

Salton Rice Cooker Model Ra3a Manual

Hands-on labs to reinforce critical skills --

The first African-American winner of The Apprentice explains how black professionals can bust through racial barriers in order to climb the corporate ladder and reach their full potential.

"Oxford Guide to Metaphors in CBT, Building Cognitive Bridges is a remarkable, memorable, and continually fascinating book, one that will be on my repeated reference list for years to come." Robert Leahy, Clinical Professor of Psychology in Psychiatry at Well-Cornell University Medical College --

It’s a summer internship. Never mind that the owners are hot. Never mind that there are three of them. Never mind that they are twice her age. Never mind that they have a secret “play” room in the basement. Never mind that she’s never been more intrigued in her life. She only has three months. No matter how deeply she gets involved, she can’t stay...

How to Resolve Your Most Emotionally Charged Conflicts

Death Waits in the Dark

School of Night: Creeping Terror

Cpt-4 Outpatient Coding Reference and Study Guide 2012

Das Wesen Des Christentums

Black Faces in White Places

Riparian forests along streams and rivers are diverse in species, structure, and regeneration processes, and have important ecological functions in maintaining landscape and biodiversity. This book discusses riparian forests from subpolar to warm-temperate zones, covering headwater streams, braided rivers on alluvial fans, and low-gradient meandering rivers. It presents the dynamics and mechanisms that govern the coexistence of riparian tree species, tree demography, the response to water stress of trees, and the conservation of endangered species, and focuses on natural disturbances, life-history strategies, and the ecophysiology of trees. Because many riparian landscapes have been degraded and are disappearing at an alarming rate, the regeneration of the remaining riparian ecosystems is urgent. With contributions by more than 20 experts in diverse fields, this book offers useful information for the conservation, restoration, and rehabilitation of riparian ecosystems that remain in world streams and rivers.

Aromatherapy is a fast growing natural therapy which uses pure distilled essential plant oils to improve the health of body and mind. This book explains every aspect of this fascinating approach to healing, showing how oils can be used in many beneficial ways: inhalation, ingestion, compresses, baths, teas and massage. It also includes an illustrated section on aromatherapy massage techniques and shows how to blend pure essential oils to suit different purposes.

*With its easy accessibility, low cost, and ability to deliver,essential bedside information about the cardiac structure andfunction, echocardiography has become one of the most relied-upondiagnostic tools in clinical medicine. As a result, more cliniciansthan ever before must be able to accurately interpretechocardiographic information in order to administer appropriatetreatment. Based on the authors' experience teaching echocardiographyin busy clinical settings, this new pocketbook provides reliableguidance on everyday clinical cardiac ultrasound and theinterpretation of echocardiographic images. It has been designed tohelp readers develop a stepwise approach to the interpretation of astandard transthoracic echocardiographic study and teach how tomethodically gather and assemble the most important informationfrom each of the standard echocardiographic views in order togenerate a complete final report of the study performed. What's included:
• A summary of TTE examination protocol and acomprehensive listing of useful formulas and normal values
• Atrial and ventricular dimensions, LV and RVsystolic function, LV diastolic patterns
• Echocardiographic findings in the most commonlyencountered cardiac diseases and disorders, including variouscardiomyopathies, cardiac tamponade, constrictive pericarditis, valvular heart disease, pulmonary hypertension, infectiveendocarditis, and congenital heart disease
• Companion website with video clips and over 70self-assessment questions Packed with essential information and designed for quick look-up,this pocketbook will be of great assistance for anyone who works inbusy clinical settings and who needs a ready and reliable guide tointerpreting echocardiographic information to help deliver optimalpatient care.*

AIDS and the virus that causes it have challenged the world's scientists, health care systems, and public health policies as much or more than any medical problem in recorded history. Perhaps this is so because this particular infirmity constitutes more than a merely medical problem: it is enmeshed in psychological, social, cultural, political, and economic contexts. This book examines the need for pragmatic and research-based suggestions on how to address some important problems related to these contexts. Although much basic research in virology and immunology can be accomplished within the biomedical domain, biobehavioral disciplines such as behavioral medicine offer more opportunities for the comprehensive approach necessary to confront the AIDS/HIV problem. The editors of this groundbreaking volume suggest that the very nature of this constantly evolving problem encourages an approach to research and intervention/prevention efforts that emphasizes flexibility of response to changing knowledge, patterns of the pandemic, new treatments, and shifts in public opinion and behavior. A major triumph in dealing with this phenomenon would include a bridging of the gap between research and applied efforts, which has been the largest obstacle for progress to date. In this book, such previously uncharted territory is explored, opening a host of new possibilities for dealing with the very real threat of AIDS.

