

Daewoo Doosan Solar 470lc V Excavator Operation Maintenance Service

This book will help you pass IBM Exam C2090-616 and become an IBM Certified Database Associate (DB2 11.1 for Linux, Unix and Windows). The questions and answers in the book offer you a significant advantage by helping you to gauge your readiness for the exam, to better understand the objectives being tested, and to get a broad exposure to the knowledge you'll be tested on.

In the sequel to *The Man with the Golden Torc*, Eddie Drood is forced to take on some nasty daemons from another dimension, who arrived in this world at the behest of the Drood family to help battle the Nazis during World War II and who have decided that they have no intention of leaving.

In *Fierce Medicine*, Ana Forrest, charismatic teacher and founder of Forrest Yoga, combines physical practice, eastern wisdom, and profound Native American ceremony to help heal everything from addictive behaviors and eating disorders to chronic pain and injury. *Fierce Medicine* is also part memoir, detailing Ana Forrest's journey to move beyond her past as she helps others to do the same. Filled with helpful yoga exercises, *Fierce Medicine* teaches us to reconnect with our bodies, cultivate balance, and start living in harmony with our Spirits.

Fundamentals of the General Theory of the Universe builds upon knowledge empirically obtained by mankind. In doing so, it interprets phenomena that have until now lacked definitive explanation, such as superconductivity and propagation of electromagnetic waves in conductor and in vacuum; the book also resolves the dilemma of the well-known wave-practical dualism. For the first time ever, this book answers the question, "What is gravitational interaction?" The book points out the connection between our material world and the world of elementary particles, as exemplified by $n_0^{21}H_1$. Here one will find classification of matter and its creation. The author underscores the universal character of the laws of energy distribution at all matter levels. The levels themselves are triune and built in "the image and after the likeness". This book is the first attempt ever at combining all natural sciences and stepping out of the bounds of generally accepted concepts.

Fundamentals of the General Theory of the Universe

Fierce Medicine

Every Time a Bell Rings

Daily Devotions Inspired by 90 Minutes in Heaven

Design and Prototyping for Drupal

The Company Daughters

How to combine traditional patterns into pre-planned layout to create handsome, one-of-a-kind quilts. 100 block plans.

Hockey: Then to WOW! shows readers how the cool sport has evolved from the early days of its 19th century origins to the game as it is today. Using NHL action photographs, illustrations, stories, and trivia, the book is a journey through time both for hockey fans and those new to the game. Kids will learn how basic equipment has changed from a ball to a puck and how the evolution of game strategy has transformed the sport, players, and equipment. Players throughout history are stacked up against each other in every position so fans can dream up the perfect fantasy team with Wayne Gretzky playing alongside Patrick Roy and Stan Mikita. A fun-filled section of the book explores everything fan culture—from the best ice rinks, to the iconic hockey sweater and the hockey haircut along with key aspects of the toughest sport around.

*They are the questions that keep you up at night as a solo entrepreneur: Are there financial land mines I'm missing? Am I paying too much in taxes? Should I save more? Will I ever be able to retire? As your own boss and sole employee, it's easy to feel anxious and unsettled, even when you're making a profitable income. Maybe your goal is to grow your business. Perhaps you just want to enjoy life. No matter what your priorities are for the future, you can take steps now to guarantee peace of mind and control your happiness. In *The Solopreneur's Money Manifesto*, CERTIFIED FINANCIAL PLANNER(TM) professional and independent small business owner Gabe Nelson helps solopreneurs secure a financial plan for the future and gain freedom to build the life they've always wanted. He takes you through client stories and a case study to show you the steps that others have taken to ensure their business-and personal finances-are on track. From the questions you should ask yourself to the evaluation that will help you see your unique situation clearly, this book is your step-by-step guide to create the right mindset for a rewarding life.*

