

# Pocket Primary Care Pocket Notebook Series

A toy bear who wants a pocket for himself searches for one in a laundromat.

Prepared by attending physicians at Harvard Medical School, Pocket ICU, follows the style of Pocket Medicine, one of the best-selling references for medical students, interns, and residents. This pocket-sized loose-leaf resource can be used on the wards or in the operating room. Information is presented in a schematic, outline format, with diagrams and tables for quick, easy reference. Content coverage is brief but broad, encompassing all the subspecialty areas of critical care including adult and pediatric critical care, neuro-critical care, cardiac critical care, transplant, burn, and neonatal critical care.

Be prepared for the challenges of patients with complex cardiovascular disease! Prepared by cardiologists at Massachusetts General Hospital and Brigham and Women's Hospital,

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this supplement to the bestselling Pocket Medicine internal medicine handbook uses bulleted lists, tables, and algorithms to put key clinical information about a broad range of problems in cardiovascular medicine at your fingertips. In-depth coverage of an extensive array of cardiovascular conditions beyond what it is Pocket Medicine, including comprehensive discussions of cardiomyopathies, advanced heart failure, cardiopulmonary exercise testing, peripheral artery, renovascular, and cerebrovascular disease, wide complex tachycardias, sudden cardiac death, and electrophysiology studies. Apply the latest treatment options for major cardiovascular diseases with incorporation of more detailed diagnostic testing and sophisticated treatment algorithms. Provide informed, effective patient care with current, evidence-based clinical recommendations, supported by key references to the most recent practice guidelines, high-tier reviews and important clinical trials. Enjoy this portable, user-friendly reference by adding Pocket Cardiology to your Pocket Medicine.

A book of the 1,500 most commonly asked Internal Medicine pimp questions, written by the residents, fellows, and attending who

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ask them.

Pocket Obstetrics and Gynecology

OB/GYN Peds Notes

Quick DBT Skills to Manage Intense Emotions

Pocket Primary Care for PDA

Mental Health a Pocket Guide

**Pocket Emergency Medicine, Fourth Edition, provides accurate, actionable, and easily accessible information for clinicians on the front lines of emergency care. Designed to be used at the bedside, it's an outstanding go-to source for the essential information you need to care for patients in life-threatening situations. This volume in the popular Pocket Notebook series provides a concise and focused review of the entire field of emergency medicine — from history and physical exam to differential diagnosis testing to therapeutics to disposition – all in one easy-to-navigate looseleaf notebook.**

**The 19th edition of the EMRA Antibiotic Guide provides clear interpretation of the most recent IDSA guidelines for treating pneumonia, plus an overview of antibiotic use in pregnancy, and more. You can't go on shift without this incredible resource – and you won't want to. Navigate the multitude of choices in antibiotics quickly and efficiently so you can offer your patients the best care based on the latest guidelines. Protect against overprescribing, address pediatric dosage questions, examine penicillin usage, and stay up-to-date on new approvals and guidance from the FDA.**

**A revolutionary approach to enhancing productivity, creating flow, and vastly**

**increasing your ability to capture, remember, and benefit from the unprecedented amount of information all around us. For the first time in history, we have instantaneous access to the world's knowledge. There has never been a better time to learn, to contribute, and to improve ourselves. Yet, rather than feeling empowered, we are often left feeling overwhelmed by this constant influx of information. The very knowledge that was supposed to set us free has instead led to the paralyzing stress of believing we'll never know or remember enough. Now, this eye-opening and accessible guide shows how you can easily create your own personal system for knowledge management, otherwise known as a Second Brain. As a trusted and organized digital repository of your most valued ideas, notes, and creative work synced across all your devices and platforms, a Second Brain gives you the confidence to tackle your most important projects and ambitious goals. Discover the full potential of your ideas and translate what you know into more powerful, more meaningful improvements in your work and life by Building a Second Brain.**