Real Leaders Negotiate!

Developing Intelligent Agent Systems

Digital Desires

Remarks on 21 Works

Feng Shui Guide for Daily Life

p-i-i-a-te-s Instructor Manual Foam Roller - Levels 1 - 5

In this volume, a distinguished set of international scholars examine the nature of collaboration between life partners in the sciences, with particular attention to the ways in which personal and professional dynamics can foster or inhibit scientific practice. Breaking from traditional gender analyses which focus on divisions of labor and the assignment of credit, the studies scrutinize collaboration as a variable process between partners living in the nineteenth and twentieth centuries who were married and divorced, heterosexual and homosexual, aristocratic and working-class and politically right and left. The contributors analyze cases shaped by their particular geographical locations, ranging from retreat settings like the English countryside and Woods Hole, Massachusetts, to university laboratories and urban centers in Berlin, Stockholm, Geneva and London. The volume demonstrates how the terms and meanings of collaboration, variably shaped by disciplinary imperatives, cultural mores, and the agency of the collaborators themselves, illuminate critical intellectual and institutional developments in the modern sciences.

Quantum Leadership: Transdisciplinary leadership in complex systems
Quantum Leadership: Building Better Partnerships for Sustainable Health, Fourth Edition skillfully prepares graduate students to thrive in a world of healthcare reform, complexity, and essential caring service. The Fourth Edition focuses on the current concepts of leadership, data, and research related to the complexities of leadership. The text also emphasizes the importance of principle-driven approaches and minimizes specific procedure-based solutions. This text is a seminal work around the complexity leadership as it applies to healthcare. There are very few other references that have the clarity, depth, and detail essential to enumerate this topic in healthcare organizations. It is especially valuable for graduate programs and DNP programs as it provides a foundation for contemporary leadership and emphasizes the characteristics necessary to lead complex organizations. The Fourth Edition features an additional chapter on the complexity of leadership in health care reform in an effort to incorporate the newest requirements of the Patient Protection Affordable Care Act in a manner that is relevant to leadership development and capacity. Case studies found within each chapter help reinforce translational work while new application exercises found in the "The Quantum Workbook" are an excellent supplement for learning. Additional updates to the text include: chapter podcasts, additional translational and learning material related to chapter case studies. Lastly, all references have been revised and updated to reflect the most current evidence around learning leadership.

Build your own intelligent agent system... Intelligent agent technology is a tool of modern computer science that can be used to engineer complex computer programmes that behave rationally in dynamic and changing environments. Applications range from small programmes that intelligently search the Web buying and selling goods via electronic commerce, to autonomous space probes. This powerful technology is not widely used, however, as developing intelligent agent software requires high levels of training and skill. The authors of this book have developed and tested a methodology and tools for developing intelligent agent systems. With this methodology (Prometheus) developers can start agent-oriented designs and implementations easily from scratch saving valuable time and resources. Developing Intelligent Agent Systems not only answers the questions “what are agents?” and “why are they useful?” but also the crucial question: “how do I design and build intelligent agent systems?” The book covers everything a practitioner needs to know to begin to effectively use this technology - including an introduction to the notion of agents, a description of the concepts involved, and a software engineering methodology. Read on for: a practical step-by-step introduction to designing and building intelligent agent systems. a full life-cycle methodology for developing intelligent agent systems covering specification, analysis, design and implementation of agents. PDT: Prometheus Design Tool – software support for the Prometheus design process. the example of an electronic bookstore to illustrate the design process throughout the book. Electronic resources including the Prometheus Design Tool (PDT), can be found at: http://www.cs.rmit.edu.au/agents/prometheus This book is aimed at industrial software developers, software engineers and at advanced undergraduate students. It assumes knowledge of basic software engineering but does not require knowledge of Artificial Intelligence or of mathematics. Familiarity with Java will help in reading the examples in chapter 10.

This book provides practical strategies for teaching conflict resolution skills that help prevent bullying and violence for a safe and peaceful school environment.