*From one of basketball's foremost experts in the field of analytics, a fascinating new perspective on how to watch and think about the game. At its core, the goal of any basketball team is relatively simple: take and make good shots while preventing the opponent from doing the same. But what is a "good" shot? Are all good shots created equally? And how might one identify players who are more or less likely to make and prevent those shots in the first place? The concept of basketball "analytics," for lack of a better term, has been lauded, derided, and misunderstood. The incorporation of more data into NBA decision-making has been credited—or blamed—for everything from the death of the traditional center to the proliferation of three-point shooting to the alleged abandonment of the area of the court known as the midrange. What is beyond doubt is that understanding its methods has never been more important to watching and appreciating the NBA. In *The Midrange Theory*, Seth Partnow, NBA analyst for *The Athletic* and former Director of Basketball Research for the Milwaukee Bucks, explains how numbers have affected the modern NBA game, and how those numbers seek not to "solve" the game of basketball but instead urge us toward thinking about it in new ways. The relative value of Russell Westbrook's triple-doubles Why some players succeed in the playoffs while others don't How NBA teams think about constructing their rosters through the draft and free agency The difficulty in measuring defensive achievement The fallacy of the "quick two" From shot selection to evaluating prospects to considering aesthetics and ethics while analyzing the box scores, Partnow deftly explores where the NBA is now, how it got here, and where it might be going next.*

Daily Motivations for African-American Success

Gender, Economy, and Law

Hockey: Then to WOW!

Afro-Cuban Jazz

Desert Views & Flower Hues

Up and Down

It took all of thirty seconds for two shots to bring the world of Margaret Tabaaha crashing down around her. After losing her husband in Afghanistan during the first year of Operation Enduring Freedom, her two sons were all she had left. Now they had been taken from her violently, deliberately, plunging her into a whiskey bottle and stripping away her reason for living. When Arthur Nakai receives a call from his first love, Margaret, her voice pleading for his help, it comes as he is attending a wake for one of the men he considered a brother from his days in the Marines 6th LAR Wolf Pack Battalion. Feeling a deep and responsible obligation to help her, Arthur soon finds himself involved in the multi-billion-dollar world of the oil and gas industry and coming face-to-face with an old adversary, Elias Dayton. Their paths had crossed when Arthur was a member of the Shadow Wolves, an elite tactical unit within US Customs and Border Protection. Now Dayton runs Patriot

Security, a Blackwater-type firm that keeps the oil rigs, gas wells, and man camps secure from the Water Protectors, protesters pushing to stop the fracking and poisoning of Native lands. As Arthur works through the case from his end, Navajo police chief Jake Bilagody tackles it from another angle, looking into the strained relationship between the oil company and the Navajo people, all while searching for a missing Navajo man that may have become an unwilling piece on the reservation checkerboard. But when Arthur learns the identity of the boys' killer, he struggles to make sense of it. Because if the clues are right, he will be forced to make a decision that will haunt him for the rest of his life.

Data Collection Data Collection is the second of six books in the Measurement and Evaluation Series from Pfeiffer. The proven ROI Methodology--developed by the ROI Institute--provides a practical system for evaluation planning, data collection, data analysis, and reporting. All six books in the series offer the latest tools, most current research, and practical advice for measuring ROI in a variety of settings. Data Collection offers an effective process for collecting data that is essential to the implementation of the ROI Methodology. The authors outline the techniques, processes, and critical issues involved in successful data collection. The book examines the various methods of data collection, including questionnaires, interviews, focus groups, observation, action plans, performance contracts, and monitoring records. Written for evaluators, facilitators, analysts, designers, coordinators, and managers, Data Collection is a valuable guide for collecting data that are adequate in quantity and quality to produce a complete and credible analysis.

