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Boost
Guide

Incognito User Guide

A collection of capsule reviews of films selected from the first century of movie-making spans a wide range of genres

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Guide
and styles, from
classic

documentaries

and Russian silent
films to

blockbuster

Hollywood movies.

Original. 40,000

first printing.

Now in its third

edition, this

trusted clinical

guide enables both

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the busy practitioner and student to review or to learn about a range of pathologies, conditions, examinations, diagnostic procedures, and interventions that can be effectively used in the

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physical
rehabilitation of
older people. It
presents a broad
overview of age-
related
physiological
changes as well as
specific
professional
discipline
perspectives.

Organized into

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Guide

eleven distinct and interrelated units, the first unit begins with key anatomical and physiological considerations seen with aging which have significant impact on the older person. The second and third

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units go on to
review important

aging-related

conditions and

disorders of the

musculoskeletal

and neuromuscula

r/neurological

systems

respectively.

Neoplasms

commonly

encountered in

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Guide

older people are the focus of the fourth unit; while aging-related conditions of the cardiovascular, pulmonary, integumentary and sensory systems are presented in units five through seven. Unit eight highlights a range

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of specific clinical problems and conditions commonly encountered with older patients. Critically, all of these units emphasize important examination and diagnostic procedures

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needed for a thorough evaluation and stress interventions that can be of significant benefit to the older patient. The ninth unit presents select physical therapeutic interventions that

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are especially important in managing rehabilitative care. Key societal issues related to aging are discussed in the tenth unit. Finally, the concluding eleventh unit focuses on the successful

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rehabilitation team
that includes both
professional and
non-professional
caregiver

members. A

trusted guide to
the conditions and
problems faced
when evaluating
and treating
geriatric patients

Extensive

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coverage over 84
chapters, each

written by an

expert in the field

Includes imaging,

vision and the

aging ear Cross-

referenced -

providing the

complexity and

inter-relatedness

of co-morbidities

common to aging

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patients

Collaborative

international

perspective

Chapters on the

aging spine;

frailty; safe pilates

for bone health;

health care for

older people

Additional

renowned editor -

Ronald W. Scott

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Revised title to reflect the comprehensive scope of content covered (previously entitled Geriatric Rehabilitation Manual)

The author of the best-selling Moodswing presents a guide

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to a milder form of the disease, explaining how many people with Bipolar II are driven, high-achieving individuals who can turn their condition into an asset through a lifestyle program that may enable

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Guide

them to minimize drug dependency and control depression levels. Now available in PDF format.

Experience the best of San Francisco with DK Eyewitness Travel Guide: San Francisco and Northern

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Guide

California. This newly updated travel guide for San Francisco will lead you straight to the best attractions the region has to offer, from strolling across the Golden Gate Bridge to sunning with sea lions on Pier 39 to

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discovering the city's hottest neighborhoods on walking tours.

Plus, check out the best of Northern California with suggested highlights for Mendocino, Napa Valley wine country, national parks, and more.

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In-depth coverage of the city's history and culture accompanies DK's famous cutaway illustrations of major architectural and historic sights, museum floor plans, and 3-D aerial views of key districts to explore on foot. A

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map is marked with sights from the guidebook and includes a street index, a metro map, and a chart showing the walking distances between major sights. Expert travel writers have fully revised this edition of DK

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Eyewitness Travel
Guide: San

Francisco and
Northern California
with completely
new hotel and
restaurant listings,
themed itineraries
for help planning a
trip to San
Francisco by
length of stay or
by interest, and all

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Guide

the latest information on things to see and do on your next trip to California. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that illuminate every page, DK

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Eyewitness Travel

Guide: San

Francisco and

Northern California

truly shows you

this region as no

one else can.