Oxford Guide to Metaphors in CBT

Practical Aromatherapy

EnCase Certified Examiner Study Guide

Reading Women

Q Reads Series 3 Teacher's Guide

Sechzehn Vorlesungen Vor Studierenden Aller Facultäten Im Wintersemester 1899/1900 an Der Universität Berlin Gehalten - Pr

This comprehensive volume looks at a range of topics covering the habits of a variety of animals, including how macaques teach their offspring, how rats transmit avoidance behavior, how supplementary feeding of tree frogs affects their breeding behavior, and more. Studies in animal behavior can have far-reaching implications for animals and humans alike—suggesting how humans can improve conservation efforts, how we can better protect animals both in the wild and in captivity, and what can be learned about humans from animals.

Winner of the 2010 William C. Morris Award! Fifteen-year-old Blake has a girlfriend and a friend who ’s a girl. One of them loves him; the other one needs him. When he snapped a picture of a street person for his photography homework, Blake never dreamed that the woman in the photo was his friend Marissa ’s long-lost meth addicted mom. Blake ’s participation in the ensuing drama opens up a world of trouble, both for him and for Marissa. He spends the next few months trying to reconcile the conflicting roles of Boyfriend and Friend. His experiences range from the comic (surviving his dad ’s birth control talk) to the tragic (a harrowing after-hours visit to the morgue). In a tangle of life and death, love and loyalty, Blake will emerge with a more sharply defined snapshot of himself.

This book brings together a wealth of ideas about strategic and tactical solutions to everyday situations experienced when transferring, extracting, processing and reporting data. Most of the solutions can be achieved using the SAS components you already license, so you won’t need to throw money at the problems.

This package contains the following products: 9780781797054 Allen Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations, 2e 9781608319107 Werner A Massage Therapist’s Guide to Pathology, 5e

Rethinking Civilizational Analysis

Gaining, Using, and Keeping the Power to Lead Through Negotiation

EnCase Computer Forensics -- The Official EnCE

Teaching Abby

An Evolutionary Approach

Quantum Leadership:Building Better Partnerships for Sustainable Health

Negotiating the NonnegotiableHow to Resolve Your Most Emotionally Charged ConflictsPenguin

An indispensable guide for anyone who runs or participates in a book group, this title provides the structure and fun facts needed to examine the genre of women's fiction. * Each entry provides an author biography, a book summary, bibliographic material, discussion questions, and read-alike information for each book * Includes discussion questions not found elsewhere

Although the concept of 'civilization' has deep roots in the social sciences, there is an urgent need to re-think it for contemporary times. Rethinking Civilizational Analysis points to an exhaustion in using 'the nation state' and 'world system' as the basic macro-units of social analysis because they do not get to grips with the 'soft power' variable of cultural factors involved in global aspects of development.

This latest edition has been fully updated to accommodate the needs of users of SPSS Releases 17, 18 and 19 while still being applicable to users of SPSS Releases 15 and 16. As with previous editions, Alan Bryman and Duncan Cramer continue to offer a comprehensive and user-friendly introduction to the widely used IBM SPSS Statistics. The simple, non-technical approach to quantitative data analysis enables the reader to quickly become familiar with SPSS and with the tests available to them. No previous experience of statistics or computing is required as this book provides a step-by-step guide to statistical techniques, including: Non-parametric tests Correlation Simple and multiple regression Analysis of variance and covariance Factor analysis. This book comes equipped with a comprehensive range of exercises for further practice, and it covers key issues such as sampling, statistical inference, conceptualization and measurement and selection of appropriate tests. The authors have also included a helpful glossary of key terms. The data sets used in Quantitative Data Analysis with IBM SPSS 17, 18 and 19 are available online at http://www.routledgetextbooks.com/textbooks/_author/bryman-9780415579193/; in addition, a set of multiple-choice questions and a chapter-by-chapter PowerPoint lecture course are available free of charge to lecturers who adopt the book.

Safe and Peaceful Schools

Quantitative Data Analysis with IBM SPSS 17, 18 & 19

Disturbance, Life History, and Regeneration

Power User's Guide to SAS Programming

A Practical Guide

Advanced Open Water Diver Manual

Rafael Moneo is a courageous architect, one who for decades has defined his own style of architecture. With a sensitivity to materials and context unmatched by any living architect, Moneo has created a series of important works, including the Audrey Jones Beck Building at the Museum of Fine Arts in Houston, Our Lady of the Angels Cathedral in Los Angeles, and, perhaps most notably, the extension to the Prado Museum in Madrid. A teacher and critic, Moneo now turns his analytical eye to his own work.

