

## **Social Security Field Guide 2014**

*Physical Security and Safety A Field Guide for the Practitioner* CRC Press

*Whether you are a university professor, researcher at a think tank, graduate student, or analyst at a private firm, chances are that at some point you have presented your work in front of an audience. Most of us approach this task by converting a written document into slides, but the result is often a text-heavy presentation saddled with bullet points, stock images, and graphs too complex for an audience to decipher—much less understand. Presenting is fundamentally different from writing, and with only a little more time, a little more effort, and a little more planning, you can communicate your work with force and clarity. Designed for presenters of scholarly or data-intensive content, *Better Presentations* details essential strategies for developing clear, sophisticated, and visually captivating presentations. Following three core principles—visualize, unify, and focus—*Better Presentations* describes how to visualize data effectively, find and use images appropriately, choose sensible fonts*

*and colors, edit text for powerful delivery, and restructure a written argument for maximum engagement and persuasion. With a range of clear examples for what to do (and what not to do), the practical package offered in Better Presentations shares the best techniques to display work and the best tactics for winning over audiences. It pushes presenters past the frustration and intimidation of the process to more effective, memorable, and persuasive presentations.*

*Word of Mouth? Engagement? Author Brand? Today's successful author needs a strong online presence, but how do you choose which social media platforms work best for your books while building your readership? Marketing professor Tyra Burton and international bestselling author Jana Oliver tackle tough Social Media questions with real-world examples and insights to help you build your brand and expand your fanbase. \* Using Social Media to Increase Sales \* Establishing an Author Brand \* Utilizing Analytical Tools to Reach Your Readers \* Creating Shareable & Engaging Content \* Word of Mouth & Influencers \* Copyright & Trademark Basics \* Getting the most from Google+, Facebook, Twitter & Tumblr \* Building Brand with Pinterest, Goodreads & Amazon*

*This is the most comprehensive and up to date book about sergers available covering all skill levels from basic to expert. Although advanced topics are covered the book is easy to navigate and understand. Many people find threading a serger to be difficult, so an entire chapter is dedicated to threading and basic use. The book goes on to cover advanced topics such as troubleshooting, adjustment, maintenance & repair. Covered in-depth are adjusting tension, stitches, decorative stitches, needles, feet, thread and more. From home sergers to industrial overlock machines and coverstitch machines many of the latest machines are featured with insights on features, capabilities and best use for each model or class of machine. Buying a serger can be frustrating and time consuming because of the overwhelming number of features and types of machines that are available. The buying recommendations will help you cut through the confusion and figure out what features you really need. Most people have a love/hate relationship with their serger. Everything is great when the machine is working good but most people hate them when frustrating problems arise. This book will empower you to eliminate the hate part of the relationship and put you in control of the machine.*

*In depth sections on adjusting tension and troubleshooting will help you handle most problems (and know which problems not to tackle). Above all sergers are creative tools. If you know and understand the tools you can use them efficiently and effectively. For sewing machines check out our top selling companion book "The Sewing Machine Master Guide" and for sewing machine basics "The Sewing Machine Quick Guide." The Serger and Overlock Master Guide was written as both an eBook and print book using optimized reflowable formatting for a perfect presentation on small or large devices. Everything from a basic eBook reader or Kindle to a large screen PC or Mac is supported. Why the low price? Electronic publishing and print-on-demand is used with distribution to more than 80 countries worldwide. The pricing reflects this new technology and distribution model.*

*Socially Engaged*

*A Field Guide for the Practitioner*

*A Guide to the Best Birding Sites Across the State*

*A Field Guide to Identifying Dubious Data*

*Red Book on Work Incentives*

*A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America*

*Your Guide to Becoming a Highly Paid Social Media Manager*

A visual lexicon of colorful slang terms coined by real estate developers and designers offers insight into land-use practices and the physical elements of American sprawl, in a volume that features color aerial photographs and an analysis of the impact of excessive development.