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On the Cusp

The Science of

Where Happiness

Comes From, and

Why

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Smarter Tomorrow
The Smart Girl's
Guide to Privacy
The official
NaNoWriMo
handbook that
inspires young
people to tackle
audacious goals and
complete their
creative projects.
Includes pep talks

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Guide

from today's biggest authors! John

Green, Marissa

Meyer, Jennifer

Niven, Daniel José

Older, Danielle

Paige, Celia C.

Pérez, and Scott

Westerfeld with an

introduction by

Jason Reynolds!

Partly a how-to

guide on the nitty-

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Guide

gritty of writing,
partly a collection
of inspiration to set
(and meet)

ambitious goals,
Brave the Page is
the go-to resource
for middle-grade
writers. Narrated in
a fun, refreshingly
kid-friendly voice, it
champions

NaNoWriMo's

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central mission that everyone's stories deserve to be told. The volume includes chapters on character, plot, setting, and the like; motivating essays from popular authors; advice on how to commit to your goals; a detailed plan for

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writing a novel or
story in a month;
and more! National
Novel Writing
Month

(NaNoWriMo) is a
501(c)(3) nonprofit
that believes in the
transformational
power of creativity.
They provide the
structure,
community, and

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encouragement to help people find their voices, achieve creative goals, and build new worlds--on and off the page. With its first event in 1999, the organization's programs now include National Novel Writing Month in

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Guide
November, Camp
NaNoWriMo, the
Young Writers
Program, Come
Write In, and the
"Now What?"
Months.

Writing a book is
hard. Marketing it
can be even harder.
Marketing a book in
2021 can seem like
a full-time job, what

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Guide

with the crazy number of things authors seem to be expected to do: social media, blog tours, advertising, price promotions, mailing lists, giveaways, you name it. But here 's a little secret: you don ' t need to do all those things to

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Guide

successfully set
your book on the
path to success.

What you need is a
solid plan to find
the one or two
tactics that will
work, and start to
drive sales... in a
minimum amount of
time. And that 's
exactly what you ' ll
find in this book.

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Instead of drowning you in information or inundating you with hundreds of different tactics and strategies that eventually prove fruitless, this book will guide you through a step-by-step framework to find the ones that actually work for

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Guide

you and your book,
so that you can start
marketing more
efficiently. In
particular, you ' ll
learn: How to
change your
mindset and sell
more books with
less effort.;

How to write books
that guarantee a
lasting, profitable

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Guide
career; How to

get Amazon 's

Kindle Store to

market your book

for you; How

to get thousands of

readers into your

mailing list before

you even release the

book; How to

propel your book to

the top of the charts

at launch; and

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How to automate your marketing so that you can spend less time marketing and more time writing, After helping over 150,000 authors crack the marketing code through a popular weekly newsletter, Reedsy 's Co-

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founder Ricardo Fayet is sharing everything he 's learned over the past few years in this beginner-friendly, jargon-free guide to book marketing. Best of all, the ebook version is and will always remain 100% FREE. Get

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Guide
your copy now and benefit from all the experience of a seasoned marketing professional.

Written with an uncompromising intelligence and wit by two award-winning

"Newsweek" journalists, this volume is the

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Guide

essential,
comprehensive, up-
to-the-minute,
deeply optimistic
book for the
millions of women
in their 40s-to-60s.
What if you could
upgrade your brain
in 15 minutes a
day? Let Elizabeth
Ricker, an MIT and
Harvard-trained

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Guide

brain researcher
turned Silicon

Valley technologist,
show you how. Join
Ricker on a wild and
edifying romp
through the cutting-
edge world of
neuroscience and
biohacking. You'll
encounter Olympic
athletes, a game
show contestant, a

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memory marvel, a famous CEO, and scientists galore.

