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## Download Free Manual Scanned Marathon Go Ez

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### **KEY=GO - ALVARADO SIMS**

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### **MY FIRST 100 MARATHONS**

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### **2,260 MILES WITH AN OBSESSIVE RUNNER**

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*Simon and Schuster* Jeffrey Horowitz didn't expect to fall in love with marathoning, but that's just what happened. He had never run a race, was not on his high school track team, and had never owned a pair of running shoes. Then, in 1985, he went out for a run and it changed his life. Eighteen years later he completed his one-hundredth marathon. This book is Jeff's story, but it is also the story of everyone who loves to run. It includes his training, his injuries, his best times, his joys, his friends, his failures. In some ways, it's an unusual story. How many other runners have finished 100 marathons? In other ways, it is the story of every runner who has found joy and satisfaction in a training routine, in reaching a goal, or in finishing a race. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

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### **MARATHON RUNNERS HANDBOOK**

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Divided into two sections, this guide deals with training beginner runners, from scratch up to their first 10 km (6-mile) race, and then tackles the more serious topic of half, full and ultra marathon running.

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### **QUICKBOOKS 2005: THE MISSING MANUAL**

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### **THE MISSING MANUAL**

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"O'Reilly Media, Inc." Every company large and small wants to boost its sales, control its spending, and keep the auditors at the Internal Revenue Service happy. But, no company wants to waste time on more paperwork. These days, a growing number of companies are turning to QuickBooks accounting software not only to speed up their bookkeeping efforts, but manage their businesses more effectively. Organizations come in all shapes, sizes, and business models, so it's no surprise that accounting practices can be a convoluted road to travel. QuickBooks can handle many of the financial tasks companies face, but the price you pay is an overabundance of software features. To make the learning curve even more challenging, QuickBooks doesn't come with a manual. Fortunately, to help pave the road to accounting success, there's QuickBooks 2005: The Missing Manual, a comprehensive guide from O'Reilly that examines everything the QuickBooks Pro edition has to offer, from invoices and inventory to assets and accounts payable. With QuickBooks 2005: The Missing Manual, financial managers can quickly learn how to use the program's tools to implement and maintain critical accounting processes. By covering details in a friendly and light-hearted way, the book explains when and why a feature is useful, and then offers indispensable, relevant advice. Each page of this Missing Manual provides insightful tips and tricks to help readers become more efficient, sophisticated users no matter what the extent of their existing knowledge is. Whether you're interested in QuickBooks for its basic bookkeeping features or its more powerful, business planning tools, the only way to truly harness its power is to read the book that should have been in the box: QuickBooks 2005: The Missing Manual.

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### **MARATHON**

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## **THE ULTIMATE TRAINING GUIDE**

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*Rodale* Features instructions for runners of all ability levels on preparing for a marathon, including training schedules, advice on diet, defensive running strategies, and tips for staying motivated.

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## **QUICKBOOKS 2010: THE MISSING MANUAL**

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"O'Reilly Media, Inc." QuickBooks 2010 has impressive features, like financial and tax reporting, invoicing, payroll, time and mileage tracking, and online banking. So how do you avoid spending more time learning the software than using it? This Missing Manual takes you beyond QuickBooks' help resources: you not only learn how the program works, but why and when to use specific features. You also get basic accounting advice so that everything makes sense. QuickBooks can handle many of the financial tasks small companies face. QuickBooks 2010: The Missing Manual helps you handle QuickBooks with easy step-by-step instructions. Set up your QuickBooks files and preferences to fit your company Track inventory, control spending, run a payroll, and manage income Follow the money all the way from customer invoices to year-end tasks Export key snapshots in the convenient new Report Center Streamline your workflow with the new Online Banking Center Build and monitor budgets to keep your company financially fit Share information with your accountant quickly and easily QuickBooks 2010: The Missing Manual covers only QuickBooks 2010 for Windows.