Twenty-one carefully selected projects are presented in detail, from the initial idea and through construction to the completed work and illustrated by a spectacular suite of new color images by architectural photographer Michael Moran. These are combined with Moneo’s own drawings as well as informal documentary material from the design of each of the projects.

This book examines the central role of negotiation in gaining, exercising, and retaining leadership within organizations, large and small, public and private. Its aim is to instruct readers on the way to use negotiation to lead effectively. For far too long conventional wisdom has proposed that strong leaders refuse to negotiate, viewing negotiation as a sign of weakness. Leading people requires charisma, vision, and a commanding presence, not the tricks for making deals. For many executives, negotiation is a tool to use outside the organization to deal with customers, suppliers, and creditors. Inside the organization, it’s strictly “my way or the highway.” Salacuse explains that leaders can increase their effectiveness by using negotiation in each of the three phases of the leadership lifecycle: 1) leadership attainment, 2) leadership action; and 3) leadership preservation and loss. Drawing on experience in wide variety of settings, including the author’s own leadership positions, the book will examine high profile leadership cases such as the rise and fall of Carly Fiorina at Hewlett-Packard, the skillful negotiations by Warren Buffet to save Salomon Brothers from extinction, and the successful efforts by the partners at Goldman Sachs to negotiate a new vision and direction for that financial giant. Leaders and managers should pick up this book to learn how effective negotiation is essential to both gaining and exercising leadership and to overcoming threats to a leader’s position.

“One of the most important books of our modern era” –Amb. Jaime de Bourbon For anyone struggling with conflict, this book can transform you. Negotiating the Nonnegotiable takes you on a journey into the heart and soul of conflict, providing unique insight into the emotional undercurrents that too often sweep us out to sea. With vivid stories of his closed-door sessions with warring political groups, disputing businesspeople, and families in crisis, Daniel Shapiro presents a universally applicable method to successfully navigate conflict. A deep, provocative book to reflect on and wrestle with, this book can change your life. Be warned: This book is not a quick fix. Real change takes work. You will learn how to master five emotional dynamics that can sabotage conflict outside your awareness: 1. Vertigo: How can you avoid getting emotionally consumed in conflict? 2. Repetition compulsion: How can you stop repeating the same conflicts again and again? 3. Taboos: How can you discuss sensitive issues at the heart of the conflict? 4. Assault on the sacred: What should you do if your values feel threatened? 5. Identity politics: What can you do if others use politics against you? In our era of discontent, this is just the book we need to resolve conflict in our own lives and in the world around us.

Internationally renowned Feng Shui Master Peter So champions the re-interpretation of ancient wisdom with modern applications, earning much recognition among clients. In this book, he handpicked the most popular topics in Feng Shui, Five Elements, animal signs, face and palm reading, naming tips, numerology and even face reading for pets, including: - number of doors, windows, floor number and number of light bulbs in a lamp - compatible trades, lucky accessories and colours according to Five Elements - love luck months for each animal signs; ways to boost love luck - reading the luck of your pets and naming tips Apart from highlighting the Feng Shui rules relevant to the urban landscape and practical housing conditions, the writer also corrects some common Feng Shui myths and misconceptions that have been passed down for generations: - must a couch lean against a wall? - mustn't a toilet bowl face the washroom door? - is an open kitchen bad for marriage? - Feng Shui remedy for construction conflicts caused by exterior wall maintenance This book fuses century-old theories with practical daily examples seamlessly, truly an indispensable reference on fortune telling. Read it through to find out ways to apply the theories flexibly to various situations, in the true spirit of Feng Shui.

Language, Identity and New Technologies

Pharmacology of Bombax ceiba Linn.

Rafael Moneo

Animal Behavior

Addressing Conflict and Eliminating Violence

Pocket Guide to Echocardiography

This work is the first monograph devoted solely to Bombax ceiba, popularly known as the Red Silk Cotton Tree. Consisting of seven chapters, it covers all relevant aspects of this plant, from its historical and spiritual importance, to its botanical characterization, pharmacognostical details and ethnobiological uses, to its scientific validation in various animal and human studies. Each part of the tree is of medicinal value and possesses many novel chemical constituents such as shamimicin, bombasin, bombamalone, bombamalosome etc. along with other bioactive secondary metabolites. The book presents the chemical structures of the most important constituents and highlights various pharmacological activities, predominantly antioxidant, anti-inflammatory, anti-mutagenic, hypoglycemic, hypotensive, hepatoprotective and fibrinolytic, which may prove to be a source for the development of a novel phyto-pharmaceutical agent to treat diabetes, heart disease and cancer. In addition, separate chapters deal with the commercial and ecological significance of B. ceiba, as well as a case study on its conservation. Numerous color illustrations

are included to identify the plant and to justify its nickname, the “Little Bird’s Cafeteria”.