Looking especially at widows of master craftsmen in early modern Paris, this study provides analysis of the social and cultural structures that shaped widows' lives as well as their day-to-day experiences. Janine Lanza examines widows in early modern Paris at every social and economic level, beginning with the late sixteenth century when changes in royal law curtailed the movement of property within families up to the time of the French Revolution. The glimpses she gives us of widows running businesses, debating remarriage, and negotiating marriage contracts offer precious insights into the daily lives of women in this period. Lanza shows that understanding widows dramatically alters our understanding of gender, not only in terms of how it was lived in this period but also how historians can use this idea as a category of analysis. Her study also engages the historiographical issue of business and entrepreneurship, particularly women's participation in the world of work; and explicitly examines the place of the law in the lived experience of the early modern period. How did widowed women use their newly acquired legal emancipation? How did they handle their emotional loss? How did their roles in their families and their communities change? How did they remain financially solvent without a man in the house? How did they make decisions that had always been made by the men around them? These questions all touch upon the experience of widows and on the ways women related to prevalent structures and ideologies in this society. Lanza's study of these women, the ways they were represented and how they experienced their widowhood, challenges many historical assumptions about women and their roles with respect to the law, the family, and economic activity.

Inside are the tools that will help you focus on the thoughts, attitudes, and deeds that will lead to the achievement of your true goals. In 365 short, powerful motivations, one for each day of the year, Dennis Kimbro, author of the popular THINK AND GROW RICH: A BLACK CHOICE, offers a treasure trove of practical inspiration that will give you fresh encouragement every day of the year. What it teaches you will last a lifetime.

Daily Readings from Love Your Life

A heart-wrenching colonial love story

The Vatican Conspiracy

Culo by Mazzucco

MQR Equipment Yearbook

The No-Bullshit Guide to Jumping Higher Regardless of Age Or Height

"Daemon in the Sanctuary" explores the uncanny contradiction between the phenomenological experience of home as a site of nurture and security and the empirical reality that people are far more likely to be hurt and even killed in their own homes by their intimates, rather than at the hands of strangers. Moving from the syrupy tributes of the god of love in Plato's "Symposium" to the subject of domestic violence appears to be a giant leap, but the author shows that embroidered romantic ideas about love prepare the initiate poorly for the reality of intimate connection. Poets and philosophers who lead us to believe that love is heaven sent can leave us craving an extreme experience. We crave an earth-shaking, life-altering intrusion on our tranquility as evidence that love is real. Thus the naive initiate can easily mistake the flutter of the pulse, the quickening of the heart rate, the flush, the confused emotions, and the painful longing as signs of the god's gift. But these are also the signs of fear! Wendy C. Hamblet, a philosopher in the phenomenological lineage, examines the truth value of phenomenological experience, through the lens of the problem of intimate violence. If Husserl is right and phenomenological method provides the ground of all empirical truth, then what is to be made of the fundamental contradiction between the lived experience of home as a site of nurture and security and of intimates as guardians and caretakers, and the empirical fact, evident in every human society, that people are far more likely to be harmed, and even killed, in their homes or in the homes of their intimates and at the hands of those charged with their care? Hamblet carefully choreographs a dance between the two opposing 'truths' to expose how the lived sense of home, colored by ideals, can tint people's expectations about intimate connection and cloud their ability to recognize the signs of intimate abuse. This book illuminates the dangers and pitfalls of unhealthy intimacy and offers a regimen for loosening the grip of a sickened love's pathological hold.

Barry Long's approach to parenting includes not only love for the child, but practical ways of bringing truth and justice into the family. He explains that what children also need from parents is the example of an honest and responsible life. To introduce truth, teach the child to observe the fact of the world. To introduce justice, ask of the child only what you are prepared to do yourself. He also has radical things to say about the development of the personality and the encouragement of imagination. The book is compiled from conversations with parents, so it is possible to understand Barry Long's approach in the actual circumstances of the many families who shared their problems with him. Their experience gives readers a complete picture of the benefit that harmony in the home brings to the next generation.

