

Up And Running In 30 Days A Proven Plan For Financial Success In Real Estate

This book introduces you to Node, the new web development framework written in JavaScript. You'll learn hands-on how Node makes life easier for experienced JavaScript developers: not only can you work on the front end and back end in the same language, you'll also have more flexibility in choosing how to divide application logic between client and server. Written by a core contributor to the framework, Node: Up and Running shows you how Node scales up to support large numbers of simultaneous connections across multiple servers, and scales down to let you create quick one-off applications with minimal infrastructure. Built on the V8 JavaScript engine that runs Google Chrome, Node is already winning the hearts and minds of many companies, including Google and Yahoo! This book shows you why. Understand Node's event-loop architecture, non-blocking I/O, and event-driven programming Discover how Node supports a variety of database and data storage tools Learn best practices for writing easy-to-maintain code for Node Get concrete examples of how to use the various Node APIs in practice Take advantage of the book's complete API reference

Every day, people are reaching their get-up-or-give-up moments and resolving to change. And they're realizing that running is the simplest, cheapest, and most effective way to lose weight, gain confidence, and relieve stress. For newcomers, the obstacles are fierce. There are fears

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of pain and embarrassment. There are schedules jam-packed with stressful jobs, long commutes, endless meetings, and sticky-fingered toddlers. The Runner's World Big Book of Running for Beginners provides all the information neophytes need to take their first steps, as well as inspiration for staying motivated. The book presents readers with tips for smart nutrition and injury prevention and includes realistic training plans that enable beginning runners to achieve gradual progress (by gearing up for a 30-minute run, a 5-K, or even a 5-miler). Above all, it will show newbies just how fun and rewarding the sport can be, thanks to the help of several "real runner" testimonials.

If your bike doesn't start and run, or run right, wouldn't it be great to know what the shops do? Well now you can, because this new book was written by the owners of a motorcycle repair shop! With over 30 years experience of working on every year, make and model of motorcycle, and after 25 years of owning and operating their own shop, Leigh & Randy Ellis literally "wrote the book" on getting your bike "up & running." This is the essential motorcycle manual! Written in easy to understand non-technical, "user-friendly" language, it's the only book of it's kind that literally walks you through the "make-run" process! With motorcycle repair shops charging what they do, this book can save you a small fortune! If you have a motorcycle that doesn't run or run right - you need this book, and if you have a motorcycle enthusiast in your life, this book would make the perfect gift! If you need one on one phone technical support, go to www.getitrunning.com

SHORTLISTED FOR THE TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD 2019 RUNNING AWARDS 2019 – TOP BOOK Running Up That Hill is a

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celebration of endurance running. Of running ridiculous distances – through cities, over mountains and across countries. Distances most people couldn't even imagine. But sports presenter Vassos Alexander is hooked! Why else would he run an ultra in Paris, backwards, having missed the start? Why head to Wales for the world's hardest mountain race with a badly sprained ankle? And why follow in some unforgiving, ancient footsteps and attempt the oldest and toughest footrace on earth, the 153-mile Spartathlon? There's joy to be found here. Really there is. Vassos recalls his own assaults on these gruelling races, along with ultra-running legends including Scott Jurek, Jasmin Paris, Kilian Jornet, Mimi Anderson and Dean Karnazes. They all testify to the transformative power of endurance running. It's about the astonishing highs that come from pushing your body to the limit. The confidence and peace when you challenge yourself and succeed. All told, this is a cracking tale of what keeps ultra-distance runners running, mile after mile after mile.

