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Mountain Guide

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On Purpose, Selling Your
Company With Intention
And Purpose! was written

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as a guide for the small business owner to understand the steps involved in the process of selling a company for maximum value. Most business owners will

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only sell a company once or twice in a lifetime making them inexperienced at best. Hiring a business broker is one of the last steps you'll take in selling

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your company. I wrote this book so you can better understand the steps you need to take to begin the process of selling a company and maximize the value for

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all parties. I pull back the curtain and shed light on important aspects of selling that most buyers don't understand until it's too late. I arm you with

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the insight and experience needed to prepare yourself and your company for sale and successfully work through the sales process. After reading

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this book, you will be able to plan confidently and follow through with a successful sale of your company.

This is a rock climbing guidebook for Cochise

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Stronghold near Tombstone, Arizona. It contains 50 of the most popular multipitch rock climbs in this fantastic climbing area (5.7-5.12). The book

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features precise pitch-by-pitch descriptions for every route; overhead satellite imagery and clear descriptions of all approaches, formations,

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and descents; maps, driving directions, camping and accommodation information; a detailed timeline and history of climbing in Cochise

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Stronghold; a foreword by Steve Grossman; and, of course, Toofast's killer topos for every route!

Shortlisted for the 2022 Boardman Tasker Award

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for Mountain Literature
'A major milestone in
Alpine literature.'

-John Porter The golden
age of Himalayan
mountaineering, from the
mid 1970s to the 80s,

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brought forth a generation of radical young climbers. With tiny budgets and high ambitions they pioneered light and fast Alpine-style expeditions on

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mountains such as Jannu, Nuptse, Everest, and K2. In High Risk, Brian Hall recalls the outrageous adventures of eleven of his climbing friends who risked, and too often

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lost, their lives to stand on some of the world's highest peaks at a turning point in mountaineering history. Written by world renowned rock climbers

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and veteran Falcon authors John Long and Bob Gaines, this slim volume will be the go-to resource for the necessities of rock climbing safety. By

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getting back to basics, it will be a great resource for both beginners and experienced climbers looking to brush up on their skills.

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Best Climbs Joshua Tree
National Park

Mountaineering: Freedom
of the Hills

He Walks with Dragons
Climbing Anchors Field
Guide

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Climbing the Seven Summits

Alpine Climbing

Lead Like a Guide: How World-Class Mountain Guides Inspire Us to Be Better Leaders

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"He Walks with Dragons" takes place when what was, what is, and what shall be were one in the same. Draig, a boy on the verge of his manhood, is summoned to the majestic mountain by the Great Ones. There he finds out he is about

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to transcend the ages and risk his life to prevent the destruction of mankind. Born into the naïve innocence of ancient man, Draig lives a simple pastoral existence in a quiet, small village. But one day he is flung on a magical journey into a

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forbidden new world. There, Draconos, a dragon, befriends the boy, training him in the art of warfare. From this day forward, the young boy finds himself in awe at the wonders the world holds for him. Not only has Draig become a man,

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but he is living like a dragon and learning their mystical powers. “From the time Man first crawled upon this earth...we found him worthy to take his rightful place among the creatures that walk upon the earth. While hiding in the

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shadows, we have protected him. We have nurtured him all these many ages. But now man grows in great numbers and makes war on everything he sees.” And when the time comes, will Draig be willing to lay down his life for the sake of

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saving the dragons? And when the dragons are gone, where will he go? He is no longer just a man. This book shows how to use agreement to transform the biggest areas of marital conflict into closeness, cooperation, and mutually

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desirable outcomes. Licensed psychologist, marriage, and relationship coach Jack Ito PhD illustrates with clear, easy to follow examples, how to communicate about the biggest problems that couples face. These are the same

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techniques his coaching clients use to stop divorces, end affairs, deal with addicted spouses, solve problems, end blaming, improve dating, handle money issues, parent cooperatively, get out of debt, and more. This book is unique in offering communication

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training to couples when one spouse (or significant other) is not ready or willing to work on the relationship. Ice climbing continues to grow more popular every year. Advances in equipment and technique have helped make the sport accessible to a

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wide variety of outdoor enthusiasts. How to Ice Climb! is the most complete and up-to-date reference available on the sport. Sean Isaac and Tim Banfield provide essential information for beginners and valuable tips for experts. Starting