Bridges serve a practical purpose, providing passage over rivers, valleys, roads, railroad tracks, and other obstacles to transportation. But many bridges are also works of art. This splendid archive by an expert on the history of bridges and civil engineering amply illustrates the art of good bridge design, as exemplified by ancient and modern constructions. Wilbur J. Watson's study ranges far and wide, and his text – accompanied by 200 rare photographs and illustrations – contains vivid descriptions of many of the Old and New World's finest bridges, as well as historical data, and considerable literary and legendary lore. Bridges of all purposes and sizes are considered—from stone viaducts in Roman Iberia and Chinese masonry arches of the Han dynasty to the pontoon spans of Asia Minor and the modern steel and concrete suspension bridges in Geneva, Switzerland, and in New York. Here also are views of the Old London Bridge (1209), the Karlsbrücke in Prague, the imposing 14th-century Valentrès bridge in Cahors, France, and scores more. A fact-filled pictorial guide, this volume will be welcomed by students of engineering and architecture, and anyone who has ever marveled at the size and grandeur of a well-built bridge.

MQR Equipment Yearbook
Tires and Tracks
Adult Coloring Books
Gibberish Swear Word Coloring Book
Createspace Independent Publishing Platform

More Than 30 Super-Cool Projects and Activities for Dads and Kids

Handy Dad in the Great Outdoors

Second Chance Ranch Set 2 (Set of 4)

Health Benefits of Secondary Phytocompounds from Plant and Marine Sources

Designing and Evaluating Usable Technology in Industrial Research

A completely gripping action thriller

“Wow... So many twists and turns that keep you guessing... Captures your attention and doesn't let go till the end.” TB Honest, A deadly attack on the Vatican City reveals an even deadlier conspiracy within its walls... When Marco Venetti left the military, he thought his days of violence were behind him. But now a beautiful woman is begging for his help. Her daughter has been kidnapped to force her to smuggle a gang of killers into the country. If she disobeys, her family will die. Determined to protect her, Marco goes on the hunt. But after a terrifying battle on a rocky island off the Italian coast, he finds a map on one of the men's bodies that reveals their ultimate goal: a deadly terrorist attack on the Vatican City itself. Marco races to prevent a bloodbath in the heart of Rome, but the terrorists are more dangerous than he knew. A nuclear weapon is missing, and the CIA, Russians and Israelis are too busy fighting to prevent it falling into the wrong hands. The only person Marco can trust is himself. He must track down and kill his enemy... but the Vatican is home to secrets and conspiracies, and soon Marco realises he may not even know who the real enemy is. Can he uncover a traitor before time runs out? For fans of Joel C. Rosenberg, Tom Clancy and Steven Konkoly, The Vatican Conspiracy is a non-stop explosive thriller of betrayal, revenge and world-shaking conspiracy. See what readers are saying about The Vatican Conspiracy: “An outstanding start to this series!... Grabs you on the first page and is powered by non-stop action and a taut, emotional narrative... A real page turner!” Goodreads Reviewer, “Fast-paced action-packed... Nail-biting tension... I really enjoyed reading and would definitely recommend.” NetGalley Reviewer, “Riveting... I was completely engrossed... A tonne of action, plenty of twists and turns, and enough drama to keep you feverishly turning the pages.” Readers Retreat “An exhilarating action thriller... Fast-paced and engaging... Look forward to reading the sequels.” DP Reads, “A fast-paced action thriller with a lot of twists and turns that keeps you on the edge of your seat until the very end... The main character Marco is amazing!... Eagerly waiting for the next book!” Goodreads Reviewer “Great action-packed novel... Pulled me in from the first page. There was so much action... I highly recommend” Just Read Jess, “If you're a fan of Dan Brown and Steve Berry, you do not want to miss this new series... Kept me hooked; the action never completely let up.” Fireflies & Freekicks “Fantastic... A blistering read that won't disappoint.” Goodreads Reviewer, “Relentless action, a gripping storyline... Promises to be a terrific series.” Goodreads Reviewer “Fast paced, action packed, adrenaline inducing.” Sharon Beyond the Books, “If you are in need of excitement—and who isn't given the lack of travel and parties etc? then you need to read this book. You will be breathless from all the running, and you don't even need to get out of bed. There are so many twists and turns you could get whiplash, but it would be worth it to reach the end of this wild ride.” Mrs Average Evaluates

