

## The Bra Makers Manual

This book addresses challenges in the theoretically and empirically adequate assessment of competencies in educational settings. It presents the scientific projects of the priority program “Competence Models for Assessing Individual Learning Outcomes and Evaluating Educational Processes,” which focused on competence assessment across disciplines in Germany. The six-year program coordinated 30 research projects involving experts from the fields of psychology, educational science, and subject-specific didactics. The main reference point for all projects is the concept of “competencies,” which are defined as “context-specific cognitive dispositions that are acquired and needed to successfully cope with certain situations or tasks in specific domains” (Koeppen et al., 2008, p. 62). The projects investigate different aspects of competence assessment: The primary focus lies on the development of cognitive models of competencies, complemented by the construction of psychometric models based on these theoretical models. In turn, the psychometric models constitute the basis for the construction of instruments for effectively measuring competencies. The assessment of competencies plays a key role in optimizing educational processes and improving the effectiveness of educational systems. This book contributes to this challenging endeavor by meeting the need for more integrative, interdisciplinary research on the structure, levels, and development of competencies.

Embellished Bras: Basic Techniques provides in-depth instruction and useful advice that guides readers through the process of turning a store-bought lingerie bra into a fabulous costume piece. This easy-to-follow four-phase process is presented through graphic step-by-step photographs and illustrations. You'll learn how to make a bra cup pattern, cover the bra and straps, and embellish with fringe, beadwork, appliques, and jewelry. From ballroom to belly dance, Embellished Bras addresses the special needs of dancers no matter what performance style. This "workshop in a book" is an excellent resource for both novice sewers and professional designers.

Parker O'Neill is a man with the world at his feet. Son of the CEO of O'Neill's International, he is ready to take over as head of the company, once his father retires in six months' time.However, Parker has earned himself the ultimate playboy reputation, and not everyone thinks he is ready to take control of the company that he was groomed for all his life.Given an ultimatum that he has to settle down if he wants to take over from his father; Parker decided the only way to solve his problem, is to pay someone to play the part of his dutiful wife.Alice Whitman is a hard working girl, with a kind heart. Raised by her grandmother after losing her parents, she knows what its like to lose everything.Sophia, Alice's grandmother, is getting older and growing weaker by the day. Alice is the only one Sophia has, so it falls to her to do whatever it takes to help her beloved Gram.When Parker makes Alice an offer he thinks she can't refuse, he is stunned to find that money doesn't always mean you get your own way. However, Alice soon realises Parker might be the one person that can help her when she needs it most.Can they make their arrangement work without anyone finding out the truth, or will this thing between them turn into something neither of them expected it to be? Off The Floor is the most comprehensive deadlift manual ever written, which will give you the tools and knowledge to finally put pounds on your deadlift and pack muscle mass on your body. Off The Floor was written by consummate deadlift coaching professional and world record holder David Dellanave to be the ultimate guide to the ultimate strength builder, the deadlift. In addition to being a comprehensive manual on the king of all lifts, Off The Floor includes several deadlift strength programs, including the renowned Off The Floor program. Here are some of the secrets revealed in the program: How the common mantra of "core training" is costing you pounds and risking your back health. What type of deadlift will widen your back, blow up your traps, and give you erectors like tree trunks. Not doing these lesser-known variations is easily costing you 25 to 50 pounds on your best deadlift. The truth about lifting straps - and it's probably not what you expect it to be. Deadlifting for high volumes - the piece you're missing. The one cheap thing you should add to your gym bag to nearly instantly give you jacked forearms. The deadlift variation you least expect is the one most likely to help your back pain. The weird-looking deadlift that might be exactly what you need to unlock greater strength. The key to perfect form that multiple world champion and freak of nature Dimityr Klokov knows, and you think is wrong. Why you must change your form when you progress from beginner to a more advanced deadlifter. How to deadlift more often - and put on more muscle - than you ever thought possible. The manual is as comprehensive as they come, and includes information on: Biofeedback Training 101: Everything you need to know to start implementing Biofeedback Training for yourself. You're going to learn how to use the most advanced piece of training technology on the planet to tell you how to train smarter. Hint: it's not a Tendo, an OmegaWave, or an iPhone with a gadget attached to it. Deadlift Training Guide: Lessons I've learned on my quest to become a human crane - and coaching hundreds of people along the way. Beginner Section: New to deadlifting or strength training in general? This section will get you off on the right foot, so you DON'T make the mistakes I made when I was new. Deadlift Exercise Library: Every critical deadlift variation you need to know. Think the deadlift is as simple as conventional or Romanian? Think again. These variants of the deadlift are the key to unlocking faster gains and unlimited progress. The Off The Floor Program: I'm going to be honest, in the end I want you to use Biofeedback Training to become the master of your own programming, but before you're ready to do that you need a stopgap. The Off The Floor program is going to outline exactly how to implement all the concepts I lay out in the book for maximum results. Accessory Exercise Library: I would sign up for a program that involved nothing but deadlifting, but unfortunately you'd be shortchanging your results. Carefully chosen accessory lifts will round out your strength and speed up your deadlift progress. Special Topics Section: Want to know how to destroy the competition at your first (or next) meet? Have a nagging weak spot in your pull? Curious about the core controversy? This section will finally answer these questions for you once and for all.