**Pocket Orthopaedics is your go-to resource for the essential orthopaedic information you need in a high-yield, easy-to-use format. Concise and well organized, it provides must-know information on the pathophysiology, diagnostic criteria, and medical and surgical treatment of common orthopaedic surgery pathologies. This pocket-sized powerhouse delivers highly relevant orthopaedic coverage in an easily portable source, making reference quick and easy.**

**The Massachusetts General Hospital Handbook of Internal Medicine  
Pocket Orthopaedic Surgery**

**Pocket Guide to POCUS: Point-of-Care Tips for Point-of-Care Ultrasound (eBook)  
For Pas, Nps, and Other Healthcare Providers  
Nurse's Clinical Pocket Guide**

Prepared by residents and attending physicians at Massachusetts General Hospital, this pocket-sized looseleaf is one of the best-selling references for medical students, interns, and residents on the wards and candidates reviewing for internal medicine board exams. In bulleted lists, tables, and algorithms, Pocket Medicine provides key clinical information about common problems in internal medicine, cardiology, pulmonary medicine, gastroenterology, nephrology, hematology-oncology, infectious diseases, endocrinology, and rheumatology. This Fifth Edition is fully updated and includes a sixteen-page color insert with key and classic abnormal images. If you purchased a copy of Sabatine: Pocket Medicine 5e, ISBN 978-1-4511-8237-8, please make note of the following important correction on page 1-36: Oral anticoagulation (Chest 2012;141:e531S; EHJ 2012;33:2719; Circ 2013;127:1916) All valvular AF as stroke risk very high Nonvalv. AF: stroke risk ~4.5%/y; anticoag ® 68% ↓ stroke; use a risk score to guide Rx: CHADS2: CHF (1 point), HTN (1), Age =75 y (1), DM (1), prior Stroke/TIA (2) CHA2DS2-VASc: adds 65+74 y (1) =75 y (2), vasc dis. [MI, Ao plaque, or PAD (1)]; ? (1) score <sup>3</sup>2 ® anticoag; score 1 ® consider anticoag or ASA (? latter reasonable if

risk factor age 65-74 y, vasc dis. or ?); antithrombotic Rx even if rhythm control [SCORE CORRECTED] Rx options: factor Xa or direct thrombin inhib (non-valv only; no monitoring required) or warfarin (INR 2-3; w/ UFH bridge if high risk of stroke); if Pt refuses anticoag, consider ASA + clopi or, even less effective, ASA alone (NEJM 2009;360:2066) Please make note of this correction in your copy of Sabatine: Pocket Medicine 5e immediately and contact LWW,,s Customer Service Department at 1.800.638.3030 or 1.301.223.2300 so that you may be issued a corrected page 1-36. You may also download a PDF of page 1-36 by clicking [HERE](#). All copies of Pocket Medicine, 5e with the ISBN: 978-1-4511-9378-7 include this correction.

Master high-yield point-of-care ultrasound applications that are targeted specifically to answer questions that arise commonly in the outpatient clinic! Written for primary care providers in Family Medicine, Pediatrics and Internal Medicine, Ultrasound for Primary Care is a practical, easy-to-read guide. Learn to incorporate ultrasound to augment your physical exam for evaluation of thyroid nodules, enlarged lymph nodes, pericardial effusion, chronic kidney disease, and a host of musculoskeletal issues, and much more. Additionally, included are chapters on ultrasound for guidance of procedures including joint injections, lumbar puncture and needle biopsy, to name a few. Well-illustrated and highly templated, this

unique title helps you expand the scope of your practice and provide more effective patient care.