Dr. Belisa Vranich's ground-breaking second book teaches the science, techniques, and benefits of breathing correctly and efficiently for warriors in all walks of life. People are less in touch with their bodies—and especially their breathing—than ever before. Ironically, athletes and others who pride themselves on taking care of their bodies actually put themselves at greater risk. Why? Because they're asking their body to take on next-level demands, but failing at life's most essential skill: efficient breathing. Proper breathing is the world's most powerful biohack. Learning it will help you feel better, avoid injury, and perform at your very best (including in bed!). Champion gladiators, master martial artists, even spearfishers all had one thing in common: efficient breathing to achieve flawless execution. An elite few still understand: Navy SEALs who need to make the perfect shot, super-elite weightlifters who truly understand how to harness and channel their energy, free-divers who can spend seemingly impossible amounts of time underwater, and high-profile execs who keep calm before multi-billion-dollar presentations. You can learn their secrets. From the corporate athlete to the tactical ninja, Breathing for Warriors is a practical, science-forward book that focuses on everything related to breathing and performance—from muscles and workouts to an impenetrable inner game.

MERRY CHRISTMAS AND HAPPY NEW YEAR NOTEBOOK NOVELTY Daily dairy / journal / notebook to write in, for creative writing, for creating list, for scheduling, Organizing and Recording your thoughts. Happy Holidays from the Christmas Gift Notebook featuring a wide variety of Christmas themed composition notebook covers to get you in the Holiday spirit. Ultimate your Christmas and Holiday Party with this awesome notebook to organize your holiday schedules, plan your party with everything in control and enjoy the holiday. Makes the perfect christmas gift or anytime gift for anyone who loves this wonderful time of year. So Grab it now! Perfectly sized at 6" x 9" 120 pages Softcover Bookbinding Flexible Paperback Have a very happy christmas and happy new year!

Once upon a time, he was everything to her, except for one thing: her future Christmas sparkles from every bough and window at the cozy Four Winds Ski Resort, where single mother Eden Kendall and her eight-year-

old son are spending the holiday. A surprise marriage proposal from her boss 's son wasn ' t on her Christmas list, but it ' s the perfect excuse to get away and weigh her options. She never imagined her son ' s ski instructor/Santa impersonator would be the gorgeous, charismatic dreamer she left behind years ago, the one who still owns a piece of her heart. Cole Hagan has never stopped loving Eden and he ' s spent the last eight years proving her wrong on every count about his potential. While he fights to save the resort that he helped to build by organizing a holiday concert, he decides it ' s about time that Eden puts aside her list-making pragmatism so that she and her skeptical son can experience the true magic of Christmas. Can a not-so-perfect angel help this unlikely pair get a second chance at happily ever after?

Design and Make Your Own Contemporary Sampler Quilt

Freud on the Psychology of Ordinary Mental Life

Devotions for Living Happy, Healthy, and Whole

From Ancient Times to the Twentieth Century

Death Waits in the Dark

From Wives to Widows in Early Modern Paris

This new volume, Health Benefits of Secondary Phytocompounds from Plant and Marine Sources, looks at a selection of important issues and research topics on phytochemicals in plant-based therapeutics, covering bioactive compounds from both plant and marine sources. Natural products and their bioactive compounds are increasingly utilized in preventive and therapeutic medication, as pharmaceutical supplements, as well as in functional foods and nutraceuticals, all of which have potentially positive effects on health and have preventive and curative properties for various diseases and health conditions. The first section of the book, on Bioactive Compounds from Plant Sources, describes the concept of extraction of bioactive molecules from plant sources, both conventional and modern extraction techniques, available sources, biochemistry, structural composition, and potential biological activities. Advanced extraction techniques, such as enzyme-assisted, microwave-assisted, ultrasound-assisted, pressurized liquid extraction, and super critical extraction techniques, are described in detail.