The Inspiring True Story of a Boy's Struggle to Survive and Triumph

Up and Running with AutoCAD 2017

2D and 3D Drawing, Design and Modeling

Scalable Server-Side Code with JavaScript

A Proven Plan for Financial Success in Real Estate

Up and Running with AutoCAD 2022

Up and Running with AutoCAD 2017: 2D

and 3D Drawing and Modeling presents

Gindis' combination of step-by-step

instruction, examples, and insightful

explanations. The emphasis from the

beginning is on core concepts and

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practical application of AutoCAD in engineering, architecture, and design. Equally useful in instructor-led classroom training, self-study, or as a professional reference, the book is written with the user in mind by a long-time AutoCAD professional and instructor based on what works in the industry and the classroom. Strips away complexities and reduces AutoCAD to easy-to-understand basic concepts Teaches only what is essential in operating AutoCAD, thereby immediately building student confidence Fully covers the essentials of both 2D and 3D in one affordable easy to read volume Presents basic commands in a documented, step-by-step guide on what to type in and how AutoCAD responds Includes several complementary video lectures by the author that accompany both 2D and 3D sections Among the many configuration management tools available, Ansible has some distinct advantages: It's minimal in nature. You don't need to install agents on your nodes. And there's an easy learning curve. With this updated third edition, you'll quickly learn how

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to be productive with Ansible whether you're a developer deploying code or a system administrator looking for a better automation solution. Authors Bas Meijer, Lorin Hochstein, and Rene Moser show you how to write playbooks (Ansible's configuration management scripts), manage remote servers, and explore the tool's real power: built-in declarative modules. You'll learn how Ansible has all the functionality you need--and the simplicity you desire. Explore Ansible configuration management and deployment Manage Linux, Windows, and network devices Learn how to apply Ansible best practices Understand how to use the new collections format Create custom modules and plug-ins Generate reusable Ansible content for open source middleware Build container images, images for cloud instances, and cloud infrastructure Automate CI/CD development environments Learn how to use Ansible Automation Platform for DevOps Terraform has become a key player in the DevOps world for defining, launching, and managing infrastructure

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as code (IaC) across a variety of cloud and virtualization platforms, including AWS, Google Cloud, Azure, and more. This hands-on second edition, expanded and thoroughly updated for Terraform version 0.12 and beyond, shows you the fastest way to get up and running. Gruntwork cofounder Yevgeniy (Jim) Brikman walks you through code examples that demonstrate Terraform's simple, declarative programming language for deploying and managing infrastructure with a few commands. Veteran sysadmins, DevOps engineers, and novice developers will quickly go from Terraform basics to running a full stack that can support a massive amount of traffic and a large team of developers. Explore changes from Terraform 0.9 through 0.12, including backends, workspaces, and first-class expressions Learn how to write production-grade Terraform modules Dive into manual and automated testing for Terraform code Compare Terraform to Chef, Puppet, Ansible, CloudFormation, and Salt Stack Deploy server clusters, load balancers, and databases Use Terraform to manage the state of your infrastructure Create

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reusable infrastructure with Terraform modules Use advanced Terraform syntax to achieve zero-downtime deployment Up and Running with AutoCAD 2021: 2D and 3D Drawing, Design and Modeling presents a combination of step-by-step instruction, examples and insightful explanations. The book emphasizes core concepts and practical application of AutoCAD in engineering, architecture and design. Equally useful in instructor-led classroom training, self-study, or as a professional reference, the book is written with the user in mind by a long-time AutoCAD professional and instructor. Strips away complexities and reduces AutoCAD to easy-to-understand, basic concepts Teaches the essentials of operating AutoCAD that build student confidence Documents commands with step-by-step explanations, including what the student needs to type in and how AutoCAD responds Includes new exercises and projects for the AutoCAD 2021 version

Ansible: Up and Running

Prometheus: Up & Running

2D and 3D Drawing and Modeling

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Running Up That Hill Winning Strategies, Inspiring Stories, and The Ultimate Training Tools for Beginning Runners

Trail Running

From complete beginners to seasoned off-road runners, *The Ultimate Trail Running Handbook* has all the training and nutrition advice, skills, gear and motivation you need to become a fit and confident trail runner. There are training plans that take newcomers from 5k parkrun to first trail marathon, while for experienced runners there are sections on strength work, injury prevention and advanced training plans to boost performance up to 50k (30 miles). To keep you enjoying every step, you'll find advice on how to choose the right gear; over 20 easy, healthy recipes; inspiring stories from real trail runners; and advice from top athletes and coaches. And if you want to explore new trails, you can use the navigation and route planning section to create your own exciting off-road adventure. If you're a trail runner or would like to become one, this book is your new best friend.

