Tomtom One Troubleshooting Guide

In this companion to the number one New York Times bestseller The Blue Zones Kitchen, Dan Buettner offers a four-week guide and year-long sustainability program to jump-start your journey to better health, happiness, less stress, and a longer life. Get started on the path to a longer, healthier, happier life with this quick start to building your own Blue Zones lifestyle. Dan Buettner, founder of the Blue Zones and author of the New York Times number one best-selling Blue Zones Kitchen, offers the challenge of a lifetime: Build a foundation for better nutrition, more exercise, and a stronger social life that will extend your lifetime by years. In this easy-to-implement guide, you'll start with the rules of the Blue Zones Challenge, including tips and tricks from the five Blue Zones--locations around the world where people consistently live to 100--advice for setting up a successful kitchen and pantry, and resources for expanding you support network. Then, follow week-by-week prompts to Change your diet Increase your activity Update your living spaces Build your social life. After four weeks--and with the help of journaling tips and delicious recipes--you'll see results in your weight, your well-being, and your general health. From there, follow the Blue Zones challenge through the rest of the year with an 11-month sustainability plan that will continue to encourage you and build upon the foundation you've already started. What you'll find is living to 100 is easy--it just takes following the Blue Zones way!

With both color & B&W photos & literary musings, this book celebrates one of coffee's purest forms, with its deliciously bitter taste & irresistible aroma. Complete with over 20 delicious recipes from the savory to the sweet, this is an essential book for coffee-lovers around the world.--amazon.com.

Do you use a satnav or smartphone satnav app? If so, How to Get More from Your Satnav is for you. This unique exploration of the satnav, by an experienced professional driver, provides a penetrating analysis of the difficulties and problems associated with using it. In addition, a wealth of practical advice is offered and many fascinating insights. The 'bells and whistles' associated with satnavs are avoided and instead author Bob Scanlon concentrates on straightforward road navigation. • The problem of arriving at the wrong destination is given an in-depth consideration and a simple practical solution offered. • Route planning is explored and a range of techniques are proposed to help. • Pointers are provided to advanced routing. • How you use your satnav on the move is a much neglected area of concern and guidance and advice is provided here too. • A review of a high specification satnav with HD live traffic is included and lastly, the satnav as a concept is evaluated. This is a sorely needed contribution to the practice of road navigation and provides an invaluable guide to getting more from your satnav.

Two iconic bands. An unforgettable life. One of the most dynamic groups of the '70s and '80s, Talking Heads, founded by drummer Chris Frantz, his girlfriend Tina Weymouth, and lead singer David Byrne, burst onto the music scene, playing at CBGBs, touring Europe with the Ramones, and creating hits like "Psycho Killer" and "Burning Down the House" that captured the post-baby boom generation's intense, affectless style. In Remain in Love, Frantz writes about the beginnings of Talking Heads—their days as art students in Providence, moving to the sparse Chrystie Street loft Frantz, Weymouth, and Byrne shared where the music that defined an era was written. With never-before-seen photos and immersive vivid detail, Frantz describes life on tour, down to the meals eaten and the clothes worn—and reveals the mechanics of a long and complicated working relationship with a mercurial frontman. At the heart of Remain in Love is Frantz's love for Weymouth: their once-in-a-lifetime connection as lovers, musicians, and bandmates, and how their creativity surged with the creation of their own band Tom Tom Club, bringing a fresh Afro-Caribbean beat to hits like "Genius of Love." Studded with memorable places and names from the era—Grace Jones, Andy Warhol, Stephen Sprouse, Lou Reed, Brian Eno, and Debbie Harry among them—Remain in Love is a frank and open memoir of an emblematic life in music and in love.

A+ Guide to Hardware
Drink Recipes from a Couple of Professional Drinkers
A 4-Week Plan for a Longer, Better Life
Seven Steps to Reform Good Companies Gone Bad
The Complete Amazon Tap User Guide
Handbook on E-marketing for Tourism Destinations
The Blue Zones Challenge