This book is about HCI research in an industrial research setting. It is based on the experiences of two researchers at the IBM T. J. Watson Research Center. Over the last two decades, Drs. John and Clare-Marie Karat have conducted HCI research to create innovative usable technology for users across a variety of domains. We begin the book by introducing the reader to the context of industrial research as well as a set of common themes or guidelines to consider in conducting HCI research in practice. Then case study examples of HCI approaches to the design and evaluation of usable solutions for people are presented and discussed in three domain areas: - item Conversational speech technologies, - item Personalization in eCommerce, and - item Security and privacy policy management technologies In each of the case studies, the authors illustrate and discuss examples of HCI approaches to design and evaluation that worked well and those that did not. They discuss what was learned over time about different HCI methods in practice, and changes that were made to the HCI tools used over time. The Karats discuss trade-offs and issues related to time, resources, and money and the value derived from different HCI methods in practice. These decisions are ones that need to be made regularly in the industrial sector. Similarities and differences with the types of decisions made in this regard in academia will be discussed. The authors then use the context of the three case studies in the three research domains to draw insights and conclusions about the themes that were introduced in the beginning of the book. The Karats conclude with their perspective about the future of HCI industrial research. Table of Contents: Introduction: Themes and Structure of the Book / Case Study 1: Conversational Speech Technologies: Automatic Speech Recognition (ASR) / Case Study 2: Personalization in eCommerce / Case Study 3: Security and Privacy Policy Management Technologies / Insights and Conclusions / The Future of Industrial HCI Research

Itching to build interesting projects with Drupal, but confused by the way it handles design challenges? This concise guide helps small teams and solo website designers understand how Drupal works by demonstrating the ways it outputs content. You'll learn how to manage Drupal's output, design around it, and then turn your design into a theme. In the second of three volumes on Drupal design, award-winning designer Dani Nordin takes you beyond basic site planning and teaches you key strategies for working with themes, layouts, and wireframes. Discover how to use Drupal to make your vision a reality, instead of getting distracted by the system's project and code management details. Learn strategies for sketching, wireframing, and designing effective layouts Break down a Drupal layout to understand its basic components Understand Drupal's theme layer, and what to look for in a base theme Work with the 960 grid system to facilitate efficient wireframing and theming Manage Drupal markup, including the code generated by the powerful Views module Use LessCSS to organize CSS and help you theme your site more efficiently

'Blew my mind... so magically written and most of all that it is based on true events... a hard-hitting, soul-crushing book... I loved every moment of it... immersive, heart-wrenching, I feel emotional writing this review.' Goodreads reviewer, 5 stars ***Wanted: Company Daughters. Virtuous young ladies to become the brides of industrious settlers in a foreign land. The Company will pay the cost of the lady's dowry and travel. Returns not permitted, orphans preferred. Amsterdam, 1620. Jana Beil has learned that life rarely provides moments of joy. Having run away from a violent father, her days are spent searching for work in an effort to stay out of the city brothels, where desperate women trade their bodies for a mouthful of bread. But when Jana is hired as a servant for the wealthy and kind Master Reynst and his beautiful daughter Sontje, Jana's future begins to look brighter. Then Master Reynst loses his fortune on a bad investment, and everything changes. The house is sold to creditors, leaving Jana back on the street and Sontje without a future. With no other choice, Jana and Sontje are forced to sign with the East India Company as Company Daughters: sailing to a colonial Dutch outpost to become the brides of male settlers they know nothing about. With fear in their hearts, the girls begin their journey – but what awaits them on the other side of the world is nothing like what they've been promised... Based on true history, this is a gripping and unputdownable historical novel, perfect for fans of Girl with a Pearl Earring, The Miniaturist and The Indigo Girl. WINNER OF THE 2021 GOLDEN CROWN LITERARY SOCIETY***