This title was first published in 2002: This field guide assesses two views of human error - the old view, in which human error becomes the cause of an incident or accident, or the new view, in which human error is merely a symptom of deeper trouble within the system. The two parts of this guide concentrate on each view, leading towards an appreciation of the new view, in which human error is the starting point of an investigation, rather than its conclusion. The second part of this guide focuses on the circumstances which unfold around people, which causes their assessments and actions to change accordingly. It shows how to "reverse engineer" human error, which, like any other component, needs to be put back together in a mishap investigation. Smart Social Media is the definitive hands-on guide on how to claim your share of the current social media marketing boom and how to build

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a lucrative business part-time by providing social media marketing services to businesses and entrepreneurs both locally and worldwide. This guide collects valuable lessons from current Social Media Managers and highlights key marketing strategies related to Facebook, video marketing, and YouTube. In Smart Social Media, you will discover: Why there is such a high demand for Social Media Managers and so many opportunities for the services they offer How you can start TODAY, even if you have no prior experience Expert advice on how to close a sale with your clients, charge top dollar, and increase your fees Expert advice on how to avoid common pitfalls when starting out as a Social Media Manager Why being a Social Media Manager can provide for a great lifestyle How to deliver effective and powerful Facebook, video marketing, and YouTube campaigns to grow your clients' businesses How to grow your own business through outsourcing and delegation Other online marketing services you can offer to your clients And much, much more... This is a step-by-step guide that shares strategies and techniques you can implement immediately to build a successful social media marketing business for small businesses while living anywhere you want and servicing clients all around the world.

Dating Backwards is a fresh look at some old concepts along with some common sense ideas about dating. It is a path to discover the

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extraordinary person you are and who will best be your extraordinary partner in life. This book will help you identify the different types of love, introduce you to the concept of the Four Cornerstones of Relationships and show many of the mistakes people continually make as they search for and enter into relationships. The principles in this book are designed to help singles from 18 to 80 and beyond. The journey begins with determining what type of relationship you want and then you will be guided in developing your "Must Haves" list. This list is the discovery of characteristics which results in the best relationship for you. We help you uncover the "Deal Breakers" which guides you away from repeating the same mistakes over and over. You will learn to identify your personal Red Flags that are warnings signs which provide you protection and guidance in choosing a potential mate. You will find guidance to help you to determine and discover what qualities you have to offer to a potential mate and uncover any qualities you possess that may be "Deal Breakers" to others. We all carry baggage in life and into a relationship. What is packed in your bag? Do you bring family issues? Do you bring issues from past relationships? Common questions answered are: How soon should you date after a divorce? What about dating after the death of a spouse? Do you have children and what is the impact of dating on them? How do you prepare your family for you entering back into dating? Then there are

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the extended families. How do you and your potential mate get along with each other's extended family? What about exes and their extended families. How will all of these potential relationships affect your relationship with your soul mate? These questions are covered and more. Extraordinary communication is extremely important in a relationship. This book will help you with a basic understanding of verbal and non verbal communication. Open communications on topics that can be difficult to discuss are addressed. Topics like; How do you handle money? Physical intimacy, food, music, household chores, hobbies, spare time are just a few of the topics that require excellent communication. Finally, we discuss dating, where to look, and how to present or market yourself to find a potential mate. We also review Respect, One Sided Romance, Physical Intimacy and Loneliness among other situations that can occur while on your journey to seek your soul mate. This book is the culmination of many years of education (both formal and informal), observation, personal experience and prayer. God has blessed Rick and Penny by bringing them together to create this work. There is also some other very good information available and some of it we even recommend as additional resources to our readers. The key is to find what works for you. Hopefully you will gain some practical information that will help turn your unsuccessful dating and decision making habits into an extraordinary relationship.

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Our society has neglected, ignored and drifted away from the use of this practical information for more than 50 years. It is our grandest hope that this book will help at least some of our readers make better dating (and life) decisions and start Dating Backward.