Lingerie Patternmaking and Grading -- Simplified

The User's Manual for the Brain Volume II

Bare Essentials

Design Room Techniques

The Field Guide to F\*CKING

Off the Floor

Measuring Metabolic Rates

Learn to make your characters unique, compelling and lifelike with these 75 exercises for all skill levels, including beginners. Topics include tools and materials: shapes; personalities; facial expressions; body language; character interaction; and costuming. Character types featured include more than just humans; learn how to draw animals, plants, creatures and more. you through a variety of questions to explore not only the kinds of characters you want to create, but also the relationships between them, such as who their friends and enemies are, what their personality distinctions are, etc. so you can you can create truly interesting characters.

Measuring metabolic rates is central to important questions in many areas of scientific research. Unfortunately these measurements are anything but straightforward, and numerous pitfalls await the novice and even the experienced investigator. Measuring Metabolic Rates de-mystifies the field, explaining every common variation of metabolic rate measurement, from methods through ingenious syringe-based techniques, direct calorimetry, aquatic respirometry, stable-isotope metabolic measurement and every type of flow-through respirometry. Each variation is described in enough detail to allow it to be applied in practice. Background information on different analyzer and equipment types allows users to choose the best instrument. Respirometry equations - normally a topic of terror and confusion to researchers - are derived and described in enough detail to make their selection and use effortless. Vital topics such as manual and automated baselining, implementing multi-animal systems, and the correct analysis and presentation of metabolic data are covered in enough detail to turn a respiratory metabolic warrior, ready to take on the task of publication in peer-reviewed journals.

Provides information and advice on breast cancer and its treatment, from pathology reports and second opinions to surgery and risk factors.

A textbook for grading, or sizing, lingerie patterns.

The Startup Owner's Manual

Embellished Bras: Basic Techniques

A Step-by-Step Guide for Women with Newly Diagnosed Breast Cancer

Using Mathematica for Quantum Mechanics

A Student's Manual

You Feel So Mortal

A Manual for the Student and the Worker

*This book revisits many of the problems encountered in introductory quantum mechanics, focusing on computer implementations for finding and visualizing analytical and numerical solutions. It subsequently uses these implementations as building blocks to solve more complex problems, such as coherent laser-driven dynamics in the Rubidium hyperfine structure or the Rashba interaction of an electron moving in 2D. The simulations are highlighted using the programming language Mathematica. No prior knowledge of Mathematica is needed; alternatives, such as Matlab, Python, or Maple, can also be used.*

*The 2nd Edition of The Spec Manual provides fashion professionals and students with a -comprehensive guide for measuring garments using standard industry practices. This textbook/workbook contains front and back view croquis for women, off sizes, men, juniors, and children; spec sheet templates; illustrated measurement points; and tables with measurement points. The 2nd Edition also features a companion CD-ROM with electronic resources such as spec sheets and a flats library. Users with either beginning or advanced digital skills will learn how to create computer-generated spec sheets.*

*Designed for health care professionals in multiple disciplines and clinical settings, this comprehensive, evidence-based wound care text provides basic and advanced information on wound healing and therapies and emphasizes clinical decision-making. The text integrates the latest scientific findings with principles of good wound care and provides a complete set of current, evidence-based practices. This edition features a new chapter on wound pain management and a chapter showing how to use negative pressure therapy on many types of hard-to-heal wounds. Technological advances covered include ultrasound for wound debridement, laser treatments, and a single-patient-use disposable device for delivering pulsed radio frequency.*