Prepared by residents and attending physicians at Massachusetts General Hospital for Children, Pocket Pediatrics follows the style of Pocket Medicine, one of the best-selling references for medical students, interns, and residents. This pocket-sized looseleaf can be used on the wards and by candidates reviewing for pediatric board exams. In bulleted lists, tables, and algorithms, Pocket Pediatrics provides key clinical information about common pediatric problems in cardiology, pulmonology, gastroenterology, nephrology, hematology-oncology, infectious diseases, endocrinology, rheumatology, and neurology as well as on the well patient and the patient in the ICU. The six-ring binder resembles the familiar "pocket brain" notebook that most students and interns carry and allows users to add notes. Your one-stop source for class, clinical, and practice. This pocket-sized, quick reference resource gives you easy access to the information you need to deliver safe and effective care, including screening and assessment tools, differential diagnosis charts, commonly ordered medications, billing and coding information and more. Now with information on Covid-19, the 4th Edition of this AJN Book of the Year Award Winner has been completely revised and updated to reflect the latest changes in the field.

**Pocket Medicine High-Yield Board Review**  
**The Practical Pocket Guide to History Taking and Clinical Examination**  
**Ultrasound for Primary Care**  
**Nurse Practitioner's Clinical Pocket Guide**

*A unique pocket guide to the use of ultrasound at the point of care. Lately, there has been an enormous amount of interest in the use of ultrasound for both procedural and diagnostic guidance at the point of care. Although this type of instruction can be found in some textbooks, they are heavy, dense, and written for the classroom, not real-world clinical situations. Pocket Guide to POCUS is the portable, quick-hit alternative. Pocket Guide to POCUS provides trainees with the tips and reminders they may need at the point of care. Things such as what images to acquire, and how to get them, or a quick glance at pathology in comparison to a normal image. For learners at all levels, this pocket guide will hopefully reduce their fear of scanning, while preventing some of the more common pitfalls*

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*the authors have observed over their more than 50 cumulative years' experience. Each chapter of the book is divided into four sections: •Key Images•Acquisition Tips•Interpretation and Pitfalls•Examples of Pathology This information is conveniently located on cards that can be removed from the book and brought with you to the bedside. You can take notes on the cards, check off the scans that you've done, and of course, refer to them in order to provide your patients with the best care possible.*

*Written by residents for residents, Pocket Neurology, 2nd Edition is your go-to resource for essential neurologic information in a high-yield, easy-to-use format. Concise and well organized, it provides must-know information on hospital- and clinic-based neurologic workup, diagnosis, and management. The second edition of this pocket-sized bestseller delivers highly relevant adult neurologic coverage in an easily portable source. Find what you need quickly and easily with concise text, numerous tables, and bulleted lists throughout. Progress logically from*

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*neurologic signs and symptoms to differential diagnosis, workup and diagnosis, assessment of risks and benefits of available treatments, to treatment and prognosis. Focus on the most important, highly relevant facts thanks to a, streamlined presentation that allows for more algorithms, tables, diagrams, and images. Stay up to date in every area of neurology with significantly revised chapters on stroke, epilepsy, dementia, and MS, and more drug dosing information regarding inpatient care. Consult this high-yield handbook by clinical presentation, such as coma, stroke, headaches, and seizures, or by special topic, such as neuroimaging, behavioral neurology, and sleep medicine. Learn from neurology residents and beginning neurology fellows in collaboration with attending neurologists at the Massachusetts General Hospital, Brigham and Women's Hospital, Children's Hospital Boston, and Beth Israel Deaconess Medical Center.*

*This highly valued quick reference guide returns in its fourth edition to provide practical and helpful strategies*

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*for responding effectively to those in crisis. Mental Health: A pocket guide delivers a comprehensive overview of the relevant concepts vital to contemporary mental health care. With a clear focus on the consumer, it covers the issues faced by people living with mental illness, as well as best practice approaches for primary health, first responders and multidisciplinary health care professionals. Practical strategies for commonly encountered situations Easy to access information presented in bullet point and table format A recovery and person-centred care approach throughout Case studies Guidance on medications, assessment tools and terminology An eBook included in all print purchases Increased consumer focus New chapter on trauma-informed practice and care New focus on loss and grief (including loss of employment, relationships, COVID and climate-related events) Increased focus on self-care, self-awareness and support strategies Greater emphasis on cultural awareness and working across the lifespan The Perfect Resource for the Primary Care Provider! The*