This open access book focuses on Switzerland-based medium-sized companies with a longstanding export tradition and a proven dominance in global niche markets. Based upon in-depth documentation and analysis of 36 Swiss companies over their entire history, an expert team of authors presents several parallels in the pathways and success factors which allowed these firms to become dominant and operate from a high-cost location such as Switzerland. The book enhances these insights by providing detailed company profiles documenting the company history, development, and how their relevant global niche positions were reached. Readers will benefit from these profiles as they compile a diverse selection of industries, mainly active within the B2B sector, with mostly mature companies (60 years to older than 100 years since founding) and different types of ownership structures including family firms. 'Masterpieces of Swiss Entrepreneurship' brings unique learning opportunities to owners and leaders of SMEs in Switzerland and elsewhere. Findings are based on detailed bottom-up research of 36 companies -- without any preconceived notions. The book is both conceptual and practical. It fosters understanding for different choices in development pathways and management practices. Matti Alahuhta, Chairman DevCo Partners, ex-CEO Kone, Board member of several global listed companies, Helsinki, Finland Start-up entrepreneurs need proven models from industry which demonstrate the various paths to success. 'Masterpieces of Swiss Entrepreneurship' provides deep insights highlighting these models and the important trade-offs entrepreneurial teams must consider when choosing the path of high growth of or maximum control, as they are often mutually exclusive. Gina Domanig, Managing Partner, Emerald Technology Ventures, Zurich

Latest Update May 2016 - This User Guide Explains All Of The Latest Features The most popular guide has been created with the pure intention of helping you get the absolute best out of your Amazon Tap. Updated just in time for May 2016, this guide is the freshest on the market Amazon Tap is not just a piece of hardware, it is not just the cylindrical product it appears to be. It is a revolutionary facilitator of your dream lifestyle, and the great news is that it just keeps on improving with every update! Amazon Tap takes the Intelligent Personal Assistant market from binary to human. The times of receiving unconvincing, often unhelpful and completely robotic responses from our devices is over and Tap is here to lead the way. Aside from covering the basics in detail, from unpacking to set-up to synchronization with your home devices, this user guide will cover the full range of features on offer with your Amazon Echo. Changing your wake word Understanding and using your Dialog History Controlling parts of your home with your voice How to use the Amazon Tap app How to get Echo to give you information, from live sports scores to the weather in Dubai How to stream music through Tap's impressive speakers How to handle the Kitchen with Tap's help Travel and traffic information specific to your journey or commute How to manage your shopping and to-do list How to enjoy Audibles wide range of audio books with your Amazon Tap Getting the latest news Some funny little Easter eggs that are built into the device! And plenty more! Amazon Tap is changing people's lives all over the world and this guide will help you change your own. If you are deciding whether to purchase the device, have a read through my guide and I'm certain by the time you are finished, there will be only one option in your mind!

This information-packed little book, which presents the teachings of the nonphysical entity Abraham, will help you learn how to manifest your desires so that you're living the joyous and fulfilling life you deserve. Each day, you'll come to understand how your relationships, health issues, finances, career concerns, and more are influenced by the Universal laws that govern your time-space reality—and you'll discover powerful processes that will help you go with the positive flow of life. So start making your dreams a reality . . . right now!

Trashy and classy cocktails by the beloved Vanderpump Rules couple
A+ Guide to IT Technical Support (Hardware and Software)
The Bariatric Bible
How to Create Great Mixes Using Only 5 Plug-ins
PC Magazine
How to Get More from Your Satnav
How to Build a More Resilient, Competitive and Sustainable Business
Swiss SMEs Competing in Global Markets

From their haunts in the shadowy corner of a bar, front and center at a convenience store, or reigning over a massive mall installation bursting with light, sound, and action, arcade games have been thrilling and addicting quarter-bearers of all ages ever since Pong first lit up its paddles. Whether you wanted a few minutes' quick-twitch exhilaration or the taste of three-initial immortality that came with topping the high score screen, you could get it from the diverse range of space shooters, dot-eating extravaganzas, quirky beat-'em-ups, and more that have helped define pop culture for more than four decades. In Attract Mode: The Rise and Fall of Coin-Op Arcade Games, author Jamie Lendino celebrates both the biggest blockbusters (Pac-Man, Star Wars: The Arcade Game) and the forgotten gems (Phoenix, Star Castle) of the Golden Age of coin-op gaming, and pulls back the curtain on the personalities and the groundbreaking technologies that brought them to glitzy, color-drenched life in the U.S., Japan, and all over the world. You'll start your journey exploring the electromechanical attractions and pinball games of the early 20th century. Next, you'll meet the earliest innovators, who used college computers and untested electronics to outline the possibilities of the emerging form, and discover the surprising history behind the towering megahits from Nintendo, Sega, and others that still inform gaming today. Then you'll witness the devastating crash that almost ended it all—and the rebirth no one expected. Whether you prefer the white-knuckle gameplay of Robotron: 2084, the barrel-jumping whimsy of Donkey Kong, or the stunning graphics and animation of Dragon's Lair, Attract Mode will transport you back to the heyday of arcade games and let you relive—or experience for the first time—the unique magic that transformed entertainment forever.

