

Metra Online Fitguide

Figure/Ground: A Design Conversation, is a collection of six dialogs on design between Scott Johnson and William Fain, the principals of Johnson Fain Partners of Los Angeles. Covering a broad range of topics, the conversations center on such themes as the globalization of architecture, the impact of the Internet, the issue of "big architecture" vs. urban design, and the role of historicism in design. Along the way, Johnson and Fain find inspiration in jazz improvisation, Noam Chomsky, Roman urbanism, passive solar heating in China, Catholic monasticism, and Native American spirituality. With elegant layout of National Design Award winner Lorraine Wild, the dialogs are illustrated with photographs of recent work by the firm, including their plan for central Beijing and the new Native American Center in Oklahoma City.

EPUB 3 Best PracticesOptimize Your Digital Books"O'Reilly Media, Inc."

People do things for reasons. But philosophers have disagreed sharply about how 'reasons explanations' of actions actually work and hence about their implications for human freedom and autonomy. The dominant view in contemporary philosophy is the (Humean) idea that the beliefs and desires that constitute our reasons for acting simply cause us to act as we do.Fred Schueler seeks to replace such causal views, arguing that they leave out two essential elements of these explanations. Reasons explanations are inherently teleological in the sense that the agent's reasons always explain the purpose for which he acted. They are also inherently normative since it is always possible that an agent's reasons for doing something are not good reasons. Schueler argues that causal accounts of reasons explanations make no sense of either of these features; heargues instead for an account based on practical deliberation, our ability to evaluate the reasons we accept.

This beginner's guide to the science of astronomy also explores the current work of professionals in the field. 120 color plates. 108 line diagrams.

Classic to Contemporary

Men's Health The MetaShred Diet

Metric Pattern Cutting for Women's Wear

Feminist Memories of Resistance in Latin America's Dirty Wars

The New Rolling Stone Album Guide

Untitled Kate Furnivall

An Illustrated Guide

Many people have reached a reasonable degree of mastery as turkey hunters, but becoming truly expert simply lies beyond reality. On the other hand, it is possible (though rare) to reach a true pinnacle of success as a teller of turkey tales spreading over four-plus decades, and now with this third book on the subject, Jim Spencer has climbed that lofty peak. No one writing about turkeys today can top his ability to spin a yarn. To have this modern mountain man (that's his e travel through woods of springtime wonder. - Jim Casada, author of Innovative Turkey Hunting and Remembering the Greats

A program of flexibility and strength-building exercises, nutritional advice and tasty recipes geared toward men in their 40s promises to help them build muscle and lose weight, have more energy and feel happier, strengthen bones, enjoy b manage stress and look younger.

*** THE TOP TEN BESTSELLING AUTHOR *** Discover a brilliant story of love, danger, courage and betrayal, set during the Berlin Airlift, from the internationally bestselling author of The Guardian of Lies. Praise for Kate Furnivall's novels: 'Grip Mysterious. Kate Furnivall has a talent for creating places and characters who stay with you long after you've read the final word' Jane Corry 'Exquisitely heart-wrenching & utterly engrossing' Penny Parkes 'A thrilling, compelling read. Wor

'Wonderful . . . hugely ambitious and atmospheric' Kate Mosse 'A thrilling plot ... Fast-paced with a sinister edge' Times 'Truly captivating' Elle 'Perfect escapist reading' Marie Claire The U.S. Social Security Administration (SSA) provides disability benefits through the Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) programs. To receive SSDI or SSI disability benefits, an individual must m of disability, which is "the inability to engage in any substantial gainful activity [SGA] by reason of any medically determinable physical or mental impairment which can be expected to result in death or which has lasted or can be expected less than 12 months." SSA uses a five-step sequential process to determine whether an adult applicant meets this definition. Functional Assessment for Adults with Disabilities examines ways to collect information about an individual's phy noncognitive) functional abilities relevant to work requirements. This report discusses the types of information that support findings of limitations in functional abilities relevant to work requirements, and provides findings and conclusions information and assessment of functional abilities relevant to work requirements.

Fountas and Pinnell Leveled Literacy Intervention (LLI) Orange (Grade K) Program Guide

Strategy Guide to Enable and Promote the Use of Fixed-route Transit by People with Disabilities

Your 28-Day Rapid Fat-Loss Plan. Simple. Effective. Amazing.