*This unique book contains a full range of blocks and patterns to cope with all aspects of lingerie, beachwear and leisurewear. It explains not only the methods of cutting but also the reasoning behind the methods, so that you can learn to adapt the information to other situations. All the instructions have been tried and tested – so they work Offers many 'tips of the trade' to give a professional appearance to completed garments Encourages you to experiment in textbook size by supplying one-fifth scale blocks Demonstrates how to make the fullest use of patterns as practised in industry Considers the influence of choice of fabric on the way a pattern works New features include tips for achieving the best results when taking personal measurements, optimum fit patterns for close fitting garments, outstanding patterns for larger cup sizes, thongs, tankinis, basques, bustiers and hipster trousers.*

*The Manual*

*Every Woman's Guide to Reducing Cancer Risk, Making Treatment Choices, and Optimizing Outcomes*

*A Manual for Change*

*Breasts: The Owner's Manual*

*The Express Corset Making Course*

*A Dictionary of Easy Reference*

*Essays on the Body*

*Flat pattern design book for women's underwear A complement to pattern making methods for women’s fashions, this book addresses the entire range of women’s underwear by using flat pattern making techniques for bras, panties, bodysuits, corsets and bustiers. ABOUT THE AUTHOR Fashion drawer and pattern drafter graduated from ESMOD Paris, Najah Ouahab Rassas is a teacher in ESMOD Tunis since more than 20 years. Passionnated in fashion, Najah love to enhance the female body with beautiful lingerie, like a second skin.*

*Patternmaking for Underwear Design 2nd Edition is a comprehensive patternmaking guide suitable for students, teachers and the industry. Step-by-step instruction is matched with superb illustrations, and all measurements are provided in both metric and Imperial scales. This book introduces common bra patternmaking methods widely used in the industry and offers the authors own innovative bra patternmaking method entitled Shin's method. This new method includes two intermediate blocks developed using the flat patternmaking concept. Shin's method enables novice patternmakers to create various bra designs from scratch with commercial fit quality. Patternmaking for Underwear Design 2nd edition elaborates the direct bra drafting further, thus the readers whose bra size is not 34B (75B) could draft their own bra according to their body measurements. Bra grading method is also added to the 2nd edition to enable the readers to grade the bra from 34B.*

*This much anticipated volume continues the tradition of Volume I, the Practitioner course manual. The authors now invite you to reach beyond Practitioner to Master level to develop the very spirit of NLP. "... the quintessential self-study course on advanced NLP." Judith E. Pearson PhD*

*Many of us have strong convictions. We want to advocate for causes we care about--but which ones? We want to work for change--but will the emotional toll lead to burn out? Leadership coach, lawyer, photographer, and activist Karen Walrond knows that when you care deeply about the world, light can seem hard to find. But when your activism grows out of your joy--and vice versa--you begin to see light everywhere. In The Lightmaker's Manifesto, Walrond helps us name the skills, values, and actions that bring us joy; identify the causes that spark our empathy and concern; and then put it all together to change the world. Creative and practical exercises, including journaling, daily intention-setting, and mindful self-compassion, are complemented by lively conversations with activists and thought leaders such as Valarie Kaur, Brené Brown, Tarana Burke, and Zuri Adele. With stories from around the world and wisdom from those leading movements for change, Walrond beckons readers toward lives of integrity, advocacy, conviction, and joy. By unearthing our passions and gifts, we learn how to joyfully advocate for justice, peace, and liberation. We learn how to become makers of light.*

*The Spec Manual 2nd edition*

*The Step-By-Step Guide for Building a Great Company*

*The Breast Cancer Survival Manual, Fifth Edition*

*A True Bad Boy Explains how Men Think, Date, and Mate--and what Women Can Do to Come Out on Top*

*Mastering systematic NLP*

*Pattern Cutting for Lingerie, Beachwear and Leisurewear*

*Competence Assessment in Education*

*Would you love to make a corset but don't know how? Do you think Corsetry is a difficult and specialised skill that's hard to learn? Well I'm here to tell you that anyone can make a beautiful, professional looking corset, cheaply and in their spare time.This updated version of The Express Corset Making Course will guide you through everything, from where to get the best online materials and tools to exactly how to construct your corset step-by-step. Sew along in real time, and see exactly how it's done without having to interpret instructions from a book. Make your corset with me as you watch each video chapter: 1. Introduction 2. Corsetry Materials3. Cutting Out Your Pattern 4. Pattern Matching5. Inserting The Busk 6. Sewing It All Together7. Inserting The Eyelets 8. Binding The Edges9. Outro & CreditsBonus Features: Creating a Back Panel, Altering a Mock-up*