From Ricker ' s decade-long quest, you will learn:

The brain-based reason so many self-improvement projects fail . . . But how a little-known secret of Nobel Prize winning

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scientists could
finally unlock
success Which
four abilities—both
cognitive and
emotional—can
predict success in
work and
relationships . . .
and a new system
for improving all
four Which seven
research-tested

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tools can supercharge mental performance. They range from low-tech (a surprising new mindset) to downright futuristic (an electrical device for at-home brain stimulation) Best of all, you will learn to upgrade your brain with Ricker ' s 20

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customizable self-experiments and a sample, 12-week schedule. Ricker distills insights from dozens of interviews and hundreds of research studies from around the world. She tests almost everything on herself, whether it ' s nicotine, video

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Guide

games, meditation, or a little-known beverage from the Pacific islands.

Some experiments fail hilariously—but others transform her cognition. She is able to sharpen her memory, increase her attention span, boost her mood, and clear her brain

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fog. By following Ricker ' s system, you ' ll uncover your own boosts to mental performance, too. Join a growing, global movement of neurohackers revolutionizing their careers and relationships. Let this book change 15

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minutes of your
day, and it may just
change the rest of
your life!

A Complete Guide
and Workout

[previously entitled
Geriatric

Rehabilitation
Manual]

Halliwell's Film,
Video and DVD

Guide

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Time Out Film
Guide

Bipolar II

Creative

Approaches for

Clinicians

Despite 80% of
business leaders

thinking it

important to make

the most of social

media, 70%

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Guide

admitted that their efforts are currently ineffective - CMI SURVEY. This business book is great for leaders, middle managers and entrepreneurs interested in the following categories:

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SOCIAL MEDIA

MARKETING

LEADERSHIP

BRANDING

NETWORKING

The FT Guide to

Social Media

Strategy will help

you understand

how social media

works, how to use

it to build your

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Guide

networks and
deliver business
growth. 'Whether
in today's
corporate world, in
the public sector or
in civil society,
leaders must fully
appreciate both
the strategic
impact and risk
social media can

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mean for them.

Guide

This book needs to be on top of their reading list!

Thomas Schultz-Jagow, Senior Director

Campaigns and Communications, Amnesty

International 'A wealth of practical

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Guide

advice to navigate
the complexities of
social media and
minimise the risks.'

Guy Lawrence,
CEO, Mast-

Jaegermeister UK

'Martin Thomas

grasps the social

media nettle and

details the steps

for leaders to

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master it for
personal and
business results.

Read - and
implement - this
book by a
respected master
marketer.' Tom
Trainor, Chief
Executive,
Marketing Institute
of Ireland 'A

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Guide

practical how to
guide for today's
board director, that
should help them
overcome their
fears and mistrust
and begin to do it
with confidence
and do it their
way.' Jonathan
Turner, Chairman,
Oxford Strategic

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Marketing. Social media is transforming customer service, market research, recruitment, campaigning and internal communications and encouraging the development of alternative

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business models
and new corporate
structures. There
has never been a
more important
time for every
business
professional to
understand its
power, potential
and pitfalls, but
although you might

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recognise its

growing

importance, few

business people

have the

knowledge, skills

and confidence to

make the most of

the opportunity.

Without a clear

understanding of

social media and a

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Guide

strategy for you
and your business,
you risk being
exposed and ill-
prepared. The FT
Guide to Social
Media Strategy
provides a clear
roadmap with
practical guidance,
inspirational case
studies and proven

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methodologies.

Guide

You'll understand

how to use social

media and gain

competitive

advantage by

generating better

results, making

more sales,

building stronger

and more valuable

networks and

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Guide

enhancing the
potency of their
personal digital
brand. You'll also
discover plans and
processes to
manager and
mitigate against
the risks of social
media. This book
is broken down
into three core

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sections, focusing initially on the core social media knowledge that every business professional needs, before moving on to the use of social media to develop a personal digital brand and finally

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Guide

an explanation of how to harness the power of social media to boost business performance.

Presented in a user-friendly language, with clear guidelines, informative case studies and

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Guide

practical advice,
each chapter
features a mix of
case studies,
practical advice,
the latest research
and intelligence
from leading social
media specialists
and the outcome
of interviews with
business leaders,

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marketing and

social media

experts and

industry

commentators.