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with an overview of the history of ice climbing, the authors move on to cover equipment selection, approach strategies, avalanche safety, hazard management, movement skills, anchor systems, overhanging ice, mixed climbing, and more. All facets

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of ice climbing are thoroughly examined and explained. Full color photos complement the text to make How to Ice Climb! the most complete resource available. LOOK INSIDE FOR: Expert advice Tricks and techniques Full color photos

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**Inspiration and motivation
The Mountain Guide Manual
The Comprehensive Reference--From
Belaying to Rope Systems and Self-
Rescue
Rowman & Littlefield
Women Who Dare
The Eb-5 Handbook**

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**Alex Honnold, El Capitan, and the
Climbing Life
Backcountry Ski & Snowboard
Routes Washington
The Best Sport and Trad Routes in
the Park
Excellence Lifestyle Guide &**

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Workbook

Climbing Medicine

"Outstanding. A great entry point for the developer and investor." - Brian Calle, Orange County Register

"Combines the experience of the authors to give a unique perspective on the important EB-5 program which

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drives capital formation and jobs across our country." - Congressman Jared Polis Whether you are a foreign investor seeking a United States green card or a domestic developer sourcing capital for your latest project, the United States EB-5 visa program offers unique opportunity. In an

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industry known to be difficult to understand, The EB-5 Handbook breaks down the EB-5 program into its simple basics- investment, economic growth, and green cards. In The EB-5 Handbook, investors and developers alike will learn the essentials of the program, the benefits it can offer, and

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how to get started on their EB-5 journey with sections uniquely tailored to each party. Ali Jahangiri of EB5 Investors Magazine has brought together an all-star team of experts from nearly every segment of the industry. The authors - Jeff Champion, Linda He, David Hirson, Linda Lau,

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Dawn Lurie, Joseph McCarthy, Al Rattan, Reid Thomas, John Tishler, Kyle Walker, and Kevin Wright - and the editors - Elizabeth Peng and Cletus Weber -all have an established history of success working with EB-5 investors and developers. The EB-5 Handbook is the first book of its kind to

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bring together such a diverse group of authors to increase transparency and knowledge of the EB-5 program.

In this book, Army veteran and attorney John S. Berry maps a road toward successful VA disability claim appeals by guiding readers step-by-step through the three most common

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battles veterans fight with the VA. You earned your VA benefits, but you might have to fight for them. If you become discouraged and fail to appeal, it may be more difficult for you to win your disability claims in the future. The time to act is now.

A celebration of feminine beauty,

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athleticism, wisdom, and skill—Women Who Dare profiles twenty of America's most inspiring women climbers ranging from legends like Lynn Hill to the rising stars of today, with stunning color photography by veteran adventure photographer Chris Noble. [CLICK HERE](#) to download the chapter

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called, "Anchor Basics" from Rock Climbing Anchors (Provide us with a little information and we'll send your download directly to your inbox)

"Climbing anchors allow climbers to safely defy gravity. Solid anchors and proper rope techniques can prevent a fall from turning into a catastrophe,

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while bad anchors are an accident waiting to happen," says certified guide Craig Luebben, who invented his own type of climbing protection, the Big Bro. Since then, he taught rock climbing to hundreds of clients and has conducted self-rescue clinics across the United States. He distills

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more than twenty-five years of experience into Rock Climbing Anchors. This entry in the Mountaineers Outdoor Expert Series, for intermediate-to-advanced climbers, presents modern anchoring ideas and techniques for top-roping, rappelling, sport climbing, traditional rock

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climbing, and mountaineering-all in one comprehensive guide. Luebben covers the finer points of all types of commonly used anchors: removable anchors including hexes, wired nuts, tri-cams, expanding wedges, expandable tubes, and cams; natural anchors such as trees and boulders; and fixed

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anchors like bolts and pitons. Photos show a variety of gear placements, accompanied by discussion of the pros and cons of each.

Hope Returns

A Guide for Investors and Developers

Backcountry Skiing

The Comprehensive Reference--From

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Belaying to Rope Systems and Self-Rescue

The Next Battle

North America's Most Inspiring
Women Climbers

Techniques to Take You Higher

*Discover the leadership strengths of
world-class mountain guides and see*

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how developing and applying these principles can help you reach for the highest summits in work—and in life.