*Feet, bras, autopsies, hair–Peggy Shinner takes an honest, unflinching look at all of them in You Feel So Mortal, a collection of searing and witty essays about the body: her own body, female and Jewish; those of her parents, the bodies she came from; and the collective body, with all its historical, social, and political implications. What, she asks, does this whole mess of bones, muscles, organs, and soul mean? Searching for answers, she turns her keen narrative sense to body image, gender, ethnic history, and familial legacy, exploring what it means to live in our bodies and to leave them behind. Over the course of twelve essays, Shinner holds a mirror up to the complex desires, fears, confusions, and mysteries that shape our bodily perceptions. Driven by the collision between herself and the larger world, she examines her feet through the often-skewed lens of history to understand what makes them, in the eyes of some, decidedly Jewish; considers bras, breasts, and the storied skills of the bra fitter; asks, from the perspective of a confused and grieving daughter, what it means to cut the body open; and takes a reeling time–trip through myth, culture, and history to look at women’s hair in ancient Rome, Laos, France, Syria, Cuba, India, and her own past. Some pieces investigate the body under emotional or physical duress, while others use the body to consider personal heritage and legacy. Throughout, Shinner writes with elegance and assurance, weaving her wide–ranging thoughts into a firm and fascinating fabric. Turning the category of body books on, well, its ear, You Feel So Mortal offers a probing view of our preoccupation with the body that is both idiosyncratic and universal, leaving us with the deep satisfaction of our shared humanity.*

*Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.*

*In this glittering beauty and lifestyle guide packed with pearls of wisdom, Laren Stover has compiled everything a woman needs to know to live the Bombshell life: from how to dress and make an entrance to what to eat and where to shop. It tells readers what makes a Bombshell tick; road-tested outfits for 25 occasions; must-have Bombshell sleepwear, handbags, and fragrances; what's in the Bombshell library; and what she looks for in a man. With scads of little-known facts about real-life bombshells like Liz, Mae, and Lana this fun and ever-so-practical little book is certain to bring out the inner Bombshell in every woman. more techniques for bra design, draft, fit & construction*

**Underwear And Lingerie – Underwear And Lingerie, Part 1, Underwear And Lingerie, Part 2**

**Selected Stories**

**Cream Rises**

**This Thing Between Us**

**A Hands-on Manual to Getting Great Sex**

**Demystifying Bra Fitting and Construction**

**In this practical guide, Michelle Pye demystifies the process of making a handmade jacket. As an experienced bespoke tailor and teacher, she explains each step of the process from making a toile for fitting, cutting out, inserting the pockets, the application of the sleeves and collar, through to hand finishing and pressing the jacket. Much emphasis is placed on the preparation stage and then the alteration steps to ensure you get a fantastic fit. As well as explaining tailoring terms, Ladies Couture Tailoring warns of common mistakes and describes the techniques of the trade - such as using a clapper to absorb steam or shrinking out fullness to make the sleeve easier to put in - so you can enjoy making your jacket as much as wearing it. It is a rare opportunity to learn from an experienced tailor keen to share her skills and advise you throughout with her personal tips.**

**The Bare Essentials series is an invaluable resource for anyone entering into the field of lingerie design. This volume summarizes the basics of bra design, from sewing and construction to drafting and pattern grading; introducing these subjects in a manageable capacity.**

**More than 100,000 entrepreneurs rely on this book for detailed, step-by-step instructions on building successful, scalable, profitable startups. The National Science Foundation pays hundreds of startup teams each year to follow the process outlined in the book, and it's taught at Stanford, Berkeley, Columbia and more than 100 other leading universities worldwide. Why? The Startup Owner's Manual guides you, step-by-step, as you put the Customer Development process to work. This method was created by renowned Silicon Valley startup expert Steve Blank, co-creator with Eric Ries of the "Lean Startup" movement and tested and refined by him for more than a decade. This 608-page how-to guide includes over 100 charts, graphs, and diagrams, plus 77 valuable checklists that guide you as you drive your company toward profitability. It will help you:**