Reclaiming Our Health

A Guide to African American Wellness

Field Guide for Research in Community Settings

Tools, Methods, Challenges and Strategies

Dating Backward:

Process to Product

Biology and Field Guide

***Stories From The Streets is a compilation of stories about the street children served by Street Girls Aid in Accra, Ghana. The powerful and inspirational success stories showcase what it is like to live in the heart of West Africa and how the individual's resilience to survive combined with the support of Street Girls Aid helped transform their confidence, dreams and their future. This book is a passionate celebration of Street Girls Aid, Ghana, whose mission is "serving street children - impacting generations." It is also a unique tribute to the success of the many children, girls and young women whose stories are presented. The twenty inspiring stories***

***shared, represent the many thousands of children who have gone through the Street Girls Aid's programs, and represent the twenty years that Street Girls Aid has consistently served children on the street. Stories From The Streets brings together a careful selection of relevant information, lessons learned and for organizations already working in the field of vulnerable children, or those yet to do so, a guide for their project implementation. This book has intentionally moved away from dwelling on the many challenges facing the street children and rather, concentrates on the successes. After reading this book, readers will have gained a broader perspective of issues and the realities of street children. A portion of the proceeds from the sale of this book will create an on-going source of income to support the next 20 years of Street Girls Aid mission, "Serving Street Children - Impacting Generations."***

***In this companion to his best-selling book, Singleton presents first-person vignettes and a detailed case study showing educators how to usher in courageous conversations to ignite systemic transformation.***

***Excerpt from Expeditionary Culture Field Guide: Turkey: This guide is designed to prepare you to deploy to culturally complex environments and achieve mission objectives. The fundamental information contained within***

***will help you understand the cultural dimension of your assigned location and gain skills necessary for success. Related items: Turkey's New Regional Security Role: Implications for the United States can be found here: <https://bookstore.gpo.gov/products/sku/008-000-01120-6> Foreign Relations of the United States, 1964-1968, V. 16, Cyprus, Greece, and Turkey can be found here:***

***<https://bookstore.gpo.gov/products/sku/044-000-02402-1> Foreign Relations of the United States, 1977-1980, V. XXI, Cyprus, Turkey, Greece can be found here: <https://bookstore.gpo.gov/products/sku/044-000-02663-5> The East Mediterranean Triangle at Crossroads can be found here:***

***<https://bookstore.gpo.gov/products/sku/008-000-01185-1>***

***Unstoppable! The Core Shots of Pool offers cutting-edge techniques to help you integrate powerful offensive and defensive shots into your game. The book's revolutionary RESPONSE TO INTERVENTION strategies allow you to improve your game significantly by focusing specifically on the shots you struggle with the most. The book is engaging and was designed for players of all skill levels. Beeler teaches you to recognize that every position shot has a specific purpose.***

***Unstoppable! the Core Shots of Pool***

**Bohr's Social Security Issues Annotated**

**Birding Oregon**

**Choose Happiness**

**Smart Social Media**

**Methods in Modeling Income in the Near Term (MINT I)**

**Art Savvy**

*Choose Happiness!* is a treatise on Practical Perspectivism, a way of seeing the world, and a practice of living in it, elaborated by Jeffrey Zahn, MD., a recognized happy person, practicing anesthesiologist, family guy, and all around connoisseur of the simpler things in life. Easy to understand and put into effect, *Choose Happiness!* describes the Ten Precepts of Practical Perspectivism and explains how to put them to use in your everyday life as a means to eke more happiness out of each day.

This insightful book offers practical advice to fieldworkers in social research, enabling robust and judicious applications of research methods and techniques in data collection. It also outlines data collection challenges that are commonly faced when working in the field.

If you are looking for a POLITICALLY CORRECT retirement book, you better keep looking ... because this book is not for you! If on the

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other hand, you want the real deal, a *POLITICALLY INCORRECT* and a *NO BS* approach to your retirement funding ... then you found the right book! If you believe taxes will be going up and you're worried about your safety net of Social Security and Medicare becoming just a distant memory ... you must read this book now! *IN THIS BOOK YOU WILL LEARN: The dirty little secret about IRA's, 401(k)'s and other So Called savings plans. How to beat Wall Street and NEVER outlive your retirement money. How to become your own banker ... and virtually eliminate interest you pay to your bank and Credit Card Company. A unique retirement strategy that gives you:*

- o The potential to achieve a large annual cash accumulations, while both your principal AND your gains are never at risk.
- o Penalty-free, tax-free access to your money.
- o Tax-free long term care type benefits.
- o Tax-free death benefit.