- *Teaches key leadership lessons gained from a decade spent traveling with world-class mountain guides and more than 200 top business school participants*
- *Shares insights drawn*

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from challenging experiences that will be inspiring and meaningful to readers • Includes contributions from participants who tell, in their own words, how they applied lessons learned in organizations from American Express to Microsoft to a Silicon Valley startup • Provides

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action steps for readers drawn from current research in the fields of management and positive psychology

Snoqualmie Rock is the comprehensive, full-color guidebook to the rock climbing crags around North Bend, Washington. It features over 700 rock and alpine climbs in

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the Snoqualmie Valley, covering roughly 900 square miles of mountains. All of the classics at Little Si and Exit 38 are included, PLUS details on more than 60 separate crags, including many never-before-published routes of all difficulty levels. Author: Kurt Hicks 336 pages,

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soft cover

Since 1987, Anyone Can Intubate has been the book for teaching intubation and related techniques. This 5th edition has been extensively rewritten and many new figures have been added. -- Provided by publisher.

"The definitive guide to mountains

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and climbing . . .”—Conrad Anker For nearly 60 years it’s been revered as the “bible” of mountaineering—and now it’s even better than ever • The best-selling instructional text for new and intermediate climbers for more than half a century • New edition—fully updated techniques and

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all-new illustrations • Researched and written by a team of expert climbers
Mountaineering: The Freedom of the Hills is the text beloved by generations of new climbers—the standard for climbing education around the world where it has been translated into 12 languages. For the

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all-new 9th Edition, committees composed of active climbers and climbing educators reviewed every chapter of instruction, and discussed updates with staff from the American Alpine Club (AAC), the American Institute for Avalanche Research and Education (AIARE), and the Access

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Fund. They also worked with professional members of the American Mountain Guides Association (AMGA), to review their work and ensure that the updated textbook includes the most current best practices for both alpine and rock climbing instruction. From gear

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selection to belay and repel techniques, from glacier travel to rope work, to safety, safety, and more safety—there is no more comprehensive and thoroughly vetted training manual for climbing than the standard set by

Mountaineering: The Freedom of the

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Hills, 9th Edition. Significant updates to this edition include:

- *New alignment with AAC's nationwide universal belay standard*
- *Expanded and more detailed avalanche safety info, including how to better understand avalanches, evaluate hazards, travel safely in avy terrain,*

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and locate and rescue a fellow climber in an avalanche • Newly revamped chapters on clothing and camping • All-new illustrations reflecting the latest gear and techniques—created by artist John McMullen, former art director of Climbing magazine • Review of and

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contributions to multiple sections by AMGA-certified guides • Fresh approach to the Ten Essentials—now making the iconic list easier to recall
How to Agree When You Don't Agree to Get Cooperation and Closeness in Your Marriage
On Purpose

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Climbing to Extinction

The Definitive Guide to Infusionsoft

Toofast Topos

Skills for Ski Touring and Ski

Mountaineering

Snoqualmie Rock

The essential guide to one of the
world's most popular climbing

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destinations— with detailed color topos, stunning action photos, and maps Best Climbs Joshua Tree National Park is part of a series of new climbing guides from Falcon, appealing specifically to nonlocal climbers

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and locals with minimal time on their hands, all of whom seek visually appealing, to-the-point guides that filter out the very best climbs in some of America's most popular climbing destinations, with an emphasis

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on moderate routes ranging from 5.6 to 5.10. With over 8,000 routes to choose from, selecting a climb at Joshua Tree can be a daunting task for the traveling climber or for a climber new to the area. Best Climbs Joshua

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Tree National Park includes over 250 of the very best sport and trad routes at this world-renowned climbing area. - 250+ favorite routes, many of moderate difficulty - Trivia and route history sidebars - Stunning

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action photos - 15+ color topo maps with detailed directions to parking areas (GPS coordinates included)

CLICK HERE to download the chapter "The Alpine Environment" from Alpine

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Climbing * For climbers who know the basics and are ready to venture at higher altitudes *
Written by longtime guides and climbing instructors certified by the American Mountain Guide Association (AMGA) *

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Recommended by the AMGA *
Teaches situational thinking and learning as well as technique
This intermediate-level guide addresses tools, skills, and techniques used in alpine terrain including rock, snow, ice, and

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glaciers at moderate altitude -- approximately 5000 meters (16,000 feet) and lower. The technical protection systems are covered, of course. But 30 years of alpine climbing experience has convinced the authors that

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mastery -- and safety -- lie in the far more difficult task of knowing exactly which techniques to use, where and when. Therefore, they teach step-by-step decision-making skills, providing scenarios, checklists, and self-

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posed questions to inform the decision process. Alpine Climbing assumes some prior knowledge, primarily in rock climbing skills and techniques. Basic knots, belaying, rappelling, building rock anchors, leading,

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placing rock protection, and movement skills on rock: variations of these skills that are of particular value in the alpine environment are addressed in this book.