The design, development, analysis, and evaluation of new aircraft technologies such as fly by wire, unmanned aerial vehicles, and micro air vehicles, necessitate a better understanding of flight mechanics on the part of the aircraft-systems analyst. A text that provides unified coverage of aircraft flight mechanics and systems concept will go a lon

It took all of thirty seconds for two shots to bring the world of Margaret Tabaaha crashing down around her. After losing her husband in Afghanistan during the first year of Operation Enduring Freedom, her two sons were all she had left. Now they had been taken from her violently, deliberately, plunging her into a whiskey bottle and stripping away her reason for living. When Arthur Nakai receives a call from his first love, Margaret, her voice pleading for his help, it comes as he is attending a wake for one of the men he considered a brother from his days in the Marines 6th LAR Wolf Pack Battalion. Feeling a deep and responsible obligation to help her, Arthur soon finds himself involved in the multi-billion-dollar world of the oil and gas industry and coming face-to-face with an old adversary, Elias Dayton. Their paths had crossed when Arthur was a member of the Shadow Wolves, an elite tactical unit within US Customs and Border Protection. Now Dayton runs Patriot Security, a Blackwater-type firm that keeps the oil rigs, gas wells, and man camps secure from the Water Protectors, protesters pushing to stop the fracking and poisoning of Native lands. As Arthur works through the case from his end, Navajo police chief Jake Bilagody tackles it from another angle, looking into the strained relationship between the oil company and the Navajo people, all while searching for a missing Navajo man that may have become an unwilling piece on the reservation checkerboard. But when Arthur learns the identity of the boys’ killer, he struggles to make sense of it. Because if the clues are right, he will be forced to make a decision that will haunt him for the rest of his life.

This volume consists of 85 chapters that highlight recent advances in our knowledge of the viruses that infect plants and fungi. It begins with general topics in plant virology including movement of viruses in plants, the transmission of plant viruses by vectors, and the development of virus-resistant transgenic plants. The second section presents an overview of the properties of a selection of 20 well-studied plant viruses, 23 plant virus genera and a few larger groups of plant viruses. The third section, which is abundantly illustrated, highlights the most economically important virus diseases of cereals, legumes, vegetable crops, fruit trees and ornamentals. The last section describes the major groups of viruses that infect fungi. The most comprehensive single-volume source providing an overview of virology issues related to plant and fungi Bridges the gap between basic undergraduate texts and specialized reviews Concise and general overviews of important topics within the field will help in preparation of lectures, writing reports, or drafting grant applications

10 Game-changing Strategies to Achieve Success and Find Greatness

Every Time a Bell Rings

Etiology, Prevention and Treatment

Psychosocial Perspectives on Aids

Estimator’s Electrical Man-Hour Manual

Desk Encyclopedia of Plant and Fungal Virology

Just 32-pages each- eBooks for struggling readers power-packed with reading employment. Here are 40 exciting hi-lo books with various themes guaranteed to keep your students turning the pages until the very end! A 48-page Teacher’s Resource Guide for each series of ten books includes answer keys, reproducible activities, which include enrichment, pre-reading, extension, and reading strategy exercises. The guide is digital and only available on CD-ROM; simply print the activities you need for each lesson.

This manual’s latest edition continues to be the best source available for making accurate, reliable man-hour estimates for electrical installation. This new edition is revised and expanded to include installation of electrical instrumentation, which is used in monitoring various process systems.

This text introduces students to both primary sources and analytical essays on important topics in U.S. history. The book asks students to evaluate primary surces, test the interpretations and draw their own conclusions.

This is a reproduction of a book published before 1923. This book may have occasional imperfections such as missing or blurred pages, poor pictures, errant marks, etc. that were either part of the original artifact, or were introduced by the scanning process. We believe this work is culturally important, and despite the imperfections, have elected to bring it back into print as part of our continuing commitment to the preservation of printed works worldwide. We appreciate your understanding of the imperfections in the preservation process, and hope you enjoy this valuable book.