Happy Reading!

Please do share

your thoughts with

us.

When seventh-

grader Piper's

father is hired by

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Chumley Prep, a school where every student seems to be the best at everything, she gets the chance to compete for the prestigious Excelsior Award. If the conscious mind—the part you consider to be

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you—is just the tip of the iceberg, what is the rest doing? In this sparkling and provocative new book, the renowned neuroscientist David Eagleman navigates the depths of the

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Guide

subconscious
brain to illuminate
surprising
mysteries: Why
can your foot
move halfway to
the brake pedal
before you
become
consciously aware
of danger ahead?
Why do you hear

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Guide

your name being mentioned in a conversation that you didn't think you were listening to? What do Ulysses and the credit crunch have in common? Why did Thomas Edison electrocute an elephant in

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1916? Why are people whose names begin with J more likely to marry other people whose names begin with J? Why is it so difficult to keep a secret? And how is it possible to get angry at

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Guide

yourself—who,
exactly, is mad at
whom? Taking in
brain damage,
plane spotting,
dating, drugs,
beauty, infidelity,
synesthesia,
criminal law,
artificial
intelligence, and
visual illusions,

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Incognito User
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Incognito is a thrilling subsurface exploration of the mind and all its contradictions.

'Funny, wise and absolutely

fascinating.' Adam Kay, author of *This Is Going to Hurt* ***

Do you want to be happy? If so - read

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Guide

on. This book has all the answers* In The Happy Brain, neuroscientist Dean Burnett delves deep into the inner workings of our minds to explore some fundamental questions about happiness. What

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does it actually
mean to be
happy? Where
does it come from?
And what, really, is
the point of it?
Forget searching
for the secret of
happiness through
lifestyle fads or
cod philosophy -
Burnett reveals the

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Guide

often surprising truth behind what make us tick. From whether happiness really begins at home (spoiler alert: yes - sort of) to what love, sex, friendship, wealth, laughter and success actually do to our brains,

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Guide

this book offers a uniquely entertaining insight into what it means to be human. *Not really. Sorry. But it does have some very interesting questions, and at least the occasional answer.

TV Guide Film &

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Video Companion

Mind-blowing

Signal 101 Guide

for Beginners and

Experts

Is it Hot in Here?

Or is it Me?

A Parent's Guide

to Internet Safety

Halliwell's Film,

Video & DVD

Guide

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Guide

Brave the Page

This is a guide in book form and on CD-ROM to the thousands of films and videos featuring operas and opera singers in the last one hundred years. The guide has been organized alphabetically

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as an
encyclopedia
with entries on
operas,
operettas,
zarzuelas,
singers,
composers,
writers,
conductors and
subjects of
interest.

Special subject
entries include

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animated opera,
best opera on
film, best
operetta on
film, castratos,
divas, directors
of opera on
film, directors
of opera on TV,
filmmakers on
stage, first
operas on film,
first operas on
TV, imaginary

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operas in films,
operas and
operettas about
the movies,
operas as
movies, operas
based on movies,
operetta, puppet
opera, silent
films about
opera, silent
films of operas,
television
operas,

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Guide
vitaphone opera
films, voice of
firestone, worst
opera on film,
worst operetta
on film,
zarzuelas. [from
Introduction]

For much of its
history, human
population
growth increased
at a glacial
pace. The

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demographic rate only soared about 200 years ago, climaxing between the years 1950 and 2000. In that 50-year span, the population grew more than it had in the previous 5,000 years. Though these raw

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Guide
numbers are
impressive, they
conceal the fact
that the growth
rate of
population
topped out in
the 1960s and
may be negative
later this
century. The
population boom
is approaching a
population bust,

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Guide

despite the current world population of seven billion people. In *On the Cusp*, economist Charles Pearson explores the meaning of this population trend from the arc of demographic growth to

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decline. He reviews Thomas Malthus's famous, but mistaken, 1798 argument that human population would exceed the earth's carrying capacity. That argument has resurfaced, however, in the current

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Guide

environmental
era and under
the threat of
global warming.