Disruptive Archives

The Cartoon Guide to Genetics

The Craft of Making and Cooking with Pickles, Preserves, and Aigre-Doux

Adobe Camera Raw for Digital Photographers Only

Although the construction industry employs only five percent of the nation's work force, it suffers 20 percent of the nation's occupational fatalities and 12 percent of all U.S. injuries. Because of this the Occupational Safety and Health Administration (OSHA) has consolidated their construction standards, compliance assistance, cooperative programs, and technical services to form the Directorate of Construction. Construction sites and operations have become the prime targets for the Directorate of Construction, which has greatly increased its number of inspections, citations and penalties. The Handbook of OSHA Construction Safety and Health is for safety professional, contractor, project manager and owner who has the responsibility of implementing an effective on-site safety and health program. These professionals are now in charge of everything from the safe operation of equipment to the safe removal of hazardous waste from the construction site. It is a practical guide that can be used by the construction industry on existing and future projects and jobsites in the critical area of occupational safety and health. Written using OSHA's Construction standards as a framework, the book provides those responsible for construction safety and health with a definitive guide for eliminating safety and health hazards from construction worksites. In addition, the handbook addresses subjects such as contractor liability, multi-employer sites and focused inspection which are real and time problem areas faced by the construction industry. The Handbook of OSHA Construction Safety and Health contains a model safety and health program, examples of accident analysis and prevention approaches, sample safety and health checklist and forms, and over 300 illustrations.

Musical notation has not always existed: in the West, musical traditions have often depended on transmission from mouth to ear, and ear to mouth. Although the Ancient Greeks had a form of musical notation, it was not passed on to the medieval Latin West. This comprehensive study investigates the breadth of use of musical notation in Carolingian Europe, including many examples previously unknown in studies of notation, to deliver a crucial foundational model for the understanding of later Western notations. An overview of the study of neumatic notations from the French monastic scholar Dom Jean Mabillon (1632–1707) up to the present day precedes an examination of the function and potential of writing in support of a musical practice which continued to depend on trained memory. Later chapters examine passages of notation to reveal those ways in which scripts were shaped by contemporary rationalizations of musical sound. Finally, the new scripts are situated in the cultural and social contexts in which they emerged.

Contains entries that provide information on two hundred novels written in or translated into English, each including publication data, discussion of historical context, an assessment of the public's reaction to the work and its influence, and a bibliographical citation. Arranged geographically.

Fountas & Pinnell Leveled Literacy Intervention (LLI) is a powerful early intervention system that can change the path of a student's journey to literacy. The LLI Orange System is specifically targeted at Foundation/Kindergarten students. Please note the program guide is not suitable for educators who have not yet purchased an LLI Orange System. This component is only available separately so that schools with the LLI Orange System can purchase additional copies of the program guide if they require. Find out more about the Fountas & Pinnell LLI System at www.pearson.com.au/primary/LLI Common Legumes of the Great Plains

A Hands-On Guide

Moon Chicago

Patient Assessment in Clinical Pharmacy

The Essential Guide to Overnight Hiking Trips

Handbook of OSHA Construction Safety and Health

When you want to lose fat, you want to lose it fast. Men's Health nutrition advisor and weight loss expert Michael Roussell destroys the myth that healthy weight loss needs to be limited to 1 to 2 pounds per week—and gives you an all-new program to prove it. The MetaShred Diet is a science-backed, 28-day plan to lose fat and keep it off—for good! Roussell combines the latest nutrition science with an easy-to-use plan that allows people to lose up to 15 pounds in just 28 days. By discovering your personal "secret weight loss window," you'll learn to combine the exact right amount of calorie reduction with the ideal amount of calorie burn. We've taken the best parts of low-carb and low-fat diet principles to create the ideal weight loss plan. With The MetaShred Diet's delicious and simple recipes, you can easily control your calories—so you don't need to count them—and create the optimal hormonal environment to burn fat. The best part: you'll lose weight and hold on to your hard-earned muscle. It's rapid fat loss made easy. Just follow Roussell's customizable eating plan and sample workouts from the Men's Health brand.

The growing interest in preservation of library collections has fueled the use of the Library Binding Institute Standard for Library Binding. Because the LBI Standard is based on the assumption that the reader understands the machinery and processes employed by the library binding industry, descriptive text is minimal. This guide translates the technical language of the LBI Standard into usable information that should enable librarians to use the LBI Standard to its fullest advantage.