Scrum is an agile framework for completing complex projects. This book gives examples, tools, and tricks to do Scrum well. For each trick it is explained why it helps. The practices themselves may be worth trying, but by understanding why it works the readers will be able to come up with their own ideas that work better in their organization and situation. All the practical examples in this book have helped someone, somewhere to become a part of a better Scrum team. Scrum's motto is: Inspect and Adapt; change small things one at a time and see what works. Scrum is not done by project leaders or managers, but really by the teams-to succeed in an organization, the teams must do Scrum well. If the teams do Scrum well, the whole organization will benefit from it. Scrum helps a team self-organize, which fits in well with developers, who usually don't like to be micromanaged. At the same time, Scrum can scale: Self-organized teams work together well, and one manager doesn't have to manage all the people. The lessons from this book help Scrum teams develop into autonomous, proud, and independent teams. Often teams fail to become powerful enough to change the organization, so they cannot perform to their full potential. A good team can lead the stakeholders into trusting them. They will then make plans based on the team's release planning instead of making roadmaps out of thin air, and thus make the organization much more predictable.

Let Hadoop For Dummies help harness the power of your data and rein in the information overload Big data has become big business, and companies and organizations of all sizes are struggling to find ways to retrieve valuable information from their massive data sets with becoming overwhelmed. Enter Hadoop and this easy-to-understand For Dummies guide. Hadoop For Dummies helps readers understand the value of big data, make a business case for using Hadoop, navigate the Hadoop ecosystem, and build and manage Hadoop applications and clusters. Explains the origins of Hadoop, its economic benefits, and its functionality and practical applications Helps you find your way around the Hadoop ecosystem, program MapReduce, utilize design patterns, and get your Hadoop cluster up and running quickly and easily Details how to use Hadoop applications for data mining, web analytics and personalization, large-scale text processing, data science, and problem-solving Shows you how to improve the value of your Hadoop cluster, maximize your investment in Hadoop, and avoid common pitfalls when building your Hadoop cluster From programmers challenged with building and maintaining affordable, scaleable data systems to administrators who must deal with huge volumes of information effectively and efficiently, this how-to has something to help you with Hadoop.

Up-to-the-Minute, Complete Guidance for Developing Embedded Solutions with Linux Linux has emerged as today's #1 operating system for embedded products. Christopher Hallinan's Embedded Linux Primer has proven itself as the definitive real-world guide to building efficient, high-value, embedded systems with Linux. Now, Hallinan has thoroughly updated this highly praised book for the newest Linux kernels, capabilities, tools, and hardware support, including advanced multicore processors. Drawing on more than a decade of embedded Linux experience, Hallinan helps you rapidly climb the learning curve, whether you're moving from legacy environments or you're new to embedded programming. Hallinan addresses today's most important development challenges and demonstrates how to solve the problems you're most likely to encounter. You'll learn how to build a modern, efficient embedded Linux development environment, and then utilize it as productively as possible. Hallinan offers up-to-date guidance on everything from kernel configuration and initialization to bootloaders, device drivers, to file systems, and BusyBox utilities to real-time configuration and system analysis. This edition adds entirely new chapters on UDEV, USB, and open source build systems. Tour the typical embedded system and development environment and understand its concepts and components. Understand the Linux kernel and userspace initialization processes. Preview bootloaders, with specific emphasis on U-Boot. Configure the Memory Technology Devices (MTD) subsystem to interface with flash (and other) memory devices. Make the most of BusyBox and latest open source development tools. Learn from expanded and updated coverage of kernel debugging. Build and analyze real-time systems with Linux. Learn to configure device files and driver loading with UDEV. Walk through detailed coverage of the USB subsystem. Introduces the latest open source embedded Linux build systems. Reference appendices include U-Boot and BusyBox commands.

A Practical Guide for Pest Management Professionals
Day Hiking Los Angeles
Manifest Your Desires
Rodent Control
Masterpieces of Swiss Entrepreneurship
Culture and Cuisine
Scrum for Teams

Foundations for Designing User-Centered Systems introduces the fundamental human capabilities and characteristics that influence how people use interactive technologies. Organized into four main areas—anthropometrics, behaviour, cognition and social factors—it covers basic research and considers the practical implications of that research on system design. Applying what you learn from this book will help you to design interactive systems that are more usable, more useful, and more effective. The authors have deliberately developed Foundations for Designing User-Centered Systems to appeal to system designers and developers, as well as to students who are taking courses in system design and HCI. The book reflects the authors' backgrounds in computer science, cognitive science, psychology and human factors. The material in the book is based on their collective experience which adds up to almost 90 years of working in academia and both with, and within, industry; covering domains that include aviation, consumer Internet, defense, eCommerce, enterprise system design, health care, and industrial process control.