Remember, it's your money, you only get one chance to get it right ... there are no do over's or second chances!

The *HCD Toolkit* was designed specifically for NGOs and social enterprises that work with impoverished communities in Africa, Asia, and Latin America.

*The Practical Reference Guide*

*Advances in Materials Processing and Manufacturing Applications*

*Unscrewed*

*Your Private Eye, Understanding Public Art in 5 Easy Pieces*

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*A Parent's Guide to Practical Problem Solving*  
*Social Security Disability Insurance and Supplemental Security Income Programs*  
*Physical Security and Safety*

Social capital is a principal concept across the social sciences and has readily entered into mainstream discourse. In short, it is popular. However, this popularity has taken its toll. Social capital suffers from a lack of consensus because of the varied ways it is measured, defined, and deployed by different researchers. It has been put to work in ways that stretch and confuse its conceptual value, blurring the lines between networks, trust, civic engagement, and any type of collaborative action. This concise volume presents the diverse theoretical approaches of scholars from Marx, Coleman, and Bourdieu to Putnam, Fukuyama, and Lin, carefully analyzing their commonalities and differences. Joonmo Son categorizes this wealth of work according to whether its focus is on the necessary preconditions for social capital, its structural basis, or its production. He distinguishes between individual and collective social capital (from shared resources of a personal network to pooled resources of a whole society), and interrogates the practical impact social capital has had in various policy areas (from health to economic development). Social Capital will be of immense value to readers across the social sciences and practitioners in relevant fields seeking to understand this mercurial concept.

Guitar Scales in Context  
Guitar Scales in Context goes further than every other scale dictionary available: it provides you with backing tracks and licks for every one of the essential 18 scale modes that it covers. With over 50 backing tracks included, each scale is analysed, discussed, and demonstrated in the five most commonly used patterns. Each scale shape is given with a corresponding chord and arpeggio pattern to help you build and memorise the scale, both physically and aurally. Each

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has an extensive information page giving examples of its use and a description of its unique o  
Finally, so you can experience how each scale sounds and feels, three live-recorded example li  
given so you can instantly put the scales into musical context. Guitar Scales in Context is ess  
reading and practical application for anyone wanting to develop their fretboard skills, music th  
aural awareness. Scales Covered Include: The Major Scale The Dorian Mode The Phrygian Mode  
Lydian Mode The Mixolydian Mode The Aeolian Mode The Locrian Mode The Minor Pentatonic  
Scale The Major Pentatonic (Blues) Scale The Melodic Minor Mode The Lydian Dominant Mode  
Altered Scale The Harmonic Minor Scale The Phrygian Dominant Mode The Mixolydian Bebop S  
The Dorian Bebop Scale The Half Whole Diminished Scale The Whole Tone Scale Scroll up to bu  
Guitar Scales in Context now.

Process to Product is written by industry professional Brian Herskowitz, an award winning w  
producer, director with twenty-five years of teaching experience. The book guides the studen  
through the process of screenwriting, simply and clearly, from the development of an idea thr  
finished, polished script. Easy to understand with in-depth examples and helpful exercises, thi  
puts the reader on the path to the best screenplay they can create.

This edition updates benchmarks, includes a new chapter on rhetoric, updated a few examples  
thoroughly updated the bibliography.