Esther Williams and John Gottman describe a complete set of programs they have written in Fortran IV to enable even beginners to use all the techniques presented in John Gottman's Time-Series Analysis: A Comprehensive Introduction for Social Scientists. There are three packages, available on IBM card source desks from the authors, for (1) time and frequency domain model fitting, including detecting cycles, (2) forecasting and interrupted time-series analysis, and (3) multivariate time-series analysis, in both time and frequency domains. The packages have been tested for portability. Modification specific computers are noted in the guide.

A diet guide from the popular men's magazine centers around seven "rules of the ripped," divides superfoods into eight groups, and includes a fitness assessment, the anatomy of a potbelly, and smart food fixes.

Doing Meta-Analysis with R

The Preservation Kitchen

Tips, Tactics, and Insights on Turkey Hunting

Functional Assessment for Adults with Disabilities

All the Art That's Fit to Print (and Some that Wasn't)

Acrobats and Mountebanks

Netscape Mozilla Source Code Guide

This timely and hugely practical work provides a score of examples from contemporary and historical scientific presentations to show clearly what makes an oral presentation effective. It considers presentations made to persuade an audience to adopt some course of action (such as funding a proposal) as well as presentations made to communicate information, and it considers these from four perspectives: speech, structure, visual aids, and delivery. It also discusses computer-based projections and slide shows as well as overhead projections. In particular, it looks at ways of organizing graphics and text in projected images and of using layout and design to present the information efficiently and effectively.

Moon Chicago reveals the Windy City's perfect mix of cosmopolitan culture and Midwestern charm. Explore the City: Navigate by neighborhood or by activity with color-coded maps, or follow turn-by-turn directions for a self-guided neighborhood walk See the Sights: Relax with the manta rays at Shedd Aquarium, listen to live music at Millenium Park, or take in some modern sculpture at the Art Institute. Venture onto the glass skydeck of the 110-story Willis Tower, or take a river tour of Chicago's historic architecture. Ride the Navy Pier Ferris Wheel, cheer on the Cubs at Wrigley Field, or grab a picnic basket, kick off your shoes, and watch the waves on Lake Michigan Get a Taste of the City: Sample Chicago beef at a classic steakhouse, grab a gourmet hot dog, or pick from dozens of high-end farm-to-table restaurants (but don't forget to try the deep-dish pizza!) Bars and Nightlife: Kick back at an authentic speakeasy before taking in a jazz show, or visit the famous Second City improv comedy club, where many of Saturday Night Live's stars got their start Trusted Advice: Local journalist and world traveler Rebecca Holland shares the secrets of her favorite city Itineraries and Day Trips: All accessible by bus, train, or public transit, including "A Winter Day in Chicago," "Chicago with Kids," and a week-long "Best of Chicago" plan Expert Tips: The best views, people-watching spots, romantic places, international cuisine, and more, plus advice for LGBTQ visitors, families with children, travelers with disabilities, and international visitors Maps and Tools: Background information on Chicago's history and culture, as well as full-color photos and an easy-to-read foldout map to use on the go With Moon Chicago's practical tips, unique experiences, and local know-how, you can plan your trip your way. Looking to experience more world-class cities? Try Moon Seattle or Moon Washington DC. Is Chicago just the first stop on a bigger adventure? Check out Moon Route 66 Road Trip.

Have you ever asked yourself: Are spliced genes the same as mended Levis? Watson and Crick? Aren't they a team of British detectives? Plant sex? Can they do that? Is Genetic Mutation the name of one of those heavy metal bands? Asparagine? Which of the four food groups is that in? Then you need "The Cartoon Guide to Genetics" to explain the important concepts of classical and modern genetics--it's not only educational, it's funny too!

A reference guide to the decade's top trends, performers, and sounds, reviews the most influential albums, provides biographical overviews of key artists, and considers how technology and the Internet have impacted the industry.

The Invention of Musical Notation

Guide to the Library Binding Institute Standard for Library Binding

An Introductory Manual

Transit-oriented Development in the United States

Tenth Legion

Inside the New York Times Op-ed Page

Figure/Ground

Presents a collection of canning techniques, preserving recipes, and seasonal menus.

Patternmaking for Contemporary Menswear is the most current, comprehensive and user-friendly book for men's patternmaking--an essential resource for students, educators, and industry professionals.