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## **FITBIT - MANUAL FOR BEGINNERS. RULES TO USE FITBIT TO LOSE WEIGHT AND NOT CAUSE HARM TO YOUR HEALTH**

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### **(FITBIT, WEIGHT LOSS, HEALTHY LIVING, ENDURANCE, RUNNING)**

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*CreateSpace* Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Fitbit - Manual For Beginners.Rules To Use Fitbit To Lose Weight And Not Cause Harm To Your Health Now, there is. Fitbit is here, and it is your personal trainer that you can take wherever you go. Taking all of the guesswork out of what you are doing and when you are doing it, and keeping you on track.Losing weight has never been easier, with Fitbit, you can lose the weight that you want to lose and actually keep it off. While it might be confusing at first, it really is an easy way to keep track of things and make sure you are staying on track.The new you is waiting to come out, and this book is going to show you how. Download your E book "Fitbit - Manual For Beginners. Rules To Use Fitbit To Lose Weight And Not Cause Harm To Your Health" by scrolling up and clicking "Buy Now with 1-Click" button! Tags: running, weight loss, training, run, fitbit, diet, marathon, ultimate guide for beginners.

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## **THE BUSINESS LEADER'S HEALTH MANUAL**

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### **TIPS AND STRATEGIES FOR GETTING TO THE TOP AND STAYING THERE**

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*Springer* Many business leaders do not take care of their health. Each chapter of this interactive manual explores an aspect of the health and vitality of the modern business leader, and provides solutions based on up-to-date medical science and more than 20 years' experience at INSEAD with more than 75,000 corporate executives.

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## **BACKPACKER**

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Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

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## **PUBLIC WORKS MANUAL**

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## **THE COMPLETE LONG DISTANCE RUNNER'S MANUAL**

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### **A UNIQUE TRAINING GUIDE FOR LONG DISTANCE RUNNERS OF ALL ABILITIES**

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*Barrons Educational Series Incorporated* (back cover) presents six graded training schedules to take you from beginner to long-distance and even marathon runner includes schedules you can use to build your general fitness level, help you lose weight, and improve your well-being offers expert advice on how to find the right running shoes based on your personal running profile provides essential guidelines for avoiding injury and building fitness safely and effectively " More than 150 color photos, charts, and illustrations " (front flap) Whether you're an absolute beginner or an experienced runner,

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you'll find the advice and information you need in this book to improve your performance. Six graded training schedules take runners from a beginner's regimen all the way to marathon-level competition. Depending on your current state of fitness and experience, you can start with the program that best suits your skill level. Authors Sean Fishpool and Sean Keogh also include valuable advice about running shoes, with information on available types and tips on making the right choice to suit your personal running style. Detailed charts will help you gauge your weekly progress at refresher level, intermediate level, and marathon level. (back flap) Sean Fishpool is a competition runner and an assistant editor of the U.K. periodical *Runner's World*. He races all distances, from a mile to a full marathon, and has competed in eight marathons. He enjoys training and working with beginning runners. Sean Keogh is a dedicated marathon runner who has recently started a long-distance running club in North London. He also coaches amateur hockey and has written on physical fitness.

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## **HAL HIGDON'S HALF MARATHON TRAINING**

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*Human Kinetics* Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

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## **VISUALIZATION, MODELING, AND GRAPHICS FOR ENGINEERING DESIGN**

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*Cengage Learning* Created for the next generation of engineering professionals, VISUALIZATION, MODELING, AND GRAPHICS FOR ENGINEERING DESIGN, Second Edition, combines coverage of traditional drafting essentials and the cutting-edge technology and methods today's professionals need to master for career success. This versatile text provides a strong grounding in fundamentals including core design skills, geometric dimensioning and tolerancing, sketching and drawing, and industry- and discipline-specific applications, even while recognizing how computers have enabled visualizing and modeling techniques that have changed the engineering design process. Working from this modern perspective, the authors explore critical process phases such as creative thinking, product ideation, and advanced analysis, as well as problem solving, collaboration, and communication skills essential for today's engineers and technicians. In addition to numerous updates to reflect the latest technology and trends, the Second Edition of this groundbreaking text features a more streamlined presentation, with a mix of printed and online chapters and a highly modular structure that make it easy to customize coverage for specific courses or interests. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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## **MARATHON RUNNING: PHYSIOLOGY, PSYCHOLOGY, NUTRITION AND TRAINING ASPECTS**