A Practical Guide to Dating and Finding Your Soul Mate

The Young Conservative's Field Guide

Proceedings of iCADMA 2020

The Author's Guide to Social Media

Inner Bridges

Hearing Before a Subcommittee of the Committee on Government Operations, House of Representatives, Ninety-ninth Congress, First Session, December 11, 1985

**Art Savvy is a systematic approach to understanding art. It gives you methods to assess a design and really see what the artist was doing. Unlike chaotic art writings, terms are clearly defined, categorized, organized and illustrated. It is designed to answer questions like: What things will allow me to understand art? What are the basic elements? What is concept art? Can you "read" a work of abstract art? Visual literacy is the ability to interpret, negotiate, and make meaning from information presented in art work. Art Savvy gives you this. Defining Terms: Often art terms are not clearly defined, are used interchangeably or get mixed up with other types of analysis. For a thorough exploration of all aspects of art, photos of great works are referenced with color keyed notations to illustrate the 5 easy pieces: 1. Design Elements- Visual grammar, line, shape, form, mass etc. - definitions & how to see them. 2. Organization Principles- How elements are arranged and how this effects the concept. 3. Style- Relation to other groups of work and formulas for design. 4. Technique- How methods and materials are used to impact the concept. 5. Concept- What this piece about. What major themes and elements were used. Assessment techniques in each section of Art Savvy will train your eye to always see these 5 aspects of any artwork. It is not**

attempting judgments of relevance, philosophy, spiritual meanings and other ethereal aspects that a work may convey. This text poses the question: "What is the basic concept here?" but sticks to pure analysis and leaves all judgment to you and the experts. This field guide is a mini textbook on design principles that will let you understand art!

**How-To Guide Written By Practicing Professionals Physical Security and Safety: A Field Guide for the Practitioner** introduces the basic principles of safety in the workplace, and effectively addresses the needs of the responsible security practitioner. This book provides essential knowledge on the procedures and processes needed for loss reduction, protection of organizational assets, and security and safety management. Presents Vital Information on Recognizing and Understanding Security Needs The book is divided into two parts. The first half of the text, Security and Safety Planning, explores the theory and concepts of security and covers: threat decomposition, identifying security threats and vulnerabilities, protection, and risk assessment. The second half, Infrastructure Protection, examines the overall physical protection program and covers: access and perimeter control, alarm systems, response force models, and practical considerations for protecting information technology (IT). Addresses general safety concerns and specific issues covered by Occupational

Safety and Health Administration (OSHA) and fire protection regulations Discusses security policies and procedures required for implementing a system and developing an attitude of effective physical security Acts as a handbook for security applications and as a reference of security considerations Physical Security and Safety: A Field Guide for the Practitioner offers relevant discourse on physical security in the workplace, and provides a guide for security, risk management, and safety professionals.

Continuing Care Retirement Communities. First published in 1984.

"Today there are about 275 continuing care retirement communities (CCRCs) in the United States where some 90,000 elderly people (average age about 80) live independently in their own apartments but have the opportunity for eating together, group recreation, and other activities that comes from being part of an organized community. Most important, in addition to having immediately available a variety of health and social services which they can call on according to their desires and needs, the residents have a virtual guarantee that they will be adequately taken care of no matter what happens to their health. The fear of someday being a burden on relatives or friends or of finding oneself helpless among uncaring strangers is effectively removed. It is this health care guarantee that principally distinguishes CCRCs from other retirement communities. CCRCs provide

insurance against the cost of long-term care, and supplement coverage of acute health care costs paid for largely by Medicare and private insurance. Their unique feature is that they provide this otherwise unobtainable full insurance in combination with independent living arrangements that the resident can enjoy as long as health permits. CCRCs are intended to be fully self-supporting, and therein lies the origin of this book. The study is the first detailed analysis of the actuarial, financial, and legal issues involved in keeping existing CCRCs financially sound and providing for the formation of new communities in ways that protect the rights of residents while assuring the perpetuation of the community. CCRCs provide essentially a new form of insurance, but until now this type of insurance has not been subjected to rigorous examination. It is fortunate that such an examination has begun, and it is to be hoped that this book will be followed quickly by other work in the field. The members of the Advisory Committee who worked closely with the research team believe that the CCRC field may be on the threshold of a major expansion, principally because for the first time large numbers of older Americans will be able to meet the cost. The financing method combines a sizable entrance fee (average \$35,000 single and \$39,000 couple at the time of the study) with a monthly payment which is adjusted from time to time for inflation and occasionally other factors (average