This step-by-step, highly visual text provides a comprehensive introduction to managing and maintaining computer hardware and software. Written by best-selling author and educator Jean Andrews, A+ GUIDE TO HARDWARE, Ninth Edition, closely integrates the CompTIA A+ Exam objectives to prepare students for the 220-901 certification exams. The new Ninth Edition also features extensive updates to reflect current technology, techniques, and industry standards in the dynamic, fast-paced field of PC repair and information technology. Each chapter covers both core concepts and advanced topics, organizing material to facilitate practical application and encourage students to learn by doing. The new edition features more coverage of updated hardware, security, and increased emphasis on mobile devices. Supported by a wide range of supplemental resources to enhance learning with Lab Manuals, CourseNotes, online labs and the optional MindTap that includes labs, certification test prep and interactive exercises and activities, this proven text offers students an ideal way to prepare for success as a professional IT support technician. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This step-by-step, highly visual text provides a comprehensive introduction to managing and maintaining computer hardware and software. Written by best-selling author and educator Jean Andrews, A+ Guide to IT Technical Support, 9th Edition closely integrates the CompTIA+ Exam objectives to prepare you for the 220-901 and 220-902 certification exams. The new Ninth Edition also features extensive updates to reflect current technology, techniques, and industry standards in the dynamic, fast-paced field of PC repair and information technology. Each chapter covers both core concepts and advanced topics, organizing material to facilitate practical application and encourage you to learn by doing. The new edition features more coverage of updated hardware, security, virtualization, new coverage of cloud computing, Linux and Mac OS, and increased emphasis on mobile devices. Supported by a wide range of supplemental resources to enhance learning with Lab Manuals, CourseNotes online labs and the optional MindTap that includes online labs, certification test prep and interactive exercises and activities, this proven text offers students an ideal way to prepare for success as a professional IT support technician and administrator. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This handbook is the fourth in a series of joint publications by the European Travel Commission (ETC) and the World Tourism Organization (UNWTO) in the area of methodological manuals. The first three manuals were "Evaluating NTO Marketing Activities" (ISBN 9789284406364); "Tourism Market Segmentation" (ISBN 9789284412075) and "Tourism Forecasting Methodologies" (ISBN 9789284412389). The internet and other new technologies have changed the tourism industry in an unprecedented way, and keeping pace has become challenging. Online information is now one of the primary influences on consumer decisions in nearly all major markets. For example, 41 per cent of tourists arriving in Spain in 2007 had booked through the internet, and in the United States the number of trips bought online exceeded those purchased offline. Such changes are impacting and influencing the way destinations and companies manage and market themselves.

Next Level Basic
Training and Racing with a Power Meter, 2nd Ed.
Band Instrument Quick Fix Solutions
Secrets of Successful Program Design
Car PC Hacks
How to Identify & Resolve Radio-tv Interference Problems
Hello World

Your success as a fitness professional depends on your ability to reliably deliver results to clients. In Secrets of Successful Program Design: A How-To Guide for Busy Fitness Professionals, noted fitness and program design expert Alwyn Cosgrove and his director of programming, Craig Rasmussen, share Alwyn's proven system for creating programs that take clients from where they are to where they want to be. You'll learn how to properly assess a client and design the most effective program based on their individual goal—whether that is fat loss, muscle and strength building, or improved overall conditioning. You'll also learn how to customize the training experience of your client on the fly, effectively progressing and regressing exercises according to day-to-day fluctuations in abilities and needs. This will ensure you are delivering the best results possible for each client every time they train. This guide to building training programs is supplemented with a selection of predesigned workouts that will draw on your skills for progressing and regressing exercises, saving you valuable time and energy while still allowing you to produce a personalized experience for your client. A reliable system-based approach to program design that consistently delivers results to every client—regardless of demographic profile, ability, or goals—will set your training business up for success in the incredibly competitive fitness market. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Secrets of Successful Program Design Online CE Exam may be purchased separately or as part of the Secrets of Successful Program Design With CE Exam package that includes both the book and the exam.