Building Cognitive Bridges

How to Use Essential Oils to Restore Vitality

A Book Club Guide for Women’s Fiction

Major Problems in American History Since 1945

Flight Mechanics Modeling and Analysis

There is an unseen world most people can’t begin to imagine... .. Where the most ordinary things can turn against you. The village of Templeton was evacuated during World War 2. Now even the ghosts are leaving - because something terrible stayed behind. Ben and his new friends at the School of Night must find out what's going on. But they are soon trapped in the village, where even the trees and plants turn against them. Could you survive against all the odds? Could you solve the ancient mystery and free the village from a curse that threatens the whole world? If you could, then maybe you have what it takes to join The School of Night

This book explores the ways in which new technologies and scientific discourses are having a radical impact on today’s debates and issues of gender. The writers and creative artists contributing cover a wide terrain, including Cyberfeminism and artificial life, the body’s role in today’s technoculture, the gender politics of e-commerce technology, the Cyberflaneuse, and the creation of "digital communities." Together they are mapping out how notions of self and its boundaries are now being questioned and changed.

Once upon a time, he was everything to her, except for one thing: her future Christmas sparkles from every bough and window at the cozy Four Winds Ski Resort, where single mother Eden Kendall and her eight-year-old son are spending the holiday. A surprise marriage proposal from her boss’s son wasn’t on her Christmas list, but it’s the perfect excuse to get away and weigh her options. She never imagined her son’s ski instructor/Santa impersonator would be the gorgeous, charismatic dreamer she left behind years ago, the one who still owns a piece of her heart. Cole Hagan has never stopped loving Eden and he’s spent the last eight years proving her wrong on every count about his potential. While he fights to save the resort that he helped to build by organizing a holiday concert, he decides it’s about time that Eden puts aside her list-making pragmatism so that she and her skeptical son can experience the true magic of Christmas. Can a not-so-perfect angel help this unlikely pair get a second chance at happily ever after?

Samantha Davis was only looking for a job, but she ended up finding much more. The moment she stepped into the lobby at ASC she knew she belonged there, and the moment Preston Jacobs stepped into her life she knew she'd never be the same. His massive frame towers over her. His presence is intimidating, and he is the sexiest man she's ever seen. He exudes power, and Samantha can't explain the raw animalistic attraction she feels. Sam is determined to push thoughts of the boss out of her mind, but the connection is too powerful.Preston Jacobs is a hard-headed wolf shifter, and as CEO of ASC and leader of his pack, he hasn't had time to worry about people's feelings. Everything changed when he met Samantha. He knew she was his mate the moment he laid eyes on her in the elevator of his building. His thoughts become consumed with taking his mate and marking her, and he's going to pull out all the stops to make her trust him and show her that she is his forever.When members of the pack become rebellious and trouble arises Preston must face a new challenge. Can he convince Samantha to accept her fate as his mate and help him lead the pack? Or will uncertain danger cause her to run away with her tail tucked between her legs?

Negotiating the Nonnegotiable

Reflections on the Nude

Documents and Essays

Practical Financial Management

Flash Burnout

Alpha Boss

Tavistock Press was established as a co-operative venture between the Tavistock Institute and Routledge & Kegan Paul (RKP) in the 1950s to produce a series of major contributions across the social sciences. This volume is part of a 2001 reissue of a selection of those important works which have since gone out of print, or are difficult to locate. Published by Routledge, 112 volumes in total are being brought together under the name The International Behavioural and Social Sciences Library: Classics from the Tavistock Press. Reproduced here in facsimile, this volume was originally published in 1967 and is available individually. The collection is also available in a number of themed mini-sets of between 5 and 13 volumes, or as a complete collection.

p-i-l-a-t-e-s Foam Roller Instructor Manual - 39 Exercises over 5 Levels this manual offers a complete guide to performing exercises on the Foam Roller! A fantastic versatile piece of equipment necessary for any Pilates Studio or Fitness Professional. This manual offers a step by step guide to progressing clients with this apparatus. It is an excellent resource for Pilates Instructors and Personal Trainers.

A Guide for Social Scientists

For Better or For Worse? Collaborative Couples in the Sciences

Allen 2e Text Plus Werner 5e Text Package

Ecology of Riparian Forests in Japan