\$600 single and \$850 couple). About 70 percent of older people now own their homes, and in many cases they have enough equity in those homes to meet the required entrance fees. And inflation-proof Social Security plus some additional income from private pensions and investments can form a basis for meeting the monthly fee for many older people, although undoubtedly considerably less than a majority. It is true that many who can afford CCRCs will nevertheless prefer other retirement arrangements, but for a considerable number the full health insurance, including long-term care, combined with independent living in a community setting will make CCRCs attractive. On behalf of the other 12 members of the Advisory Committee, I wish to commend the research team—Howard E. Winklevoss, Ph.D., project director; Alwyn V. Powell, MAAA; David L. Cohen, Esq.; Ann Trueblood-Raper; and Amy R. Karash—for their efforts to address the comments and suggestions of the Advisory Committee throughout the past 18 months and for diligently pursuing the research which has produced this book. We also wish to thank Dr. Dan M. McGill, who served the study as consultant to the research team and as chairman of the Wharton School Insurance Department and the Pension Research Council. It is our hope that the book will be useful to public policymakers, to corporations and foundations with an interest in older people and their health, to the financial community, and to potential sponsors of CCRCs."

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A reference to the medicinal plants and herbs of Eastern and Central North American includes specific remedies for asthma, headaches, colds, stomachaches, depression, and many other common ailments.  
Social Security, Understanding the Benefits

Occupational Outlook Handbook

Parenting Without Guilt

A Guide for Scholars, Researchers, and Wonks

A Field Guide to Sprawl

An Empirical, Financial, and Legal Analysis

Better Presentations

*From sage steppe to mountain forest to the waters of the Pacific Ocean, Oregon's diverse habitats host an equally rich diversity of bird life. BIRDING OREGON guides you to more than 250 of the best birding sites, telling you where to go, when to go, and what you will see when you get there. Whether you are a casual bird watcher or a hard-core lister, this guide will help you make the most of your travels through Oregon. To be included in the book, all of the sites had to meet three criteria. 1. The site must be on public land, or on land accessible to the birding public. Trespassing is not OK, even for birders. 2. The site must be accessible in a normal passenger car. Nothing*

*spoils a birding trip faster than a punctured oil pan or a broken axle. 3. The site must provide consistently good birding, year after year. Good birds can show up anywhere on occasion. But if your time is limited, you want to visit sites that offer the best birding on a regular basis. In addition to the site guides, BIRDING OREGON includes a checklist of 543 species of birds and their seasonal abundance. The Resources section lists contact information for federal and state agencies, conservation and birding organizations, birding trails, and guide services. This book presents selected papers from the International Conference on Advances in Materials Processing and Manufacturing Applications (iCADMA 2020), held on November 5-6, 2020, at Malaviya National Institute of Technology, Jaipur, India. iCADMA 2020 proceedings is divided into four topical tracks - Advanced Materials, Materials Manufacturing and Processing, Engineering Optimization and Sustainable Development, and Tribology for Industrial Application.*

*"The Young Conservative's Field Guide" is a compilation of charts, figures and original research designed to provide conservatives in their 20s and 30s a foundation of knowledge to*

*debate and engage their peers. This book equips readers with accessible information similar to the way a field guide would; colorful, engaging, easily referenced and informative, yet brief: full-color pages in vibrant visual presentation. Concentrating on the major campaign promises and agenda points of President Obama, the book is will benefit readers because it provides easily digestible data and research that can quickly be absorbed and referenced.*

*Anton Blok combines anthropology and history in a comparative exploration of the links between honour and violence in widely different settings. He draws on material from two interrelated projects: micro-studies of the rural mafia in Sicily, and banditry in the Dutch republic, each set in its historical context. Blok discusses the social role of marginal people, such as those in 'infamous occupations' from chimney-sweeping to prostitution, arguing that the most despised members of society are often the most indispensable. He examines how nicknames reflect and reflect on cultural codes, and how the authority of female rulers throughout the centuries has relied on their singleness. The book also includes studies of the social*