WINNER: Les Plumes des Achats 2018 – Committee Special Prize A Circular Economy Handbook for Business and Supply Chains is an easily digestible and comprehensive handbook that provides a clear guide to the circular economy, helping the reader create future-fit, sustainable strategies. Real examples across a range of market sectors helps businesses, students and policymakers understand the theory and fast-developing practice of the circular economy. To help the reader generate ideas, A Circular Economy Handbook for Business and Supply Chains provides a holistic framework for the design and supply chain and supporting business models, and includes tools the reader can use to get started. Whilst growing global consumption presents fantastic business opportunities, our current linear systems (take some materials, make a product, use it and throw it away) are not fit for purpose. The circular economy unlocks this problem by decoupling resources from consumption. Engaged businesses are re-thinking product design, material choices, business models and supply chains. A Circular Economy Handbook for Business and Supply Chains is a must-read for anyone who wants to apply the circular economy today. Online resources now available: PowerPoint slides of figures and tables from every chapter created by the author.

Inhaltsangabe:Abstract: The market of mobile technologies is growing at an enormous rate worldwide. With the latest developments in technology, new services are being invented which were not even possible some years ago. As new devices, applications and services emerge, also the number of mobile users is increasing in a rapid manner. Mobile broadband networks like UMTS, EDGE or Wireless LAN make it possible to reach a large group of users who gain access with their personal mobile devices, equipped with multimedia and data capabilities. Due to this development, new interesting possibilities arise for many areas. One of these areas is the tourism sector, which is being referred to in this thesis. The so-called m-tourism (mobile tourism) is an emerging field with an enormous marketing potential, as described in Chapter 2. Recent hardware inventions and developments are greatly pushing the market share. Companies are offering tailored products filling the needs of their customers. Personalization of services becomes a popular trend in this sector. But what do users think about such a mobile tourism service? Do they feel the service has added benefits, compared to traditional media and Web-based services? Are those products really user friendly? What would be the crucial applications and qualities that make the big difference ? A range of usability issues concerning mobile services is being discussed in the science community; are there already viable, good solutions? With the recent hype of so-called location based services, the consumer keeps calling for more usable products, featuring more intuitive interfaces. Others may fear being overwhelmed with features. Especially for the senior users, a relatively big target group for most mobile applications, these products often remain a mystery. Usability has been and should always remain a key element for quality software and successful applications. In this thesis, several applications are described, some of their user interfaces are analyzed and major flaws discovered. Furthermore, a corresponding prototype user interface is introduced with a specific analysis of each development step, taken from the book The Usability Engineering Lifecycle by Deborah J. Mayhew. Once prototypical realisations are available, users can validate the implemented approaches and evaluate concepts and realization details from their point of view. Such first user experiences are a valuable guidance for further [...]

This comprehensive guide offers advice on the types of surgery on offer and highlights the many diets that are required prior to surgery. Its main focus is on advice and recipes for after surgery to help the post-op patient maximise their best chance of long-term success with weight-loss and better health.

Talking Heads, Tom Tom Club, Tina

What System Designers Need to Know about People

Remain in Love

Training for Service Student Guide

Embedded Linux Primer

Fancy AF Cocktails

CompTIA A+ Practice Questions Exam Cram Core 1 (220-1001) and Core 2 (220-1002) complements any A+ study plan with 480 practice test questions in the book plus two bonus exams on the companion website—all supported by complete explanations of every answer. This package's highly realistic questions cover every area of knowledge for both new A+ exams: 220-1001 and 220-1002. From Pearson IT Certification, a leader in IT Certification learning and a CompTIA Authorized Platinum Partner, this valuable resource: Covers the critical information you'll need to know to score higher on your A+ 220-1001 and 220-1002 exams! Features 480 questions presented as three full, realistic practice exams for each A+ certification test: both 220-1001 and 220-1002 Includes a detailed answer explanation for every question Addresses all objectives for the 220-1001 and 220-1002 A+ exams, so you can easily assess your knowledge of every topic Coverage includes: Core 1 220-1001: Mobile devices, networking, hardware, virtualization and cloud computing, and hardware and network troubleshooting Core 2 220-1002: Operating systems, security, software troubleshooting, and operational procedures

'One of the best books yet written on data and algorithms. . .deserves a place on the bestseller charts.' (The Times) You are accused of a crime. Who would you rather determined your fate - a human or an algorithm? An algorithm is more consistent and less prone to error of judgement. Yet a human can look you in the eye before passing sentence. Welcome to the age of the algorithm, the story of a not-too-distant future where machines rule supreme, making important decisions - in healthcare, transport, finance, security, what we watch, where we go even who we send to prison. So how much should we rely on them? What kind of future do we want? Hannah Fry takes us on a tour of the good, the bad and the downright ugly of the algorithms that surround us. In Hello World she lifts the lid on their inner workings, demonstrates their power, exposes their limitations, and examines whether they really are an improvement on the humans they are replacing. A BBC RADIO 4- BOOK OF THE WEEK SHORTLISTED FOR THE 2018 BAILLIE GIFFORD PRIZE AND 2018 ROYAL SOCIETY SCIENCE BOOK PRIZE