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*Tarascon Primary Care Pocketbook, Third Edition is packed with essential lists, figures, and tables concisely covering the full spectrum of primary care medicine, providing instant reminders of hard-to-remember yet vitally important clinical facts for the primary care physician. While it has been designed for the busy family physician, internist, primary care nurse or other health care provider, it is also the perfect succinct resource for specialists who are periodically required to treat more general practice issues. Additionally, this pocketbook is the ideal guide for trainees on ambulatory rotations. Tarascon Primary Care Pocketbook is meticulously referenced and has been peer-reviewed by an expert multi-disciplinary editorial board.*

*Pocket Primary Care*

*Pocket Emergency Medicine*

*Internal Medicine*

*Pocket Book of Hospital Care for Children*

*Pocket Medicine*

***Designed for easy transport and quick reference, Pocket Anesthesia,***

***presents essential information that residents, anesthesiologists, CRNAs, and medical students need on the wards and in the operating room. Edited by anesthesia faculty at Harvard Medical School, this pocket-size reference is ideally suited for today's fast-paced anesthesia environment--it is concise, easy to read, and evidence-based. Essential information is presented in a well-organized schematic outline format with many tables, algorithms, and diagrams. The book is filled with must-know facts about drugs, frequent intraoperative problems, differential diagnosis, common disease states, patient evaluation, and anesthetic considerations for each subspecialty. New to the revised, second edition, is the inclusion of ultrasound-guided regional anesthesia procedures.***

***Prepared by residents and attending physicians at Massachusetts General Hospital, this pocket-sized loose-leaf is created in the style of Pocket Medicine by providing key clinical data for students and residents and focuses on patient care in the outpatient setting. Pocket Primary Care is a handy summary of key clinical information designed to form the basis of an individual's pocket notebook or to be integrated into one's own notebook. Includes areas of: preventive medicine, cardiovascular, dermatology, endocrine, gastrointestinal, hematology, infectious disease,***

***musculoskeletal, neurology, ophthalmology/ ENT, psychiatry/social, pulmonary, renal/urology, special populations, women's health, men's health, and geriatric.***

***Offering step-by-step guidance on how to properly document patient care, this updated Second Edition presents 90 of the most common clinical problems encountered on the wards and clinics in an easy-to-read, two-page layout using the familiar "SOAP" note format. Emphasizing the patient's clinical problem, not the diagnosis, this pocket-sized quick reference teaches both clinical reasoning and documentation skills and is ideal for use by medical students, Pas, and NPs during the Family Medicine rotation.***

***From frontline experts on the topic—everything you need to know about COVID-19 and how it affects the heart COVID-19's effect on the cardiovascular system continues to drive increases in morbidity and mortality. Building a solid understanding of the disease spectrum is critical for accurately diagnosing, treating, and managing patients with heart issues in the time of COVID. Written by a team of experts who worked on the frontlines in New York City throughout the worst of the pandemic, COVID-19 and the Heart: A Case-Based Pocket Guide is a one-of-a-kind***

***resource for providing safe, effective care for COVID-19-related heart conditions. Designed for quick and easy learning and on-the-spot clinical decision making, this practical guide is organized into chapters based on genuine clinical cases and provides the best approach for each one. The authors highlight key points throughout the clinical content for easy review, and provide up-to-date information on clinical trials/vaccines, diagnostic and treatment algorithms, therapeutics, monitoring, and patient education. Ideal for healthcare workers actively engaged in the ongoing pandemic and students seeking to build their expertise, COVID-19 and the Heart is the go-to guide to making the right clinical judgments with respect to the cardiac manifestations of COVID-19. COVID-19 and the Heart starts with the physiology of COVID-related heart disease, and walks you through COVID's effect on: ACS Valvular heart disease Arrhythmia Pericardial disease Heart failure Shock Thromboembolism Hypertension***