Metric Pattern Cutting for Women's Wear provides a straightforward introduction to the principles of form pattern cutting for garments to fit the body shape, and flat pattern cutting for casual garments and jersey wear. This sixth edition remains true to the original concept: it offers a range of good basic blocks, an introduction to the basic principles of pattern cutting and examples of their application into garments. Fully revised and updated to include a brand new and improved layout, up-to-date skirt and trouser blocks that reflect the changes in body sizing, along with updates to the computer-aided design section and certain blocks, illustrations and diagrams. This best-selling textbook still remains the essential purchase for students and beginners looking to understand pattern cutting and building confidence to develop their own pattern cutting style.

The second of two volumes on the relationship between popular religion and the self-help tradition in American culture, this book continues chronologically and spans from Romanticism and the Gilded Age through Norman Vincent Peale and Robert Schuller.

27 Days to Sculpted Abs, Maximum Muscle & Superhuman Sex!

A Reference Guide

Self-help and Popular Religion in Modern American Culture

FRA Guide for Preparing Accidents/incidents Reports

A Design Conversation

With Special Reference to the MDS(X) Library of Computer Programs

An Interpretive Guide

Doing Meta-Analysis with R: A Hands-On Guide serves as an accessible introduction on how meta-analyses can be conducted in R. Essential steps for meta-analysis are covered, including calculation and pooling of outcome measures, forest plots, heterogeneity diagnostics, subgroup analyses, meta-regression, methods to control for publication bias, risk of bias assessments and plotting tools. Advanced but highly relevant topics such as network meta-analysis, multi-three-level meta-analyses, Bayesian meta-analysis approaches and SEM meta-analysis are also covered. A companion R package, dmetar, is introduced at the beginning of the guide. It contains data sets and several helper functions for the meta and metafor package used in the guide. The programming and statistical background covered in the book are kept at a non-expert level, making the book widely accessible. Features

- Contains two introductory chapters on how to set up an R environment and do basic imports/manipulations of meta-analysis data, including exercises
- Describes statistical concepts clearly and concisely before applying them in R
- Includes step-by-step guidance through the coding required to perform meta-analyses, and a companion R package for the book

"TRB's Transit Cooperative Research Program (TCRP) Report 163: Strategy Guide to Enable and Promote the Use of Fixed-Route Transit by People with Disabilities is designed to help transit agencies fulfill the primary goals of the Americans with Disabilities Act of 1990 (ADA) by making mainstream fixed-route bus and rail systems accessible to and usable by individuals with disabilities. The focus of the Strategy Guide is to offer guidance on providing public services in the most integrated setting possible." -- Publisher's note.

The histories of the Dirty Wars in Mexico and Argentina (1960s-1980s) have largely erased how women experienced and remember the gendered violence during this traumatic time. Viviana Beatriz MacManus restores women to the revolutionary struggle at the heart of the era by rejecting both state projects and the leftist accounts focused on men. Using a compelling archival blend of oral histories, interviews, human rights reports, literature, and film, MacManus illuminates complex narratives of loss, violence, and trauma. The accounts upend dominant histories by creating a feminist-centered body of knowledge that challenges the twinned legacies of oblivion for the victims and state-sanctioned immunity for the perpetrators. A new Latin American feminist theory of justice emerges—one that acknowledges women's strength, resistance, and survival during and after a horrific time in their nations' histories. Haunting and methodologically innovative, Disruptive Archives attests to the power of women's storytelling and memory in the struggle to reclaim history.

A "New York Times" insider explores the world's first Op-Ed page, a public platform that--in 1970--prefigured the Internet blogosphere and changed illustration's very purpose and potential.

Your Best Body at 40+

The Men's Health Diet

The 4-Week Plan to Get Back in Shape--and Stay Fit Forever!

Experiences, Challenges, and Prospects

Writing Sounds in Carolingian Europe

EPUB 3 Best Practices

The User's Guide to Multidimensional Scaling

Tenth Legion has long been considered the greatest--and most hilarious--book on turkey hunting. Many people who hunt turkeys do so with an attention to detail, a regard for strategy, tactics, and operations, and a disregard for personal comfort and convenience that ranks second only to war. As for all cultists, it never occurs to them that they may be anachronisms. Supremely unconscious of the rest of the world, blind and deaf to logic and reason, they walk along their different roads in step to the music of their different drums. Tenth Legion--Tom Kelly's first and most famous book--lets you hear, just one time and however faintly, what so many others have heard with clarity and purpose all their lives: the dim and distant music of that other drum.