A car PC or carputer is a car tricked-out with electronics for playing radio, music and DVD movies, connecting to the Internet, navigating and tracking with satellite, taking photos, and any electronic gadget a person wants in a car. All these devices are managed and controlled through a single screen or interface. The only place car PC enthusiasts can go for advice, tips and techniques is the car PC revolution. Car PC Hacks is your guide into the car PC revolution. Packing MP3 players, handheld devices, computers and video-on-demand systems gives you a pile too heavy to carry. But add a car and put them together, you've got a powerful and mobile multimedia center requiring no lifting. The next time you give kids a lift, you won't hear, "Are we there yet?" Instead, expect "We're there already?" as they won't want to leave the car while playing video games from multiple consoles. Car PC Hacks is the first book available to introduce and entrench you into this hot new market. You can count on the book because it hails from O'Reilly, a trusted resource for technical books. Expect innovation, useful tools, and fun experiments that you've come to expect from O'Reilly's Hacks Series. Maybe you've hacked computers and gadgets, and now you're ready to take it to your car. If hacking is new and you would like to mix cars and computers, this book gets you started with its introduction to the basics of car electrical systems. Even when you're unclear on the difference between amps and watts, expect a clear explanation along with real-life examples to get on track. Whether you're venturing into car PC for the first time or an experienced hobbyist, hop in the book for a joy ride.

Nature is just around the corner in the City of Angels

The Giant of Jum

A Circular Economy Handbook

The Heart of the Pen

A Practical Real-World Approach

CompTIA A+ Practice Questions Exam Cram Core 1 (220-1001) and Core 2 (220-1002)

Attract Mode: The Rise and Fall of Coin-Op Arcade Games

The Definitive Basic Bitch Handbook

A+ Guide to HardwareCengage Learning

B Smith has been reunited with the murderous maniac clown, Mr. Dowling. To her shock and consternation, he's desperate to make B his partner in crime. Mr. Dowling disgusts her, but B thinks she can see a way to control him and maybe even save the world. But it will involve a sacrifice far greater and more surreal than any she has contemplated before...

"Fee!" he said, and "Fii" he said, and "Fo!" he said and "Fum!" Look out children, the Giant of Jum is grumpy and hungry and he's off in search of a tasty snack. And the tastiest of all is a boy called Jack! But Jack and his friends don't see a scary giant, they see a magically tall man - a man who can fetch lost balls and rescue cats from trees! Perhaps this hungry giant is softer than he seems'... An incredible rhyming text and a brilliant, big-hearted twist on a classic fairy tale, from the uniquely talented author and poet, Elli Woollard, and award-winning illustrator, Benji Davies. The Giant of Jum also contains an important message for all: don't eat kids, eat cake!

Hunter Allen and Andy Coggan, PhD have completely revised the book that made power meters understandable for amateur and professional cyclists and triathletes. Power meters have become essential tools for competitive cyclists and triathletes. No training tool can unlock as much speed and endurance as a power meter--for those who understand how to interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics. Training and Racing with a Power Meter makes it possible to exploit the incredible usefulness of the power meter by explaining how to profile strengths and weaknesses, measure fitness and fatigue, optimize workouts, time race readiness, and race using power. This new edition: Enables athletes to predict future performance and time peak form Introduces fatigue profiling, a new testing method to pinpoint weaknesses Includes two training plans to raise functional threshold power and time peaks for race day Offers 75 power-based workouts tuned for specific training goals This updated edition also includes new case studies, a full chapter on triathlon training and racing, and improved 2-color charts and tables throughout. Training and Racing with a Power Meter, will continue to be the definitive guide to the most important training tool ever developed for endurance sports.