This full color book includes

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everything beginning climbers need to know to safely toprope climbing routes, from tying knots to setting anchors to belaying. The author is an American Mountain Guides Association certified Rock Instructor.

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INSTANT NATIONAL
BESTSELLER NEW YORK TIMES
MONTHLY BESTSELLER One of
the 10 Best Books of March,
Paste Magazine A deeply
reported insider perspective of
Alex Honnold's historic

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achievement and the culture and history of climbing. "One of the most compelling accounts of a climb and the climbing ethos that I've ever read."—Sebastian Junger In Mark Synnott's unique window on the ethos of climbing,

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his friend Alex Honnold's astonishing free solo ascent of El Capitan's 3,000 feet of sheer granite is the central act. When Honnold topped out at 9:28 A.M. on June 3, 2017, having spent fewer than four hours on his

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historic ascent, the world gave a collective gasp. The New York Times described it as "one of the great athletic feats of any kind, ever." Synnott's personal history of his own obsession with climbing since he was a

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teenager—through professional climbing triumphs and defeats, and the dilemmas they render—makes this a deeply reported, enchanting revelation about living life to the fullest. What are we doing if not an

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impossible climb? Synnott delves into a raggedy culture that emerged decades earlier during Yosemite's Golden Age, when pioneering climbers like Royal Robbins and Warren Harding invented the sport that

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Honnold would turn on its ear. Painting an authentic, wry portrait of climbing history and profiling Yosemite heroes and the harlequin tribes of climbers known as the Stonemasters and the Stone Monkeys, Synnott

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weaves in his own experiences with poignant insight and wit: tensions burst on the mile-high northwest face of Pakistan's Great Trango Tower; fellow climber Jimmy Chin miraculously persuades an

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official in the Borneo jungle to allow Honnold's first foreign expedition, led by Synnott, to continue; armed bandits accost the same trio at the foot of a tower in the Chad desert . . . The Impossible Climb is an emotional

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drama driven by people exploring the limits of human potential and seeking a perfect, choreographed dance with nature. Honnold dared far beyond the ordinary, beyond any climber in history. But this story

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of sublime heights is really about all of us. Who doesn't need to face down fear and make the most of the time we have?

Baffin Island

The Impossible Climb

Toproping

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50 Multipitch Climbs in Cochise
Stronghold

From Toproping to Sport

Book I of the Sindathi Twilight
Trilogy

Basic Rock Climbing Protection

Tiffany Noboru has just

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awakened from her death, only to discover she has been drafted into the Gargoyle Ghost Hunter Corps. Soon she is fighting jealous rivalries within her own ranks, struggling to unravel the

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***mystery of her recent death,
and trying to avoid being killed
a second time by a maniacal
ghost named Bones who is
seeking the destruction of the
gargoyle world. In this full-
length novel, appropriate for***

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teens and young adults, a new twist on the role of gargoyles is imaginatively brought to life in spellbinding fashion. Woven into the pages are twenty original works of art by Miimork, which breathe life

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into this ghostly tale.

Two mountain guides who have climbed extensively in the region share their A-list picks. Coverage includes rock, alpine, and ice routes from the Gunks to Acadia.

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On the heels of her mother's death, Hope Logan reluctantly returned to her grandparents' home place in search of a journal that revealed explosive crimes and atrocities of the past that had haunted her

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grandma for nearly sixty-five years. Bitterness, unforgiveness, and anger consumed her as she set out to solve the mystery that surrounded her grandma's life. The dark evil secret that was

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contained in the journal only deepened her resentment of God. Because of her quest, she came in contact with many strong believers, especially a handsome young pastor and three senior citizens. In that

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small town in the foothills of the mountains of North Carolina, Hope's bitterness, unforgiveness, and anger slowly began to fade in the light of the strong faith of the young pastor and three senior

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citizens. She discovered the true meaning of faith and hope in Christ in the midst of adversity. Carolyn Digh Griffin, a native North Carolinian, resides in Waxhaw, North Carolina, with her husband,

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Hoyle. She is retired from Union County Public Schools where she was an Administrative Assistant to the Assistant Superintendent. She has two daughters and four grandchildren who also reside

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in the Old North State.