- **Avoid the 9 deadly sins that destroy startups' chances for success**
- **Use the Customer Development method to bring your business idea to life**
- **Incorporate the Business Model Canvas as the organizing principle for startup hypotheses**
- **Identify your customers and determine how to "get, keep and grow" customers profitably**

**• Compute how you'll drive your startup to repeatable, scalable profits. The Startup Owner's Manual was originally published by K&S Ranch Publishing Inc. and is now available from Wiley. The cover, design, and content are the same as the prior release and should not be considered a new or updated product.**

**Chill Out & Stop Making This Weird is a middle grade novel about a lovable and confused girl trying to survive puberty through the balance of humor, a little sass, and moments of everyday preteen anxiety. Maddie delivers essential information about complex and intimate topics with her step by step instructional survival guide extraordinaire on how to endure this baffling life experience, connecting the girl in all of us.Until now, Maddie has gotten away with not having a clue about her changing body. She's always laughed through the dumb puberty jokes as if she understands them. But when she realizes that she isn't invited as a member of the Period Club, nor even knew one existed, things become less funny. It doesn't help that being clueless and braless adds a whole new challenge to tween survival.Will the lovable and confused Maddie endure one.more.day of menstruation talk while having to sit next to the hottie-of-hots, Chet Johnson? Will she follow her grandiose plan to skip school during the puberty unit or will she chicken out?Isn't there a puberty survival manual filled with step-by-step instructions on how to endure this baffling life experience? Where's one when you desperately need one?**

**How to Work for Change without Losing Your Joy**

**Schedule B, Statistical Classification of Domestic and Foreign Commodities Exported from the United States**

**A Girl's Survival Guide Extraordinaire**

**Patternmaking for Underwear Design**

**A First Course in Programming and Statistics**

**A Step-by-Step Practical Guide to Making a Jacket that Fits**

**How to Get Dressed**

*"Emily Dubberley is a refreshing and thorough coach, taking students by the hand and various other parts of their anatomy in this most crucial area of human interaction. The Field Guide to F\*CKING is a valuable new take on the subject, giving life lessons in life-making (if you're not careful about it). So many treatises of this kind are dreary and dull but this has a wit and sparkle to keep the reader, ahem – eager student, happily at his of her education. It reminds one of the Survivor's Guide series, actually brimming with facts and unusual 'I never knew that's', but a rollicking fun read too, to keep you riveted."*–Robert Page, Member AAASECT, SSSS, WAS and BASE, and Creator and Producer of the award winning Lovers' Guide, the world's number one brand for sex and relationships *"In these liberated times, we students of the wonderful subject of Sex might think we know it all. But if we want to gain true mastery of our subject we will want to not only hone our practical skills, but also need be totally au fait with the underpinning of theory – to know about the latest research, explore new understandings, and benefit from the plethora of studies that have been done on the topic in recent years. It can seem a daunting task – but sexpert Emily Dubberley has made that task easy and enjoyable. In her new book The Field Guide to F\*CKING, she uses the 'study guide' model to pack in the facts, expose the fictions and tell us absolutely everything we need to know about our special topic. Every page contains not only full coverage of the basics, but a whole heap of little-known facts, new insights and inspirational suggestions. And all this done it in such a humorous way that one is left smiling while all the time learning. Thought you'd seen it all with sex manuals? Well, now you have!"*–Susan Quilliam, coauthor of *The Joy of Sex*, published by Octopus Field guides to birds, bees, and trees abound. However, until now, there has been no handy reference to the wildest creature of all (the horny human) in his natural habitat (the bedroom). The Field Guide to F\*CKING is a hilarious encyclopedia that shows how to identify physical characteristics and bizarre seduction rituals of the creatures that are likely to be encountered during sexual forays. Hey, even members of the same species can have anatomical differences, right? What does one do when encountering a mushroom-headed penis or a hooded clit? Each entry cross-references which techniques for fucking go best with each genital size, shape, and quirk. For example, if you run across a large, thick penis, avoid positions where the female's legs are over her head–unless she doesn't mind having her cervix bumped. The Field Guide to F\*CKING teaches you how to map out your partner's primary erogenous zones and decode sexual signals based on body language, kissing, and touch techniques. Sex has attracted many adventurers in search of its oft-elusive pleasures. The Field Guide to F\*CKING is your indispensable guide to navigating the rocky terrain of mating and seduction with ease.

