



Conquer the pressures of college life with *PERSONAL STRESS MANAGEMENT: FROM SURVIVING TO THRIVING*. This book provides you with helpful insights and personal strategies for managing the demands ahead and throughout your college career. Written by health and psychology experts, this book offers self-assessments, helpful tips, and even a customizable toolkit for dealing with academics, time management, relationships, and more. You'll also learn how to change your perspective and respond to stress in creative ways, with confidence and resilience, empowering you to be smarter, stronger, and more successful for the rest of your life. Engaging you with skills you can use right away, *PERSONAL STRESS MANAGEMENT: FROM SURVIVING TO THRIVING* incorporates the latest insights from neuroscience, exercise physiology, nutrition, and medicine, while encouraging healthy habits like regular exercise and good nutrition to prevent burnout. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Lt. Kevin Nicholas is flying a spy mission for the US Navy along the east coast of Russia when he encounters a large storm and must eject over Russia. Since his grandfather taught him the Russian language, he assumes the identity of a translator and works his way along the Trans-Siberian Railroad toward Novosibirsk in order to make his escape through European countries.

This concise book for engineering and sciences students emphasizes modern statistical methodology and data analysis. *APPLIED STATISTICS FOR ENGINEERS AND SCIENTISTS* is ideal for one-term courses that cover probability only to the extent that it is needed for inference. The authors emphasize application of methods to real problems, with real examples throughout. The text is designed to meet ABET standards and has been updated to reflect the most current methodology and practice. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This is the last dessert book you will ever need or want. At the request of family and friends, I have compiled the best of Oliver's Treats, a baking business that I had in New York for 13 years. These recipes taste gourmet but uses ingredients that can be found in your local grocery store. Chocolate cakes, Cheesecakes and Cookies subLime! I know you'll agree with them that these recipes are amazing. Be careful who you give these delightful treats to, as your gift will quickly become expected throughout the year. Don't say you weren't warned!