***Written by the International
Federation of Mountain Guides
Association (IFMGA) certified
mountain guides Marc
Chauvin and Rob Coppolillo,
The Mountain Guide Manual is***

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the go-to reference for novice and experienced mountain guides, as well as advanced recreationalists. Covering everything from rope systems and belaying to advice on group dynamics and rescuing,

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***the manual combines practical
how-to instruction with clear
graphics, illustrations, and
awe-inspiring alpine imagery.
Connecting Through Yes!
A Comprehensive Guide
How to Ice Climb!***

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Climbing Trekking and Skiing A Comprehensive Guide to the Continents' Highest Peaks Selected Climbs in the Northeast

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on "Uphill Movement" from Backcountry Skiing (Provide us with a little information and we'll send your download directly to your inbox) * For intermediate-to-advanced backcountry skiers * Includes trip planning, navigation, fitness, and avalanche

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safety information, in addition to techniques * Provides advice on how to make well-informed backcountry decisions Martin Volken and his co-authors provide skiers with all the tools and knowledge they need to safely and successfully travel in the mountain

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backcountry. The guide features intermediate-to-advanced techniques for ski touring and ski mountaineering, from planning backcountry trips to perfecting turns in rolling terrain and mastering uphill climbing. For those skiers ready for a more technical, high

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alpine environment, they draw on traditional mountaineering skills, including roped climbing, setting protection anchors, using ice axes, climbing on bare rock, and more. In addition to mastering techniques, Backcountry Skiing also features

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information on recent evolutions in ski equipment; avalanche safety tips; a primer on mountain weather and glaciers, trip planning tools, a discussion of emergency situations, nutrition and fitness advice, and winter camping basics. Throughout this guide,

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a special emphasis is put on being well-informed and making good decisions -- whenever you strap on your skis and skins and head out into the backcountry.

Updated January 2019, includes a free electronic version of the book as a PDF

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(a \$29 value) and includes an index. The Definitive Guide to Infusionsoft is part user guide, part case studies, part helpful tips from successful end users, Infusionsoft Certified Consultants and Infusionsoft Marketers of the Year. All of the information has been compiled

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to help the average user get the most out of this powerful sales and marketing automation platform that combines CRM functionality with email marketing, E-Commerce and Affiliate Marketing. Infusionsoft's unique ability to empower you to

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segment your prospects and clients so you can send timely, relevant sales and marketing messages to them is how they could promise to double your sales. However, that promise was too dramatic so they now tell you to "Automate. Integrate. Celebrate." That

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really is the key. Like Henry Ford, the local business owner will never be able to truly celebrate and enjoy success until they implement some form of automation. When you follow the Infusionsoft Perfect Customer Lifecycle to you build your Marketing

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Automation Plan you will soon be enjoying that success. With this book, you'll be automating, integrating and celebrating that much faster. Good selling.

Have you everwanted God to guide as you face daunting issues and

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your faith is tested? ...wondered how to cope with sudden setbacks that take the wind out of life? ...tried to find direction when starting over after a major loss or change? ...searched for answers when life's tragedies leave you winded and speechless? ...struggled

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when the ruts of life overwhelm you?
...hoped to gain a new, healthier
perspective on handling the challenges
life brings? ...looked up from one of
those valleys in life and catch a
glimpse of that broader, loftier
perspective that God sees? Join

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minister Larry Girdwood to explore 'mountains' faced by the men and women in the Bible and to see how they rose to the challenge! Walk with Abraham, Elijah, Noah, Jesus, the Shunammite woman, Israelites, Peter, James and John and others as they

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climb out of valleys to gain a higher-level, vista-broadening view!

Complete with maps and an invaluable trip planning section detailing the information needed to make your trip an unforgettable success, Baffin Island is the first comprehensive adventure

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guide to the fifth largest island in the world, which is quickly becoming known as a premiere destination for climbers, skiers, trekkers and adventure travellers alike.