**A national bestseller! Breast cancer surgeon Dr. Kristi Funk offers a comprehensive and encouraging approach to breast care and breast cancer. Empower yourself with facts and strategies to understand your breasts, reduce your cancer risk, and open your eyes to interventions and treatments. Most women don't want to hear about breast cancer unless they have it and need to make some decisions, but these days news about breast cancer—the number one killer of women ages twenty to fifty-nine—is everywhere. Chances are you know someone who has had it. But did you know that choices you make every day bring you closer to breast cancer—or move you farther away? That there are ways to reduce your risk factors? And that many of the things you've heard regarding the causes of breast cancer are flat-out false? Based on Dr. Kristi Funk's experience as a board-certified breast cancer surgeon, she knows for a fact that women have the power to reduce breast cancer risk in dramatic ways. Many women believe that family history and genetics determine who gets breast cancer, but that's not true for most people. In fact, 87 percent of women diagnosed with breast cancer do not have a single first-degree relative with breast cancer. This book will help you: Learn the breast-health basics that every woman should know Reduce your cancer risk and recurrence risk based on food choices and healthy lifestyle changes backed by rigorous scientific research Understand the controllable and uncontrollable risk factors for breast cancer Outline your medical choices if you're at elevated risk for or are already navigating life with breast cancer There have been few solid guidelines on how to improve your breast health, lower your risk of getting cancer, and make informed medical choices after treatment–until now. With her book available in 10 languages and in more than 30 countries, Dr. Funk is passionate about her mission of educating as many women as possible about what they can do to stop breast cancer before it starts. Praise for Breasts: The Owner's Manual: “Dr. Funk writes Breasts: The Owner's Manual just like she talks: with conviction, passion, and a laser focus on you.”–Dr. Mehmet Oz, Host of The Dr. Oz Show “Breasts: The Owner's Manual will become an indispensable and valued guide for women looking to optimize health and minimize breast illness.”–Debu Tripathy, MD, Professor and Chair, Department of Breast Medical Oncology, University of Texas MD Anderson Cancer Center “Breasts: The Owner's Manual not only provides a clear path to breast health, but a road that leads straight to your healthiest self. As someone who has faced breast cancer, I suggest you follow it.”–Robin Roberts, Co-anchor, Good Morning America**

**An ingenious book of simple wardrobe solutions, clever tools, and straightforward advice from a Hollywood costume designer. A costume designer's styling kit is a magical bag of tricks, built to solve every single wardrobe malfunction on earth. TV and film productions wait for nothing, so a costume designer's solutions have to work—and work fast. How to Get Dressed is a fun, empowering style guide for women that focuses on making the most of your wardrobe. Costume designer and XOJane fashion columnist Alison Freer provides real-world, no-BS style advice that covers everything a girl could need to know: from determining if your clothes are fitting properly to how to care for, maintain, and keep your garments organized—plus what to do when the inevitable fashion disaster strikes. Full of hundreds of insider tricks from Freer's endless arsenal of tools and expertise, How to Get Dressed teaches you to rethink your wardrobe like a fashion expert—and proves once and for all that you don't need to spend a ton of money to always look your best. You just need to use the tricks the pros do!**

**Lawrence Biscontini, MA, brings you wisdom from his experience of over twenty years in group and personal fitness training, giving dozens of secrets for being the best.**

**Draw Great Characters and Creatures**

**A Manual for Cleaning Women**

**A Theory and Treatment of Your Personality**

**A Collaborative Practice Manual**

**Become a pattern drafter**

**A Manual for Deadlift Domination**

**A Manual of Marks on Pottery and Porcelain**

Simplified Signs presents a system of manual sign communication intended for special populations who have had limited success mastering spoken or full sign languages. It is the culmination of over twenty years of research and development by the authors. The Simplified Sign System has been developed and tested for ease of sign comprehension, memorization, and formation by limiting the complexity of the motor skills required to form each sign, and by ensuring that each sign visually resembles the meaning it conveys. Volume 1 outlines the research underpinning and informing the project, and places the Simplified Sign System in a wider context of sign usage, historically and by different populations. Volume 2 presents the lexicon of signs, totalling approximately 1000 signs, each with a clear illustration and a written description of how the sign is formed, as well as a memory aid that connects the sign visually to the meaning that it conveys. While the Simplified Sign System originally was developed to meet the needs of persons with intellectual disabilities, cerebral palsy, autism, or aphasia, it may also assist the communication needs of a wider audience – such as healthcare professionals, aid workers, military personnel , travellers or parents, and children who have not yet mastered spoken language. The system also has been shown to enhance learning for individuals studying a foreign language. Lucid and comprehensive, this work constitutes a valuable resource that will enhance the communicative interactions of many different people, and will be of great interest to researchers and educators alike.