AWARD FOR DEBUT FICTION. FINALIST FOR THE 2021 BISEXUAL BOOK AWARDS. LONGLISTED FOR THE 2021 HWA DEBUT CROWN AWARD. *What readers are saying about The Company Daughters: 'Blew my mind... a book I've told so many people about purely because I'm still in disbelief that it exists, that it's so magically written and most of all that it is based on true events... a hard-hitting, soul-crushing book of a woman's struggle to survive... I loved every moment of it. Breathlessly, and in a way that took up my entire brain... immersive, heart-wrenching, and I feel emotional writing this review.'* Goodreads reviewer, 5 stars *'From the moment I started reading The Company Daughters, I was captivated by this historical tale. Although it does contain a love story, it's not a romance... This was a gripping read.'* Goodreads reviewer *'This book is so stunningly tender and beautiful, all mixed in with some seriously tragic and heart-wrenching events... Rajaram is an extremely skilled writer, and I love her writing style... The themes of sisterhood and female love were so present in this book and I found it very moving.'* Goodreads reviewer *'I was enchanted by this book! It's a delightful read that will have your emotions all over the place.'* Goodreads reviewer *'I love historical fiction, and this book touched on a topic and time I knew nearly nothing about... There's love, there's loss, there's surviving, there's thriving... It was a very beautiful book.'* Goodreads reviewer *'The Company Daughters is a beautifully written love story... a perfect example of the power of human will and the endurance and hope that love can give a person.'* Goodreads reviewer, 5 stars *'This book has a beauty and grace to it. The author's writing just flows off the page, and although there are struggles and upsets by the time you close the book over you are filled with a warm glow.'* Goodreads reviewer *'A powerful and insightful read. I look forward to reading more historical work by Samantha Rajaram!'* Goodreads reviewer *'Heartbreaking... a moving book... vivid, with amazing characters... This is a great read.'* Goodreads reviewer

Master Your Breath to Unlock More Strength, Greater Endurance, Sharper Precision, Faster Recovery, and an Unshakable Inner Game

The Midrange Theory

Daemons are Forever

Small Lined Notebook - Christmas Gift for Kids, Women, Men Girls And Boys

Data Collection

If your one of the many people who struggle to reach the rim and dunk over their opponents, don't get disheartened - because what many don't realize is that dunking a basketball requires more than on-court skill alone. And it is certainly not determined by either your height or your age. In fact, our ability to dunk is dictated by our muscle strength, muscle power, and our vertical jump performance. Which in itself is an extremely positive thing, because these factors are not necessarily inherited, nor are they determined at birth. Rather, each of these factors can be trained independently in the gym and on the court, allowing us to improve our vertical jump height, ensuring we can dunk with ease - irrespective of either our age or our height! In the following book you will find: Successfully implemented methods of strength training that will build the foundation for your dunking ability Power training methods to improve your muscular power Jump training methods to rapidly increase your vertical jump and dunking capacity Information pertaining to jump technique and dunking performance that has been honed through decades of work Dietary information to ensure you get the most out of your training What can you expect from this book? This book is essentially the written culmination of my many years working with basketball athletes. The results of this learning experience and the processes I have used extensively to maximize athletic performance are summarized in this book, ready for you to apply immediately into your own training. Now I must admit that this book isn't going to do the work for you, nor is it some sort of 'quick fix'. Because let's face it, when it comes to anything worthwhile, a quick fix doesn't exist. But what this book will give you is the information integral to improving vertical jump height and dunking ability. With this in mind, I have not only outlined in depth why each of these physical qualities is important but also what training methods are best to improve them. This has further been summarized in a thorough 8 week training program - involving strength training methods, power training methods, and jump performance training techniques - that will lead you to a massive vertical jump, and some crazy dunking ability. Now don't get me wrong, this program won't be easy -but it will be worth it. Through a combination of hard work, dedication, and some well established AND scientifically proven training methods, you can see some huge improvement in your performance. While I can provide the HOW you need to provide the DO, so don't keep waiting - become an absolute beast on the court and take the first step to improve your dunking ability today! Purchase now with just 1-click!