***Pocket Radiation Oncology***

***Pocket Pediatrics***

***Pocket Surgery***

***Pocket ICU***

***Tarascon Primary Care Pocketbook***

**Pocket Primary CareLWW**

**A very practical collection of frequently used clinical reference material, largely in chart format: History and Physical, Differential Diagnosis, Admission and Discharge Orders, Surgical Orders, Lab Values, Organ Systems, Nutrition, Radiology, Suturing, Infectious Agents, Antibiotics and Other Drugs, Herbal Remedies, Preventive Medicine screening, Spanish phrases, ACLS and Shock, and "Notes" pgs., for the medical student, intern, resident, nurse, PA and EMT. Easily fits into one's pocket.**

**Here's the essential clinical information you need to care for obstetric, gynecological, newborn, and pediatric patients in any setting. The 3rd Edition of this popular pocket guide has been thoroughly revised and updated to reflect nursing practice today.**

**Pocket Pain Medicine is an invaluable tool for every resident and practicing physician who needs to understand the essentials of acute and chronic pain management, including all current guidelines and standards of care. This concise, up-to-**

***date, evidence-based reference guide is written in the popular Pocket Notebook Series format that is ideal for today's fast-paced health care environment. Information is presented in a schematic, outline format, with diagrams and tables for quick, easy reference. The book contains all the practical information the resident or practitioner needs to quickly diagnose the pain disorder, safely prescribe the required medications, and arrange for advanced pain care if needed. Pocket Pain Medicine will appeal to physicians in every specialty in both academic and private practice throughout the world.***

***EMRA Antibiotic Guide***

***Pocket Nephrology***

***The Practitioner's Pocket Pal***

***Pocket Psychiatry***

***19th Edition***

*The revised, updated Fifth Edition of this pocket book is a handy reference to consult when making bedside interpretations of clinical data. Remarkably complete for its small size, the book lists nearly 200 symptoms, physical signs, laboratory test results, and radiologic findings and their differential diagnoses.*

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*This edition has a new, more user-friendly two-color design, tabs indicating sections, and shortened lists of the most common diagnoses. An expanded section on HIV infection covers new manifestations, including immune reconstitution syndrome. The infectious disease chapter has been revised to reflect its increasing importance in clinical medicine, the emergence of multi-drug resistant bacteria, and the threat of bioterrorism.*

*History taking and examination skills are vitally important in everyday practice. They are examined at all levels of the undergraduate curriculum and are constantly monitored at a postgraduate level. To become proficient in history taking, key questions should be asked to quickly understand the exact nature of the illness. This invaluable guide spec*

*Following the organization of Dr. Marc Sabatine's bestselling Pocket Medicine manual, Pocket Medicine High-Yield Board Review is an all-new, must-have study guide for advanced medical students; for residents in internal medicine, family medicine, and primary care; and for practitioners. This new review brings you authoritative, trusted content designed to prepare you for success on licensing, certification, and recertification exams and hone your knowledge of internal medicine.*

*Pocket Psychiatry, a new addition to the Pocket Notebook series, is written by*

*residents for residents. A resource for essential information, in a high-yield, easy-to-use format, designed to help students, trainees, and others navigate the initial psychiatric evaluation and management of the most commonly encountered psychiatric conditions. With an emphasis on evidence-based information, Pocket Psychiatry, provides a rare concise and accessible resource, for must-know information on hospital- and clinic-based psychiatric care — from history and physical exam to differential diagnosis testing to therapeutics — in the well known loose leaf pocket size format.*

*NP Notes*

*A Pocket Manual of Differential Diagnosis*

*Ultra Rapid Medical Reference*

*The 48 Laws Of Power*

*Pocket Pain Medicine*

"Pocket Primary Care was created out of a desire to support those practicing in the ambulatory setting - to recognize the unique and full spectrum of care provided there, from counseling patients on insomnia to diagnosing STIs, from interpreting PFTs to treating osteoporosis. The second edition includes innumerable updates in clinical practice, guidelines, and research from the past 5 years. It reflects the work of dozens of physicians from the MGH diaspora, and

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we hope that this edition, when combined with sound clinical judgement, improves the lives of its readers and their patients"--Provided by publisher.