"I have always had faith that the best writers will rise to the top, like cream, sooner or later, and will become exactly as well-known as they should be—their work talked about, quoted, taught, performed, filmed, set to music, anthologized. Perhaps, with the present collection, Lucia Berlin will begin to gain the attention she deserves." -Lydia Davis **A MANUAL FOR CLEANING WOMEN** compiles the best work of the legendary short-story writer Lucia Berlin. With the grit of Raymond Carver, the humor of Grace Paley, and a blend of wit and melancholy all her own, Berlin crafts miracles from the everyday, uncovering moments of grace in the Laundromats and halfway houses of the American Southwest, in the homes of the Bay Area upper class, among switchboard operators and struggling mothers, hitchhikers and bad Christians. Readers will revel in this remarkable collection from a master of the form and wonder how they'd ever overlooked her in the first place.

Provides information for designing and sewing bras using new and advanced techniques and materials, including pre-molded and cut-and-sew foam.

The Book of R is a comprehensive, beginner-friendly guide to R, the world's most popular programming language for statistical analysis. Even if you have no programming experience and little more than a grounding in the basics of mathematics, you'll find everything you need to begin using R effectively for statistical analysis. You'll start with the basics, like how to handle data and write simple programs, before moving on to more advanced topics, like producing statistical summaries of your data and performing statistical tests and modeling. You'll even learn how to create impressive data visualizations with R's basic graphics tools and contributed packages, like ggplot2 and ggvis, as well as interactive 3D visualizations using the rgl package. Dozens of hands-on exercises (with downloadable solutions) take you from theory to practice, as you learn: –The fundamentals of programming in R, including how to write data frames, create functions, and use variables, statements, and loops –Statistical concepts like exploratory data analysis, probabilities, hypothesis tests, and regression modeling, and how to execute them in R –How to access R's thousands of functions, libraries, and data sets –How to draw valid and useful conclusions from your data –How to create publication-quality graphics of your results Combining detailed explanations with real-world examples and exercises, this book will provide you with a solid understanding of both statistics and the depth of R's functionality. Make The Book of R your doorway into the growing world of data analysis.

Women's underwear

A Manual for Scientists

Excellence in Private & Group Fitness Education

The Bra-makers Manual

LDS Preparedness Manual

The Bombshell Manual of Style

The Lightmaker's Manifesto

Custom bras are wonderful sewing projects. They are easy to make, fit perfectly, and can be worn every day. But until now, the techniques of custom bra making have been difficult to access. Demystifying Bra Fitting and Construction reveals the secrets of bra couturiers, teaching you what you have always wanted to know about fitting and sewing your own bras. Professional custom bra maker Norma Loehr breaks down the fitting and construction process into simple, easy to follow steps so you can get great results on your bra making projects. With easy-to-follow instructions, color photos, and a guide to sourcing materials, this book has everything you need to make your own professional looking bras in no time at all. Whether you are a home sewer or an aspiring lingerie designer, this book is for you! "Not only does custom bra maker Norma Loehr sew wonderfully, she's smart - so her well thought out and beautifully presented work on bra making has resulted in a book that inspires and educates." Susan Khalje, Author, Bridal Couture and Linen and Cotton and Contributing Editor for Threads Magazine "I've had the privilege of testing Norma's book before its release, and it's an absolute must buy for anyone interested in sewing their own bras (seriously, there's one gem of bridge fitting advice in there alone that's worth the purchase price!)." Melissa Fehr, Fehrtrade.com

A relationship expert and champion "dater" shares the secrets of bad boys everywhere, with practical tips on how to identify a bad boy, how they think and why they do what they do, how to uncover a man's weaknesses, how to decide whether or not to keep him, and how to counter male dating tactics. Reprint. 75,000 first printing.

Wound Care

The Book of R

Bras - Second Edition: Construction and Pattern Drafting for Lingerie Design

Ladies Couture Tailoring

Chill Out and Stop Making This Weird

Research, Models and Instruments

Simplified Signs: A Manual Sign-Communication System for Special Populations, Volume 1.