He was a small-town boy who burst onto the international golf scene with a dramatic hook shot from deep in the woods to win the Masters— before the game he loved almost killed him. Opening up about the toll that chasing and achieving his dream of being a champion golfer took on his mental health, Bubba Watson shares his powerful story of the breaking point that gave him clarity. Bubba Watson is known as the big-hitting left-handed golfer who plays with the pink driver—the small-town kid who grew up as a child golf prodigy before going on to win two Masters Tournaments, competing in the Olympics, and rising to be the number two golfer in the world. But every dream comes with a price. Feeling that he was never good enough, Bubba began to let the constant criticism from fans and commentators haunt his thoughts. Success in the game he loved was killing him. In Up and Down, Bubba opens up about his debilitating anxiety attacks, the death of his father and namesake, adopting his children, and how reaching a breaking point professionally and personally drew him closer to his family and God. Golf is what Bubba Watson does, but it is not who he is. Through his story, you'll learn how Bubba: Overcame his anxiety and feelings of inadequacy Found his true identity not in the standards of the world, but in the God who already knows he is enough Learned to trust God with his gifts, family, and biggest dreams Became the husband, father, friend, and mentor he was called to be Life, like golf, is filled with ups and downs. Up and Down is the inspiring story of an imperfect man striving to become the best person he can be—wherever the course may take him.

There is Something for Every Skill Level. Featuring some of the most inappropriate swear words imaginable, these beautiful designs are a joy to color. Each swear word is designed with animals: most of them from the Jungle, but also with flowers and other beautiful patterns. This is perfect for any adults who want to amuse themselves or their loved ones. Simply relax, choose the swear word of your choice and then color. Order now and start this incredibly delightful & impolite journey. You're going to love it. Tags: swear word coloring book, swear word adult coloring book, swears coloring book, adult coloring books, swearing coloring book, swear coloring book, swear word coloring book, swear word adult coloring book, swears coloring book, adult coloring books, swearing coloring book, swear coloring book

At Second Chance Ranch, the Ramirez family cares and works to find homes for all kinds of animals on their 200-acre ranch in Texas. Sisters Natalie (12), Abby (10), and twins Emily and Grace (9) all do their part to help out and give each animal the second chance it deserves.

From the authors of the inspiring true story 90 Minutes in Heaven In 1989, Don Piper died in a car accident. Ninety minutes later, as a minister prayed over him, he returned to life-and remembered... For millions of readers around the world, Don Piper's account of his experience, 90 Minutes in Heaven, offers an inspirational, exciting, and fulfilling message of hope-and has become an international phenomenon. Now, he continues his message of hope and faith with a book of devotionals for all of those who want to experience the joy and contentment of his message every day. With ninety devotionals within, this unique collection directly addresses the everyday hardships we all endure, offering solace and guidance for all those who wish to lead happier, more virtuous lives.

Often called "Latin jazz" today, Afro-Cuban jazz dates back to 1947, when Cuban percussionist Chano Pozo joined Dizzy Gillespie's big band, helping to fuse bebop with Cuban folk music and rhythms. This book focuses on the jazz side of this irresistible musical mixture, covering such early figures as Tito Puente and Willie Bobo and today's leading artists. 50 photos.

90 Readings for Hope and Healing

Desert Coloring Book

Three Case Studies

Daemon in the Sanctuary

How to Dunk Like a Pro

The Enigma of Homespace Violence