Ideal for medical students, interns and residents, the latest edition of this portable quick-reference--part of the popular Pocket Medicine series, prepared by residents and attending physicians--has been updated with new contributors and information on pediatric disorders and problems encountered in any clinical situation, including the ICU. The book is heavy on bulleted lists, tables, and algorithms, and the small size means it can fit snugly in anyone's white coat pocket! The only pocket-sized resource to methodically guide you through pediatric well visits using a unique mnemonic to ensure consistent and thorough evaluation of your patients. This pocket guide has everything you need to ensure a thorough well visit for your pediatric patients from newborn to adolescence. With the author's unique NEST & FLY mnemonic applied throughout, physician assistants, nurse practitioners, and other healthcare providers are methodically guided through each well visit to ensure a consistent and complete exam. Uniquely designed in easy-to-navigate color-coded tables, you will quickly find all the information you need at your fingertips to evaluate your pediatric patients' nutrition, elimination, growth, family and social environment, and physical and cognitive

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development. You will also find key interviewing strategies and questions to gather an updated history, as well as step-by-step guidelines for the head-to-toe physical examination. Also included are anticipatory guidance suggestions for caregivers and patient education by age group. Key Features: Color coded by age group (newborn, infant, toddler/preschooler, school-age, adolescents) Logical and easy-to-remember mnemonic for gathering a comprehensive well-child history Pertinent questions (including psychosocial screening) and anticipatory guidance by age Key developmental features organized in easy-to-read tables/charts Health promotion-related approaches to the patient and family and their importance Suggested vaccine schedule, easy-reference dosing for acetaminophen and ibuprofen by age and weight

Prepared by residents and attending physicians, this pocket-sized loose-leaf is created in the style of Pocket Medicine by providing key clinical data for students and residents and focuses on patient care in the ob/gyn setting. Each chapter contains the brief background, differential diagnoses, clinical algorithms, and literature citations that allows a student or intern to shine during rounds by helping them quickly formulate basic management plans. Special appendices on pelvic anatomy, common ob-gyn procedures, common tests in ob-gyn, and drugs in ob and breastfeeding, may be

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especially useful references. Because ob-gyn involves so much interdisciplinary learning, a carefully prepared cross-referenced index is included to help assist in locating information quickly. Pocket ObGyn offers a handy summary of key clinical information designed to form the basis of an individual's pocket notebook or to be integrated into one's own notebook.

Pocket Pimped

Pocket Cardiology

COVID-19 and The Heart: A Case-Based Pocket Guide

SOAP for Family Medicine

Building a Second Brain

***Prepared by residents and attending physicians at Beth Israel Deaconess Hospital, Pocket Surgery, follows the style of Pocket Medicine, one of the best-selling references for medical students, interns, and residents. This pocket-sized loose-leaf resource can be used on the wards and by candidates reviewing for board exams. In bulleted lists, tables, and algorithms, Pocket Surgery provides key clinical information about common surgical conditions in all areas of surgery, including breast, critical care, cardiothoracic, gastrointestinal, colorectal, vascular, pediatric, plastic, transplant, transplant, and endocrine.***

***The Pocket Book is for use by doctors nurses and other health workers who are***

*responsible for the care of young children at the first level referral hospitals. This second edition is based on evidence from several WHO updated and published clinical guidelines. It is for use in both inpatient and outpatient care in small hospitals with basic laboratory facilities and essential medicines. In some settings these guidelines can be used in any facilities where sick children are admitted for inpatient care. The Pocket Book is one of a series of documents and tools that support the Integrated Management. Pocket Radiation Oncology is a practical, high-yield reference offering current, evidence-based practices and expert guidance from physicians at the world-renowned MD Anderson Cancer Center. Featuring an easy-to-use, loose-leaf format, it serves as a concise clinical companion and board study guide for medical students, residents, and attending physicians in radiation oncology.*