Girlgoyle

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and Purpose

How Mere Mortals Increase Traffic,
Leads, Prospects, Sales, Testimonials,
E-Commerce & Referrals with the
World's Most Powerful Small Business
Sales & Marketing Automation
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A Practical Guide

A Guide to Veterans Disability

Benefits

High Risk

The Mountain Guide Manual

You were created for a lifestyle of
excellence...not a life of mediocrityAnd

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what ?s amazing is you ?re equipped with everything you need to make that lifestyle yours. You can reach your goals. You can live your dreams. You already have what it takes to be happy and successful right inside of you. ...so, why aren ?t you?! Making changes is one of the hardest things any of us ever

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tries to do. It ?s so easy to get stuck, using strategies that don ?t work anymore and not knowing what to do to keeping moving in the right direction. If you ?re frustrated with where you are in your life... If you ?re tired of getting the same old results... If you ?re ready to do what it takes to create your life as

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you want it to be... Then, The
Excellence Lifestyle Guide may be just
what you're looking for. Discover how
you can * Stop counting on "luck" to
get you where you want to go in life *
Start proactively doing what it takes to
have more, do more and be more *
Take advantage of simple, effective

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principles for living the life of your dreams - principles they never taught you in school! You have tremendous control over the path your life is on but, like many people, you may not have any idea how to use it to your advantage! That ?s where The Excellence Lifestyle Guide can help. Author Jan Marie

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Mueller shares insights on many topics, including * How the world really works...and why people struggle achieving the success they desire * Why most people never achieve a life of excellence...and how you can be different * How to harness the amazing power of your thoughts to guide your

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life in the direction you want it to go *
The importance of knowing who you really are - and what you can do to figure it out * How to master your mindset and use it to achieve the life of excellence you deserve to be living * The one key resource you need to succeed at anything - and how to get it (Tip: It ?s

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more important than either time or money!) * Three of the BIGGEST secrets to success...and much, much more! What you think and believe about yourself and the world around you defines your reality. Learning to effectively use the principles outlined in The Excellence Lifestyle Guide will help

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you transform your life in ways you've only dreamed of up until now. Everyone can have success. Everyone can enjoy the excellence lifestyle. If your life isn't quite where you believe it should be, Jan Marie challenges you to discover the secrets to becoming your best self and start putting the skills she shares to

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work in your life today. Life is too short for constant struggle and frustration. Use the principles inside this book to begin living the lifestyle of excellence you deserve! Scroll up and get your copy today.

With more than 100 full-color photos and detailed captions showing how to

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create safe and simple rock-climbing anchoring systems, this is a take-to-the-crag companion book to our huge-selling Climbing Anchors. Designed for quick use by climbers on site, this book shows how to properly place and configure natural anchors, passive chocks, mechanical chocks, fixed gear,

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knots, belay anchors, top rope anchors and rappel anchors. This field guide is up to date with the essential knowledge every climber can depend on.

Rock Climbing: The AMGA Single Pitch Manual is intended to serve as a textbook for past and future participants of the AMGA SPI

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program. The book more specifically address the needs of the professional climbing instructor and advanced recreational climbers. It presents the most current, internationally recognized standards for technical climbing systems used in single pitch rock terrain. Included are chapters on

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effective teaching in the outdoor environment, risk management, professionalism, environmental awareness, and rescue

Describes the parks' attractions and provides information on tours, hikes, lodging, and camping.

Yosemite, Sequoia & Kings Canyon

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National Parks

The Mountain Throne

Rock Climbing: The AMGA Single
Pitch Manual

Rock, Alpine, and Ice Routes from the
Gunks to Acadia

Hidden Mountain, Secret Garden

A Theological Contemplation on Prayer

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Buried

On January 20, 2003, at 10:45 a.m., a massive avalanche in the Selkirk Range of British Columbia struck three members of two guided backcountry

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skiing groups and buried them. After a frantic hour of digging by those still standing, an unthinkable outcome became reality: seven people were dead. The tragedy made

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international news, splashing photos of the seven dead Canadian and US skiers on television screens and newspaper pages. The official analysis was that guide

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error was not a contributing factor in the accident. This interpretation was insufficient for some of the victims' families, the public and some members of

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the guiding community. Buried is the assistant guide's story. It renders an answerable truth about what happened by delving deep into the human factors that played into

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putting people in harm's
way as well as the peace
that comes from
accountability and the
personal growth that
results from
understanding.

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This book comprehensively discusses the medical aspects of sports climbing, a still young but emerging sport, which will be one of the disciplines at the Tokyo

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Olympics. Its rapid development from niche to popular sport has been accompanied by an increase in the number of climbing-sports-specific injuries and has attracted growing

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