*meanings of violence, including public executions, rural banditry, and the minor differences which underlie violent conflicts. Drawing on the work of thinkers from Georg Simmel to Norbert Elias, Anton Blok explores the complex interrelations between honour and violence in European societies. This highly original work will be of great interest to scholars and students of history, anthropology and sociology.*

*A Little Book of Western Verse*

*The Training of a Forester*

*Human Centered Design Toolkit*

*From Concept to Script: a Practical Guide for the Screenwriter*

*The Serger and Overlock Master Guide*

*Social Capital*

*The Field Guide to Human Error Investigations*

***“An interactive and empowering book” to help African American men and women create a new vision of better health and navigate the health care system (BET.com). According to the federal Office of Minority Health, African Americans “are affected by serious diseases and health conditions at far greater rates than other Americans.” In fact, African Americans suffer an estimated 85,000 excess deaths every year from diseases we know how to prevent: heart disease, stroke, cancer, high blood pressure,***

***and diabetes. In this important and accessible book, Dr. Michelle Gourdine provides African Americans with the knowledge and guidance they need to take charge of their wellbeing. Reclaiming Our Health begins with an overview of the primary health concerns facing African Americans and explains who is at greatest risk of illness. Expanding on her career and life experiences as an African American physician, Dr. Gourdine presents key insights into the ways African American culture shapes health choices—how beliefs, traditions, and values can influence eating choices, exercise habits, and even the decision to seek medical attention. She translates extensive research into practical information and presents readers with concrete steps for achieving a healthier lifestyle, as well as strategies for navigating the health-care system. This interactive guide with illustrations is a vital resource for every African American on how to live a healthier and more empowered life, and an indispensable handbook for health-care providers, policy makers, and others working to close the health gap among people of color. Says Gourdine, “I wrote this book to empower our community to solve our own health problems and save our own lives.”***

***There are times when what a youngster does or says is absolutely baffling to mom or dad. How can 15-year-old Sarah spend hours prepping her hair and not give one second to cleaning her room? Likewise, what's wrong with 10-year-old Mark who knows he shouldn't bully his little brother but***

***does so anyway? Certainly parents want answers, and no one is surprised when a parent falls back on interrogating a child or teen with repeated "Why?" or "What were you thinking?" questions. Unfortunately, searching for the reasons children behave as they do by asking the ubiquitous "Why?" is ultimately unsuccessful and, frankly, irrelevant. "I don't know," "Because," or "I wasn't thinking," is the usual child response, resulting in frustrated parents and youngsters who feel embarrassed, stupid or annoyed. Drs. Charles C. Larson and John B. Dockstader, each with more than thirty years of experience working with parents and youngsters, advise parents to step back from situations such as those described and offer, instead, techniques for evaluating and solving family problems without needing to know "Why?". The authors counsel parents how to determine if a problem exists, who owns the problem and who is best equipped to solve it. Numerous real-life examples are presented to illustrate the problem-solving process and solutions. In Parenting Without Guilt, parents learn not only to solve family problems, but also why the challenges parents and youngsters face today are more demanding than ever before. In addition, parents are guided through each stage of child development, from birth to young adulthood, with attention to typical problems any parent may anticipate. Resources that parents can use to help them resolve family discords are discussed, to include working with educators, clergy, pediatricians, private practitioners and others. With***

***compassion, humor and wisdom gained through practical experience, Drs. Larson and Dockstader offer information and advice that provides any parent with the skills to raise successful children without guilt, anxiety or distress.***

***With the possibility of a "Big Lebowski" sequel on the horizon, Dudeism continues to grow as the Number One religion based on a Jeff Bridges movie, we welcome the second in a series of books for children to answer the simple question "Do You Abide?" Little Finnegan is back, and this time he learns what it takes to ABIDE, and how easy it really is. For those looking for more answers on the subject of Dude or Dudeism, please visit the Church of the Latter-Day Dude at <http://dudeism.com/>***

***Do You Abide?***

***The Perspectivist's Handbook***

***Expeditionary Culture Field Guide: Turkey***

***Stat-Spotting***

***More Courageous Conversations About Race***

***Retirement Secrets Wall Street Prays You Never Learn***

***Continuing Care Retirement Communities***