Step By Step Mixing

The Independent Guide to IBM-standard Personal Computing

Broken Business

A Circular Economy Handbook for Business and Supply Chains

How to Be Human in the Age of the Machine

Hadoop For Dummies

Zom-B Bride

The 2nd Edition of the #1 Amazon Best-Seller For Home Studio Musicians Looking to Skyrocket Their Mixing Skills...Learn a Proven Step By Step Mixing Process That's Helped Thousands of Musicians Like Yourself Make Amazing Mixes in Their Home Studio, Using Only EQ, Compression, Reverb, Delay, and Saturation"This is the NO BS guide to taking your mixes to the next level! Björgvin has been teaching and writing about recording for a decade, and really understands that stuff that we all struggle with in the home studio. Step By Step Mixing takes you through the full process of making sure your mixes rock from ruff to radio ready!"-Lij Shaw, Award winning Producer and Podcaster of Recording Studio Rockstars Let Me Ask You This: Do you fight to make all your instruments fit together in a busy mix? Do you struggle to EQ each instrument to sit in their frequency range without getting in the way of everything else? Do you tear your hair out finding the right compression setting for each track? Do you have a hard time using reverb and delay without cluttering up your mix? Do you get confused by saturation and how to use it to get a warmer sounding mix? If you answered yes to one of those questions - don't worry - you're not alone.If you want to make better mixes immediately in your home studio that translate to every speaker system, whether you're working on demos for your band of mixing records for your clients, grab Step By Step Mixing right now.Here's What You'll Learn Inside: Learn to get organized and simplify your mixing process to create more mixes that sound better in less time Learn practical EQ tips to make all of your instruments fit in your mix Learn to use compression to create punchy and tight mixes Learn to use reverb and delay to add space and depth to your mixes without cluttering up the song and making yourself sound like an amateur Learn everything you need to know about saturation to add that secret sauce to your songs that make people take notice of your skills Learn an invaluable process to getting your mix to translate to any speaker or sound system Step by Step Mixing covers the theory behind each processor while giving you simple to use, practical audio tips you can use to improve your mixes.Every chapter is broken down as such: Explanations on the theory behind what the plug-ins do and how to use them: You'll get a thorough walkthrough of the various regions of the frequency spectrum. You'll understand exactly how to use your compressors. You'll learn all about the various reverb and delay settings (some reverbs are just too complex!) and you'll get very familiar with using saturation (without overloading and distorting your mixes!). Common Problems and Their Practical Solutions: After you understand how each processor works we'll talk about some real world scenarios. I'll give you some practical and easy to use tips to make your mixes jump out of the speakers. Once you've mastered these five processors above you'll be ready to make a killer mix in your home studio, whether you're working on demos for your band or mixing records for your clients.Step By Step Mixing is For You If... You're exhausted with your trial and error process that keeps you second-guessing yourself about whether your music sounds any good. If you're tired of individual tricks and wished you had a clear set of instructions on how to make your mixes sound like the professional records you love so much, then Step By Step Mixing is your clear and concise reference guide for better sounding music in your home studio. Add Step By Step Mixing to your cart and get better mixing results immediately.

LOS ANGELES TIMES BESTSELLER People all over the world have seen Los Angeles' famed "Hollywood" sign and the iconic domed Griffith Observatory. Both are part of Griffith Park, a place visited by more than 10 million people each year--more than Yosemite and Grand Canyon National Parks combined. Rugged and vast, the 4,511-acre Griffith Park encompasses a sprawling 70-mile long network of trails, ranging from paved paths through manicured landscapes to challenging ridgeline climbs, and is a destination for hikers, trail runners, cyclists, equestrians, picnickers, and museum-goers. It's a unique outdoor space in a city that is not well known for its outdoor amenities. Discovering Griffith Park uses the park's extensive trail network as an anchor to explore the park in full, whether on foot, wheel, or hoof. Readers will also find out where the best views of the Hollywood sign are, where they can catch free Shakespeare on summer evenings, and how to attend one of the legendary Los Angeles Breakfast Club meetings for good food, good friends, and a bit of early morning learning.

This title is a DIY workshop manual for Renault 4 owners. The book features maintenance and repair procedures for Renault 4 vehicles.

Discover how to embrace your best basic self in this instant New York Times bestselling, laugh-out-loud hilarious, and "refreshing to read" (The Cut) guidebook from the breakout star of Bravo's hit reality show Vanderpump Rules. Millions of Vanderpump Rules viewers and podcast listeners know Stassi Schroeder as a major defender of Basic Bitch rights. There's nothing more boring than people who take themselves too seriously. Stassi champions the things that many of us are afraid to love publicly for fear of being labeled basic: lattes, pugs, bubbly cocktails, millennial pink, #OOTD (outfit of the day, obvs), astrology, hot dogs, the perfect pair of Louboutins, romantic comedies...the list goes on and on. "There's something for everyone under Schroeder's big basic umbrella" (Elle) and in Next Level Basic, the reality star, podcast queen, and ranch dressing expert gives you hilarious and pointed lessons on how to have fun and celebrate yourself, with exclusive stories from her own life and on the set of Vanderpump Rules. From her very public breakups to her most intimate details about her plastic surgery, Stassi shares her own personal experiences with her trademark honesty—all with the hope you can learn something from them.