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*Springer* The book contains recent research about physiology, psychology, nutrition and training aspects of Marathon Running of different age, gender and performance level. The basic knowledge of marathon running with explanations of the physiological and psychological mechanisms induced by marathon training with the associated adaptations and subsequent improved physiological capacities are presented in a reader friendly format for researchers and practitioners. The book includes a full range of useful practical knowledge, as well as trainings principles to guide the reader to run marathon faster. After reading the book the reader is able to develop training plans and owns the knowledge about up-to-date scientific results in the fields of physiology, psychology, nutrition in marathon running.

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## **PYTHON DATA SCIENCE HANDBOOK**

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### **ESSENTIAL TOOLS FOR WORKING WITH DATA**

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"O'Reilly Media, Inc." For many researchers, Python is a first-class tool mainly because of its libraries for storing, manipulating, and gaining insight from data. Several resources exist for individual pieces of this data science stack, but only with the Python Data Science Handbook do you get them all—IPython, NumPy, Pandas, Matplotlib, Scikit-Learn, and other related tools. Working scientists and data crunchers familiar with reading and writing Python code will find this comprehensive desk reference ideal for tackling day-to-day issues: manipulating, transforming, and cleaning data; visualizing different types of data; and using data to build statistical or machine learning models. Quite simply, this is the must-have reference for scientific computing in Python. With this handbook, you'll learn how to use: IPython and Jupyter: provide computational environments for data scientists using Python NumPy: includes the ndarray for efficient storage and manipulation of dense data arrays in Python Pandas: features the DataFrame for efficient storage and manipulation of labeled/columnar data in Python Matplotlib: includes capabilities for a flexible range of data visualizations in Python Scikit-Learn: for efficient and clean Python implementations of the most important and established machine learning algorithms

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## **COMPUTERWORLD**

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For more than 40 years, Computerworld has been the leading source of technology news and information for IT influencers worldwide. Computerworld's award-winning Web site (Computerworld.com),

twice-monthly publication, focused conference series and custom research form the hub of the world's largest global IT media network.

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## **RUNNER'S WORLD**

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Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

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## **THE NON-RUNNER'S MARATHON TRAINER**

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*McGraw Hill Professional Athlete.* Runner. Marathoner. Are these words you wouldn't exactly use to describe yourself? Do you consider yourself too old or too out of shape to run a marathon? But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment? It doesn't have to be somebody else crossing the finish line. You can be a marathoner. The Non-Runner's Marathon Trainer is based on the highly successful marathon class offered by the University of Northern Iowa, which was featured in a Runner's World article titled "Marathoning 101." The class has been offered five times over 10 years, and all but one student finished the marathon. That is approximately 200 students -- all first time marathoners and many with absolutely no running background. This book follows the same 16-week, four-day-a-week workout plan. What makes the success rate of this program so much higher than any other? The special emphasis on the psychological aspects of endurance activities. You don't have to love to run -- you don't even have to like it -- but you have to realize that you are capable of more than you have ever thought possible. One participant in the program explained it like this: "I'm doing this for me -- not for others or the time clock. I just feel better when I run, plus it helps me to cope with things in general. The skills we've learned in this class don't apply just to marathoning -- they apply to life! Just like you never know what the next step in a marathon will bring, so too, you never know what will happen next in life. But if you don't keep going, you're never going to find out. By staying relaxed, centered, and positive you handle just about anything that comes your way." This is marathon running for real people, people with jobs and families and obligations outside of running. The Non-Runner's Marathon Trainer has proven successful for men and women of all ages. Now let it work for you.

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## **RUNNING TIMES**

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Running Times magazine explores training, from the perspective of top athletes, coaches and scientists; rates and profiles elite runners; and provides stories and commentary reflecting the dedicated runner's worldview.