Analyzing
population
trends through
dual lenses --
demography and
economics --
Pearson examines
the potential
opportunities
and challenges

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of population decline and aging. Aging is almost universal and will accelerate. Mitigating untoward economic effects may require policies to boost fertility (which has plunged),

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increase
immigration, and
work longer,
harder, and
smarter -- as
well as
undertake
pension and
health care
reform, all of
which have
hidden costs.
The writing is
rigorous but not

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technical, and is complemented by a helpful set of figures and tables. Sharp, bold, and occasionally funny, Pearson's research has thought-provoking implications for future public policies. He ends his

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analysis with a modestly hopeful conclusion, noting that both the rich and the poor face a new demographic order. General readers and students alike will find On the Cusp an informative and engaging read.

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Covers Internet connections, the Web browser, Google searches, using eBay, e-mail, instant messaging, blogs, and viruses.

The Political Economy of Media and Power is a highly interdisciplinary and

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innovative
edited
collection,
bringing
together a
diverse range of
chapters that
address some of
the most
important issues
of our times.
Contributors cut
through media
spectacle and

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make visible the intersections between mass media and the politics of power in the contemporary social world. The book is intended to foster critical pedagogy; chapters explore ways in which

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media connect
with a broad
range of topics
and issues,
including
globalization;
war and
terrorism;
foreign affairs;
democracy;
governmental
relations; the
cultural
politics of

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militarization;
gender
inequality and
the sexist
saturation of
the public
sphere; media
representations
of women; media
spin and public
relations within
the broader
context of
corporate and

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ideological
power. The
volume features
notable
contributors,
including a
preface by Cees
Hamelink, an
introduction by
David Miller and
William Dinan,
and chapters
from Justin
Lewis, Robin

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Andersen, Henry

Giroux, James

Winter, Robert

Jensen, Stuart

Allan, Richard

Keeble, Yasmin

Jiwani, David

Berry, Gerald

Sussman, and

Andrew Mullen.

The Political

Economy of Media

and Power

An Energizing

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Guide

Guide to Keeping

Up with Your

Turbo-Toddler

Ethics Measures

in OECD

Countries

A Comprehensive

Guide to

Geriatric

Rehabilitation

Enhance Your

Highs, Boost

Your Creativity,

and Escape the

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Guide

Cycles of
Recurrent

Depression--The
Essential Guide
to Recognize and
Treat the Mood
Swings of This
Increasingly
Common Disorder
The Financial
Times Guide to
Social Media
Strategy

Thinking of

Page 100/173

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*switching or
already*

switched to

Signal? This

book has got

you covered!

Many users are

moving to

Signal as

WhatsApp has

updated its

privacy policy.

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Guide

*But what is
Signal? And how
does the
messaging app
work? What
makes it
different and
better than
WhatsApp? We
take a look at
that in this
book. Signal is a*

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*privacy-focused
messaging app
that has been
available since
2014. Whether
eliminating
operational
privacy issues
or securing
communications
on principle,
Signal is the go-*

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to app for
secure

*messaging for
those in tech
and journalism.*

*Signal
introduces an
"unexpected
emphasis on
privacy" in a
world where
privacy*

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breaches and the unauthorized collection of user data have become routine. If you care about privacy when it relates to chatting, Signal is the way to go, and

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Guide

this book provides enough coverage on Signal's privacy features. Care to know how to do the following on Signal:

Install Signal on iOS and Android devices as well as on PC? Make

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*encrypted audio
and video calls?*

*Turn off
screenshot
function to
protect your
chats (chat
privacy)?*

*Activate
disappearing
pictures and
messages? Turn*

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Signal to a note-taking app?

Conceal your IP when making calls (IP

privacy)? Delete old messages automatically

(chat decluttering)?

