Conference on Distributed Systems Platforms Heidelberg, Germany, November 12-16, 2001, Proceedings

Springer Science & Business Media This book constitutes the refereed proceedings of the IFIP/ACM International Conference on Distributed Systems Platforms, Middleware 2001, held in Heidelberg, Germany, in November 2001. The 20 revised full papers presented were carefully reviewed and selected from a total of 116 submissions. The papers are organized in topical sections on Java, mobility, distributed abstractions, reliability, home and office, scalability, and quality of service.

Korean

A Comprehensive Grammar

Routledge Korean: A Comprehensive Grammar is a reference to Korean grammar, and presents a thorough overview of the language, concentrating on the real patterns of use in modern Korean. The book moves from the alphabet and pronunciation through morphology and word classes to a detailed analysis of sentence structures and semantic features such as aspect, tense, speech styles and negation. Updated and revised, this new edition includes lively descriptions of Korean grammar, taking into account the latest research in Korean linguistics. More lower-frequency grammar patterns have been added, and extra examples have been included throughout the text. The unrivalled depth and range of this updated edition of Korean: A Comprehensive Grammar makes it an essential reference source on the Korean language.

Science Focus

2, teacher edition

Heinemann The Science Focus Second Edition is the complete science package for the teaching of the New South Wales Stage 4 and 5 Science Syllabus. The Science Focus Second Edition package retains the identified strengths of the highly successful First Edition and includes a number of new and exciting features, improvements and components. The innovative Teacher Edition with CD allows a teacher to approach the teaching and learning of Science with confidence as it includes pages from the student book with wrap around teacher notes including answers, hints, strategies and teaching and assessment advice.

Integral Meditation

Mindfulness as a Way to Grow Up, Wake Up, and Show Up in Your Life

Shambhala Publications A radical approach to mindfulness and self-transformation that combines an ancient meditation technique with leading-edge theory With practical teachings and detailed instructions, Ken Wilber introduces Integral Mindfulness, a new way of practicing the widely popular meditation. Integral Mindfulness applies many of the leading-edge insights of Ken Wilber's Integral Theory—the first system to combine Eastern teachings on the five stages of awakening with the eight major Western models of human development, thus portraying the complete path of human evolution. In addition to all the benefits to body, mind, and spirit that standard mindfulness meditation confers, practicing Integral Mindfulness promises a more powerful approach to personal transformation and brings within reach the fullest experience of Enlightenment possible. Beginning with as little as fifteen to thirty minutes of daily sessions, the meditator can gradually expand from there by slowly and easily adding significant aspects of the practice. Meditation instructions and step-by-step guided contemplations are given in detail. Readers learn how to create a graph to track progress and discover natural strengths and potentials. The book also offers recommended readings and resources to facilitate further study.