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## **RUNNER'S WORLD**

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Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

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## **THE ULTIMATE PRESS RELEASE SWIPE FILE: 50 TEMPLATES THAT YOU CAN USE TO GET YOUR BUSINESS MEDIA EXPOSURE TODAY**

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*Preneur Marketing* Have you ever wanted to get exposure for your business, website, charity or project but not sure what hook or story angle would interest the media? Well, The Ultimate Press Release Swipe File is the solution. Filled with over 199 hooks and headlines that you can swipe and implement into your next press release, this guide has been designed to help eliminate any procrastination or mental blocks you might have when coming up with a new angle for your media exposure campaigns. Just sit down, turn to one of the pages of the book and you will be presented with a newsworthy headline, hook, rationale as to why this is a killer story idea, and examples that you can legally swipe and use today. It's just like having your own publicist on retainer feeding you new story ideas every day.

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## **THE ULTIMATE TRAIL RUNNING HANDBOOK**

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### **GET FIT, CONFIDENT AND SKILLED-UP TO GO FROM 5K TO 50K**

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*Bloomsbury Publishing* From complete beginners to seasoned off-road runners, The Ultimate Trail Running Handbook has all the training and nutrition advice, skills, gear and motivation you need to become a fit and confident trail runner. There are training plans that take newcomers from 5k parkrun to first trail marathon, while for experienced runners there are sections on strength work, injury prevention and advanced training plans to boost performance up to 50k (30 miles). To keep you enjoying every step, you'll find advice on how to choose the right gear; over 20 easy, healthy recipes; inspiring stories from real trail runners; and advice from top athletes and coaches. And if you want to explore new trails, you can use the navigation and route planning section to create your own exciting off-road adventure. If you're a trail runner or would like to become one, this book is your new best friend.

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## **ESSENTIALS OF STRENGTH TRAINING AND CONDITIONING**

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*Human Kinetics* Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, *Essentials of Strength Training and Conditioning* is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of *Essentials of Strength Training and Conditioning, Fourth Edition With HKPropel Access*, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features: Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use. Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and change of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. *Essentials of Strength Training and Conditioning, Fourth Edition*, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

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## **THE RUN WALK RUN® METHOD**

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*Meyer & Meyer Verlag* Jeff's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author *Runner's World* articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN™, low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

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## **AUDIO**

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## **RUNNING DOC'S GUIDE TO HEALTHY RUNNING**

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## **HOW TO FIX INJURIES, STAY ACTIVE, AND RUN PAIN-FREE**

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*VeloPress* For a runner, injury is a terrible fate. Yet every year, nearly half of America's runners suffer an injury severe enough to bring them to a halt. From head to toenails, *Running Doc's Guide to Healthy Running* is the most comprehensive guide to running injuries and preventative care. Maharam offers simple, effective treatments for every common running injury and also delivers easy-to-follow advice on the best way to prepare for and enjoy running events of all types and distances. Trust the Running Doc™ to get you back on your feet. Lewis G. Maharam, MD, is the most trusted authority on healthy running, and his guide will help you avoid nearly every common running-related injury. If you're already injured, Running Doc will help you diagnose, treat, and recover to run pain-free.

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## **RUNNING TIMES**

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*Running Times* magazine explores training, from the perspective of top athletes, coaches and scientists; rates and profiles elite runners; and provides stories and commentary reflecting the dedicated runner's worldview.

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## **MICROSOFT AZURE ESSENTIALS - FUNDAMENTALS OF AZURE**

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*Microsoft Press* Microsoft Azure Essentials from Microsoft Press is a series of free ebooks designed to help you advance your technical skills with Microsoft Azure. The first ebook in the series, Microsoft Azure Essentials: Fundamentals of Azure, introduces developers and IT professionals to the wide range of capabilities in Azure. The authors - both Microsoft MVPs in Azure - present both conceptual and how-to content for key areas, including: Azure Websites and Azure Cloud Services Azure Virtual Machines Azure Storage Azure Virtual Networks Databases Azure Active Directory Management tools Business scenarios Watch Microsoft Press's blog and Twitter (@MicrosoftPress) to learn about other free ebooks in the "Microsoft Azure Essentials" series.