Edit pictures on Signal (image

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editing)? Hide your face before sharing your picture (facial privacy)? This book covers these and more... If you're following the transitory wave, you could end up being

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*clueless with
Signal. This
book solves the
cluelessness by
providing the
best user tips
for using Signal
Messenger like
a pro. To enjoy
the privacy
benefits of this
app, this book*

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Guide

discusses the best Signal tips that can enhance your messaging experience.

Here, you will find all the best Signal features that will allow you to use the messaging

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*service to your
full advantage.*

*With that said,
click the BUY
button to make
your onboarding
a breeze.*

*Marketing In 4
Weeks is a
comprehensive
guide to
contemporary*

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*marketing and
PR, giving you
everything you
need to know in
one place. Made
up of four
bestselling
books in one,
this book
delivers a
complete course
in modern*

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marketing.

Guide

*From strategy,
mobile and
ecommerce to
social media,
SEO and PR
you'll discover
all the tools,
techniques and
strategies you
need to get your
marketing right.*

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Guide

This book introduces you to the main themes and ideas of marketing, digital marketing and PR, giving you a knowledge and understanding of the key

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*concepts,
together with
practical and th
ought-provoking
exercises.*

*Whether you
choose to work
through it like a
4 week course
or dip in and
out, Marketing
In 4 Weeks is*

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your fastest

route to

success: Week

1: Marketing In

A Week Week 2:

Digital

Marketing In A

Week Week 3:

Social Media

Marketing In A

Week Week 4:

Public Relations

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In A Week

ABOUT THE

SERIES In A

Week books are

for managers,

leaders, and

business

executives who

want to succeed

at work. From

negotiating and

content

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Guide

*marketing to
finance and
social media,
the In A Week
series covers
the business
topics that
really matter
and that will
help you make a
difference
today. Written*

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in

Guide

*straightforward
English, each
book is*

*structured as a
seven-day*

*course so that
with just a little
work each day,
you will quickly
master the*

subject. In a fast-

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*changing world,
this series*

*enables readers
not just to get
up to speed, but
to get ahead.*

*Would you like
to browse the
Web incognito,
boost your
system's
performance,*

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*get more out of
Google, and
enjoy all the
cool ways to
social network?
Then this
"Visual Quick
Tips" book is for
you. This book
will increase
your
productivity by*

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*providing you
with shortcuts,
tricks, and tips
to help you
work smarter
and faster.*

*Learn how to:
take your
Internet skills to
new levels; start
your own blog
and attract*

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*Incognito User
Guide*

*readers; and,
enjoy LinkedIn,
MySpace, and
other cool sites.
Once gathered
only for
subsistence and
cultural
purposes, wild
huckleberries
are now also
harvested*

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commercially.

Guide

Drawing on archival research as well as harvester and producer interview and survey data, an inventory of North American wild huckleberry

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plant genera is presented, and the wild

huckleberry

harvesting

patterns of early

Native

Americans and

nonindigenous

settlers are

described. The

social,

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*technological,
and
environmental
changes that
gave rise to the
commercial
industry in the
Pacific
Northwest by
the 1920s and
the industrys
demise after*

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*World War II
are explained.
The resurgence
of the
commercial wild
huckleberry
industry in the
mid-1980s and
national forest
management
issues related to
the industry are*

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*presented as
are possible
strategies that
land managers
could develop to
ensure wild
huckleberry,
wildlife, and
cultural
sustainability.*

*Creative
Problem Solving*

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*Extraordinary
Sex Therapy
Internet*

*A Social History
of Wild*

Huckleberry

*Harvesting in
the Pacific*

Northwest

*The Complete
Guide to*

Success: Teach

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*Yourself
Theory of
Constraints*

A

comprehensive
guide that
defines the
literature and
the outlines
the best-
selling genre
of all time:

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romance

Guide

fiction. • A

core

collection

list in

chronological

order • An

exhaustive

bibliographic

listing of

romance titles

• Research

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materials and
a brief

history of the
genre •

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organized by
author, title,
and subject

In its 114th
year,

Billboard

remains the

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world's

Guide

premier weekly

music

publication

and a diverse

digital,

events, brand,

content and

data licensing

platform.