*The Pocket Notebook Series provides key clinical information in the same practical loose-leaf pocket binders that most medical students and interns carry--the familiar "pocket brain." Now Pocket Primary Care has been adapted to the new-generation "pocket brain"--the Palm OS, Windows, CE., or Pocket PC handheld device. PDA users can add Pocket Primary Care and customize it by adding their own notes and comments. Pocket Primary Care provides key points on common problems seen in the ambulatory setting--preventive health, systemic concerns, endocrinology, dermatology, ENT, cardiology, obstetrics and gynecology, hematology and oncology, ophthalmology,*

*psychiatry and more.*

*Well-Child Primary Care Pocket Guide*

*Quotations from Chairman Mao Tsetung*

*Guidelines for the Management of Common Childhood Illnesses*

*The Massachusetts General Hospital for Children Handbook of Pediatrics*

*A Pocket for Corduroy*

THE MILLION COPY INTERNATIONAL BESTSELLER Drawn from 3,000 years of the history of power, this is the definitive guide to help readers achieve for themselves what Queen Elizabeth I, Henry Kissinger, Louis XIV and Machiavelli learnt the hard way. Law 1: Never outshine the master Law 2: Never put too much trust in friends; learn how to use enemies Law 3: Conceal your intentions Law 4: Always say less than necessary. The text is bold and elegant, laid out in black and red throughout and replete with fables and unique word sculptures. The 48 laws are illustrated through the tactics, triumphs and failures of great figures from the past who have wielded - or been victimised by - power. \_\_\_\_\_ (From the Playboy interview with Jay-Z, April 2003) PLAYBOY: Rap careers are usually over fast: one or two hits, then styles change and a new guy comes along. Why have you endured while other rappers haven't? JAY-Z: I would say that it's from still being able to relate to people. It's natural to lose

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yourself when you have success, to start surrounding yourself with fake people. In *The 48 Laws of Power*, it says the worst thing you can do is build a fortress around yourself. I still got the people who grew up with me, my cousin and my childhood friends. This guy right here (gestures to the studio manager), he's my friend, and he told me that one of my records, *Volume Three*, was wack. People set higher standards for me, and I love it.

Bite-sized, evidence based tips and tools for managing intense emotions in the moment—from the authors of *The Dialectical Behavior Therapy Skills Workbook*! Sometimes emotions can feel like a big, powerful tidal wave that will sweep you away. And the more you try to suppress or put a lid on these emotions, the more overwhelming they get. So, how can you feel better when difficult emotions threaten to wash over you? In this take-anywhere pocket guide, clinical psychologists and authors Matt McKay, Jeffrey Wood, and Jeffrey Brantley offer quick and simple strategies based in dialectical behavior therapy (DBT) to help you take charge of your emotions and start living the life you want. Using this handy little book, you'll find freedom from overwhelming thoughts and feelings, discover a sense of lasting calm, improve your relationships, and feel more at peace with the world and yourself. If you're looking for small, easy ways to manage your emotions on the go, put this compact guide in your coat

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pocket, your purse, on your nightstand, or anywhere for quick and soothing relief.

Pocket Nephrology is a practical, high-yield reference offering current, evidence-based practices and expert guidance from physicians at the world-renowned Columbia University Medical Center. Featuring an easy-to-use loose-leaf format, it can be used as a portable diagnosis and treatment reference, as a quick dosage check, as a review for complex glomerular diseases and acid-base physiology, and for board preparation.

Pocket Therapy for Emotional Balance

Pocket Anesthesia

Pocket Neurology

A Proven Method to Organize Your Digital Life and Unlock Your Creative Potential

Maxwell Quick Medical Reference