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## **POPULAR SCIENCE**

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Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

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## **THE OBSERVING GUIDE TO THE MESSIER MARATHON**

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### **A HANDBOOK AND ATLAS**

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*Cambridge University Press* Offers advice, illustrations, and celestial maps to aid astronomers seeking to complete the "Messier marathon," a tradition which attempts to locate, in one night, the 110 galaxies, star clusters, and nebulae cataloged by the French astronomer some two hundred years ago.

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## **MEN'S HEALTH**

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Men's Health magazine contains daily tips and articles on fitness, nutrition, relationships, sex, career and lifestyle.

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## **SALES MANAGEMENT SUCCESS**

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### **OPTIMIZING PERFORMANCE TO BUILD A POWERFUL SALES TEAM**

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*John Wiley & Sons* The most up-to-date and proven strategies from the CEO of Porter Henry & Co., written exclusively for sales managers Sales Management Success: Optimizing Performance to Build a Powerful Sales Team contains a leading-edge training program that is filled with state-of-the-art approaches specifically designed for sales managers. Drawing on the author's experience as the CEO of Porter Henry & Co. (the oldest sales-force training company in the world), Warren Kurzrock details the 8 most critical abilities and strategies in the sales manager's job. The Porter Henry process has proven to routinely help teams and individuals multiply their bottom-line results. While all major companies provide basic orientations for new sales managers, these sessions are usually focused on policy, procedure, product, and marketing information. Most companies spend huge amounts of money on sales training new employees but do little for sales manager development. Written for sales executives in an appealing, upbeat tone, the book is well-grounded in research and real-world experience, as well as proven ideas and tools. The 8 strategies are supported with illustrative examples and quotes from successful sales executives. This must-have book: Contains the most up-to-date strategies for sales executives Offers compelling real-world examples Includes the ideas and tools that can be put into action immediately Draws on the experience of the CEO of Porter Henry & Co. Reinforces the immediate application and learning with assessments, exercises, professional toolbox Sales Management Success: Optimizing Performance to Build a Powerful Sales Team offers a well-organized, real-world process for today's sales leader to meet the challenge of a most challenging, chaotic job.

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## **FLYING MAGAZINE**

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## **FLYING MAGAZINE**

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## **CQ**

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**THE RADIO AMATEURS' JOURNAL**

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**AMERICAN PRINTER**

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**MACUSER**

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**IOC MANUAL OF SPORTS CARDIOLOGY**

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*John Wiley & Sons* For the practicing sports medicine physician at the front line of sports cardiology, this comprehensive and authoritative resource provides a centralized source of information which addresses this important topic in an accessible manner. This book recognises the broad role sports physicians play, from liaison between athlete, family, specialist, and coaching staff based on the identification of pathological heart disease, to being first to respond when an athlete collapses. The chapters include basic science of disease and disorders, pathophysiology, diagnosis, the effect or role of exercise, and clinical management guidance. Provides a comprehensive and authoritative overview on all aspects of sports cardiology Addresses cardiac abnormalities confronting Olympic athletes, Paralympic athletes, as well as athletes competing on all other levels of competition Endorsed by the Medical Commission of the International Olympic Committee (IOC) Written and edited by global thought leaders in sports medicine

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**THE TRADE TECHNICIAN'S SOFT SKILLS MANUAL**

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*Cengage Learning* Learning to express yourself in a positive and professional way can be an art-form. THE TRADE TECHNICIAN'S SOFT SKILLS MANUAL, teaches these important soft skills with line drawings, photographs, and anecdotes from real case studies. This approach makes the subject area approachable while engaging your students. The anecdotes are followed by explanations of proven service behaviors, along with proven standards, practice tips, forms, documents and checklists complete the text to teach technicians the fine art of customer service. Based on more than 30 years of studies and field research, this text teaches the skills needed for a trade technician to advance in their careers and differentiate themselves from others in their field. THE TRADE TECHNICIAN'S SOFT SKILLS MANUAL is written by Steve Cosica, a motivational speaker who managed a technical support team for more than 20 years and has used these techniques and practices to advance his own career as an industry expert. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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**MACWORLD**

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**THE MACINTOSH MAGAZINE**

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