Billboard

publishes the

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most trusted
charts and
offers
unrivaled
reporting
about the
latest music,
video, gaming,
media, digital
and mobile
entertainment
issues and

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trends.

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This book was
written to
assist
professionals
and students
to become
proactive in
their own
education,
improve
thinking,

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resolve

Guide

personal and
interpersonal

conflicts,

improve

pedagogy,

manage

departmental

affairs and

guide

administrative

decisions. The

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text captures

the practical

experience of

the authors

with and

formal

training in

TOC to address

many of the

issues facing

today's

education

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stakeholders.

The text is designed to teach methods for 1) "win-win" conflict resolution, 2) decision-making, 3) problem solving, and 4) analysis of

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systems using

TOC's powerful

logic-based

graphical

Thinking

Process tools.

A creative

thinker can

identify, plan

and achieve

his or her

goals just

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Guide

knowing the

Thinking

Process Tools.

Equal Parts

Saintly Cherub

and Demanding

Emperor- Who

Is This Child

Formerly Known

As Your Baby?

Faster than a

speeding

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bullet...Is it
Superman?

Nope, just
your high-
energy
toddler,
keeping life i
nteresting-and
mom on the
run! Once, you
dreamed of the
day your

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precious baby
would walk and
talk. Now, you
are constantly
dragging your
child out of
the dog's
dish, making
up answers to
unanswerable
questions

("Why, Mom,

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why?"), and
engaging in
power

struggles with
the world's
most adorable
25-pound
dictator. Do
other mothers
of toddlers
have days like
this? You bet

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your sweet

Guide
potty chair

they do! Here

are veteran

moms' stories

and from-the-

trenches

advice on what

works when

dealing with

the often

challenging,

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always

Guide

entertaining

one- and two-

year-old

crowd,

including: •

What to do

when your tot

glues himself

to your leg

for no

apparent

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reason (other
than to yell)

- Toys to

boost your
toddler's bril
liance-includi
ng freebies
she'll love
most of all •

Taking the
"toil" out of
toilet

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training (it
is rocket

science, no

matter what

your mother-in-

law says) •

Tantrum-tamers

you can use

from the mall

to your

mother's house

• Getting your

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Guide

toddler to eat
more orange

and green

(gummy worms
don't count) •

Ping pong

prayers and

other ways to
connect Junior

to God Here at
last is the

help you've

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Guide

been longing
for: a

hilarious but

practical

bimonthly

guide to

surviving,

enjoying-and

laughing your

way

through-the

exhausting,

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crazy-busy,

Guide

glorious

toddler years.

Internet

Visual Quick

Tips

Trust in

Government

Ethics

Measures in

OECD Countries

The Happy

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Brain

Guide

Motorcycle

Illustrated

How 15 Minutes

of

Neurohacking a

Day Can Help

You Work

Better, Think

Faster, and

Get More Done

The Player

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Bookazine

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A hands-on guide for marketers of any expertise level provides detailed coverage of a wide variety of topics, from keyword searching and link analysis/building to content strategies and

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Guide

position tracking, in a guide complemented by a CD-ROM of free SEO tools, software, and resources.

Original.

How do we help our clients discover the depth and breadth of sexual healing?

Extraordinary Sex

Therapy offers a range of innovative health-

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based approaches and models to explore the complexities inherent in sexual pleasure and potential as well as in trauma, pain, and dysfunction. The practitioners whose work is represented here expand the clinical conversation about sex beyond performance goals and

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tread courageously
into unquantifiable
realms of sexual and
relational desire,
health, and
transformation. All of
these practitioners
describe work that
embodies therapeutic
collaboration with
their clients as they
confront sexual
concerns that include

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body image, emotions,
meanings, and

nuances of partner

interactions along

with the influence of

neurobiology,

language, gender,

addiction,

socioeconomics, and

cultural conditioning

about pleasure. Their

interventions range

from education,

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visualization, and role-play to identifying erotic archetypes, coaching about sensual touch, and using plant spirit medicines to activate imagination and spiritual connection. Their descriptions ring with singular authenticity, depending on their

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training and the particular clients and issues they address.