A How-To Guide for Busy Fitness Professionals

GPS For Dummies

A Basic Bible Overview for Every Christian

City Parks, Santa Monica Mountains, San Gabriel Mountains

A Guide by Practical Example

Tips & Tools for Geeking Your Ride

Amazon Tap

WINNER: 2018 Les Plumes des Achats & Supply Chain - The Committee Special Prize As we learn more about the climate and biodiversity crisis, it is clear that how we make and consume things is a major part of the problem. Extraction and processing of materials, fuels and food makes up about half of global greenhouse gas emissions and over 90% of biodiversity loss and water stress. Many modern businesses deplete resources, destroy ecosystems and dump waste and pollution at every stage - harming human health along the way. Governments, businesses and think-tanks see the circular economy as the way forward. Now in its second edition, A Circular Economy Handbook is a guided tour through the concepts and the practicalities. A unique framework systematically explores the range of circular interventions, including product and supply chain design, material choice and supporting business models. How does it really work for business? What circular approaches are emerging in food, fashion, consumer technology, packaging and other sectors? How do these reduce risk, improve resilience and build profitable, future-fit organizations? With over 300 real examples from around the world, this is a must-read for businesses, students and policymakers. This new edition has been extensively updated to include the latest trends, thinking, research and solutions, with a new chapter on packaging and 30 new company snapshots.

How to prevent corporate scandals and fix good companies that do wrong The news media is replete with stories of corporate scandal, corruption and misdeeds. The need for effective crisis management and corporate governance strategies has never been greater. Broken Business explains why corporate scandals happen, what to do when scandals arise in your company, and how to prevent their future occurrence. Offering real-world anecdotes and solutions, this book details how corporations can mitigate the risk of scandal, reform corporate image and install structures to create a more ethical and profitable company. This insightful resource dispels common misconceptions of corporate misconduct and its causes through fascinating research into human nature, and compelling storytelling that demonstrates fundamental flaws in corporate culture. Author José Hernandez draws on decades of experience working with high-profile global corporations to present seven essential steps for transforming a company, including building a better culture, more effective compliance systems and re-focusing the strategy. This book allows you to: Examine current and highly publicized cases of corporate scandal and their impact on corporate credibility Employ practical methods to rehabilitate your corporation's public image Implement managerial frameworks to quickly address cases of misconduct Promote a culture of compliance and integrity to encourage good conduct in your corporate environment At its core, this book is a simple, engaging "how to" guide that offers practical advice on institutionalizing integrity in any organization. Broken Business: Seven Steps to Reform Good Companies Gone Bad is an essential text for leaders seeking a concise review at how things can go wrong, how to deal with scandal fallout and how to ultimately become a better company.

Need directions? Are you good at getting lost? Then GPS is just the technology you've dreamed of, and GPS For Dummies is what you need to help you make the most of it. If you have a GPS unit or plan to buy one, GPS For Dummies, 2nd Edition helps you compare GPS technologies, units, and uses. You'll find out how to create and use digital maps and learn about waypoints, tracks, coordinate systems, and other key point to using GPS technology. Get more from your GPS device by learning to use Web-hosted mapping services and even how to turn your cell phone or PDA into a GPS receiver. You'll also discover: Up-to-date information on the capabilities of popular handheld and automotive Global Positioning Systems

How to read a map and how to get more from the free maps available online The capabilities and limitations of GPS technology, and how satellites and radio systems make GPS work How to interface your GPS receiver with your computer and what digital mapping software can offer Why a cell phone with GPS capability isn't the same as a GPS unit What can affect your GPS reading and how accurate it will be How to use Street Atlas USA, TopoFusion, Google Earth, and other tools Fun things to do with GPS, such as exploring topographical maps, aerial imagery, and the sport of geocaching Most GPS receivers do much more than their owners realize. With GPS For Dummies, 2nd Edition in hand, you'll venture forth with confidence!

This 26-session Bible overview--designed to equip lay leaders to serve as elders, Sunday school teachers, small group facilitators, and in other positions of service in the church--can be completed as a group study or a self-study. Both volumes have revised graphics and have been updated to reflect the best understanding of the Bible and educational methodology. The church depends on volunteer workers to staff educational ministries. Sunday school teachers and small group leaders may have a heart to teach the Bible, but how have they been academically prepared? Over the course of a century, Training for Service has equipped over one million volunteers with this basic course and certification for Bible teaching. This new revision retains all the features listed above and also gives access to www.trainingforservice.com, which: * Gives the leader access to every reproducible included in the Leader Guide in a larger format. * Allows the leader to create a full-color, fully personalized completion certificate for each graduate. * Posts names of every graduate of the course submitted by the leader month by month. * And contains many more helpful features!

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