Ready to take your ebooks to the next level with EPUB 3? This concise guide includes best practices and advice to help you navigate the format's wide range of technologies and functionality. EPUB 3 is set to turn electronic publishing on its head with rich multimedia reading experiences and scripted interactivity, but this specification can be daunting to learn. This book provides you with a solid foundation. Written by people involved in the development of this specification, EPUB 3 Best Practices includes chapters that cover unique aspects of the EPUB publishing process, such as technology, content creation, and distribution. Get a comprehensive survey of accessible production features Learn new global language-support features, including right-to-left page progressions Embed content with EPUB 3's new multimedia elements Make your content dynamic through scripting and interactive elements Work with publication and distribution metadata Create synchronized text and audio playback in reading systems Learn techniques for fixed and adaptive layouts

Expert photographer Rob Sheppard explains the details of Camera Raw, the steps for using it, the workflow process, and certain best practices that demonstrates how Camera Raw can empower the digital photographer. Encouraging you to use it as you see fit, he explores the enhancements in the newest generation and helps you deal with RAW's limitations, manage white balance and exposure, reduce noise (especially in night shots,) and learn to use camera settings that make the most of RAW capabilities.

Designed to guide learners through the often disorienting experience of taking a first art history class, this book addresses all aspects of that total experience. KEY TOPICS Specific chapter topics cover note-taking during lecture, studying for and taking slide exams, writing response papers, methodology, how to critique secondary scholarship, and what to do with an art history degree. For individuals with little or no experience in art history, and an interest in the powerful images that can provide a rich perspective on social, political, and cultural history.

Patternmaking for Menswear

Optimize Your Digital Books

A Survival Guide for Art History Students

Unfolding Our Universe

A Comprehensive Guide

Title IX Grievance Procedures

The Craft of Scientific Presentations

A one-stop resource for hiking backpackers in beautiful British Columbia. Planning your next backpacking adventure? This book covers all the essentials including: 40 overnight hiking trails: discover the many different routes that BC has to offer Packing tips: take only the most essential items with you (plus a few comforts) Permitting: find out what permits you'll need, and where to get them Camp set-up: tips for where to pitch your tent and how to find water Environmental impact: learn how to Leave No Trace behind in the wilderness This book features backpacking routes from the North Shore up to Pemberton and Lytton and from the Sunshine Coast out to the Similkameen Valley. Beautiful photographs showcase what you'll see along the way: mountain peaks, alpine meadows, waterfalls, old-growth forests, and more. Every backpacking route in the book includes bonus features: Trail maps and route descriptions Elevation, distance and time information Points of cultural and natural history Pre-planning hints about fees, permits, and reservations Suggested side trips and points of particular interest Backpacking in Southwestern British Columbia also shares options for extending an overnight excursion to several nights or a week, and for selecting hikes that match your timeline/fitness level.

This comprehensive, first-of-its kind title is an indispensable resource for pharmacists looking to learn or improve crucial patient assessment skills relevant to all pharmacy practice settings. Pharmacists' role as health care practitioners is evolving as they are taking a more active part in primary patient care -- helping patients manage their medications and diseases, providing patient education, and, in some jurisdictions, prescribing and adapting medications. To perform their day-to-day duties, pharmacists are best-served using a framework called the patient care process. This framework involves three steps: patient assessment; care plan development and implementation; and monitoring and follow up. Organized in four parts, this practical book begins with introductory chapters regarding the basics of patient assessment and the patient care process. Part II includes a detailed assessment of common symptoms encountered by pharmacists. Part III discusses assessment of patients with various chronic illnesses. Part IV addresses select specialized topics and assessment considerations. An invaluable contribution to the literature, Patient Assessment in Clinical Pharmacy: A Comprehensive Guide will be of great benefit to pharmacists, regardless of their practice setting, and to pharmacy students as well.

In this friendly, authoritative guide, bestselling author Stanek guides programmers through the complex maze of Netscape Communicator's code, which contains approximately 30 million lines of code that are extremely difficult to navigate. He introduces Mozilla and the Netscape Open Source program, discusses how to become involved, and shows how to use the library hooks and extensions.

Backpacking in Southwestern British Columbia

A User's Guide to the Gottman-Williams Time-Series Analysis Computer Programs for Social Scientists

Bad Birds 2 -- Another Collection of Mostly True Stories Starring the Gobblers We All Love to Hate

Human Rationality and the Teleological Explanation of Action

Reasons and Purposes

The Social Impact of the Novel

Critical Steps to Succeed and Critical Errors to Avoid