Each practitioner provides clinical examples and techniques in enough detail so that readers can incorporate elements of these approaches into their own practices. This book was originally

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published as a special
issue of the Journal of
Sexual and

Relationship Therapy.

The whirlwind of
social media, online
dating, and mobile
apps can make life a
dream—or a nightmare.

For every trustworthy
website, there are
countless jerks,
bullies, and scam

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artists who want to harvest your personal information for their own purposes. But you can fight back, right now. In *The Smart Girl's Guide to Privacy*, award-winning author and investigative journalist Violet Blue shows you how women are targeted online and

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how to keep yourself safe. Blue's practical, user-friendly advice will teach you how to:

- Delete personal content from websites
- Use website and browser privacy controls effectively
- Recover from and prevent identity theft
- Figure out where the law protects you—and

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where it doesn't –Set
up safe online profiles
–Remove yourself
from people-finder
websites Even if your
privacy has already
been compromised,
don't panic. It's not
too late to take
control. Let The Smart
Girl's Guide to
Privacy help you cut
through the confusion

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and start protecting
your online life.

Guide

Enjoyable mental
exercises to help boost
performance on IQ
tests This engaging
book offers readers
the ultimate in
calisthenics for the
brain. Using the same
fun, informative, and
accessible style that
have made his

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previous books so popular, Philip Carter helps people identify mental strengths and weaknesses, and provides methods for improving memory, boosting creativity, and tuning in to emotional intelligence. Featuring never-before-published tests

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designed specifically
for this book, plus
answers for all
questions, this latest
treasure trove from a
MENSA puzzle editor
outlines a fun,
challenging program
for significantly
enhancing
performance in all
areas of intelligence.

A Guide to 100 Years

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of Films and Videos

Guide

Featuring Operas,

Opera Singers and

Operettas

Unravel the Best

Signal Private

Messenger Tips for

Secured Calls and

Chats

Ultimate Guide to

Search Engine

Optimization: Drive

Traffic, Boost

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Guide

Conversion Rates and
Make Lots of Money
Your Best Brain Ever
The Complete Guide
to Menopause
Billboard

*This book is unique
source of comparative
information on ethics
management measures
in governments of
OECD countries.
More than 23,000*

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Guide

entries provide plot summaries, a star rating, and information on casts, writers, directors, producers, awards, and alternate titles, with quotations from contemporary reviews.

National Geographic presents a comprehensive guide to fighting mental decline.

With cutting-edge

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*neuroscience,
information about*

Alzheimer's,

fascinating case

studies, and tips to fight

brain aging symptoms

such as slower mental

acuity and "senior

moments," this smart,

engaging guide will

help keep your memory

sharp and your mind

active. Fun, age-

defying exercises--from

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*body stretches to word
games to foods that
help you think--help the
brain perform at its
best, just like exercising
does for other parts of
the body. Leading
memory loss expert
Cynthia R. Green, PhD,
and eminent science
writer Michael Sweeney
have created a book
both informational and
practical that gives*

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Guide

readers everything they need to know about the care and feeding of one of the body's most important organs: the brain.

Ultimate Guide to Search Engine Optimization: Drive Traffic, Boost Conversion Rates and Make Lots of Money
Jon Rognerud
SEO

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Guide

***Overperform in a
Crowded Market***

***Romance Fiction: A
Guide to the Genre, 2nd
Edition***

***The Complete Book of
Intelligence Tests***

Opera on Screen

***See How They Run
Shine!***