Whether you want to start a new business, or improve or diversify an existing operation, this unique text collects for the first time essential information on the demand for high-value foods, their production, marketing and quality management. Aiming to raise awareness of opportunities in high-value foods and

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ingredients in ACP countries, the handbook also highlights routes to access different types of value chains for these products. Clearly laid out, with helpful summaries and 'tips for success', this comprehensive publication presents numerous real-life case studies to inspire entrepreneurs to improve their production and profitability.

Get up to speed with Prometheus, the metrics-based monitoring system used by tens of thousands of organizations in production.

This practical guide provides application developers, sysadmins, and DevOps

practitioners with a hands-on introduction to the most important aspects of Prometheus, including dashboarding and alerting, direct code instrumentation, and metric collection from third-party systems with exporters. This open source system has gained popularity over the past few years for good reason. With its simple yet powerful data model and query language, Prometheus does one thing, and it does it well. Author and Prometheus developer

Brian Brazil guides you through Prometheus setup, the Node exporter, and the

Alertmanager, then demonstrates how to use them for application and infrastructure

monitoring. Know where and how much to apply instrumentation to your application code

Identify metrics with labels using unique key-value pairs Get an introduction to Grafana, a popular tool for building dashboards

Learn how to use the Node Exporter to monitor your infrastructure Use service discovery to

Use service discovery to

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provide different views of your machines and services Use Prometheus with Kubernetes and examine exporters you can use with containers Convert data from other monitoring systems into the Prometheus format

If you don't know about the new features available in HTML5, now's the time to find out. This book provides practical information about how and why the latest version of this markup language will significantly change the way you develop for the Web. HTML5 is still evolving, yet browsers such as Safari, Mozilla, Opera, and Chrome already support many of its features -- and mobile browsers are even farther ahead. HTML5: Up & Running carefully guides you through the important changes in this version with lots of hands-on examples, including markup, graphics, and screenshots. You'll learn how to use HTML5 markup to add video, offline capabilities, and more -- and you'll be able to put that functionality to work right away. Learn new semantic elements, such as `<video>`, `<canvas>`, and `<math>` Meet Canvas, a 2D drawing surface you can program with JavaScript Embed video in your web pages without third-party plugins Use Geolocation to let web application visitors share their physical location Take advantage of local storage capacity that goes way beyond cookies Build offline web applications that work after network access is disconnected Learn about several new input types for web forms Create your own custom vocabularies in HTML5 with microdata

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Up and Running with AutoCAD 2018

Kubernetes: Up and Running

The highs and lows of going that bit further

Making Money Your First Month in Real Estate

Tableau Prep: Up & Running

The Run Walk Run® Method

Up and Running with AutoCAD 2022: 2D and 3D Drawing, Design and Modeling presents a combination of step-by-step instruction, examples and insightful explanations. The book emphasizes core concepts and practical application of AutoCAD in engineering, architecture and design.

Equally useful in instructor-led classroom training, self-study or as a professional reference, the book is written by a long-time AutoCAD professor and instructor with the user in mind. Strips away complexities and reduces AutoCAD to easy-to-understand, basic concepts Teaches the essentials of operating AutoCAD that build student confidence Documents commands with step-by-step explanations, including what the student needs to type in and how AutoCAD responds Combines 2D and 3D content in one affordable volume Includes new exercises and projects

Among the many configuration management tools available, Ansible has some distinct advantages—it's minimal in nature, you don't need to install anything on your nodes,

and it has an easy learning curve. With this updated second edition, you'll learn how to be productive with this tool quickly, whether you're a developer deploying code to production or a system administrator looking for a better automation solution. Authors Lorin Hochstein and René Moser show you how to write playbooks (Ansible's configuration management scripts), manage remote servers, and explore the tool's real power: built-in declarative modules. You'll discover that Ansible has the functionality you need—and the simplicity you desire. Manage Windows machines, and automate network device configuration Manage your fleet from your web browser with Ansible Tower Understand how Ansible differs from other configuration management systems Use the YAML file format to write your own playbooks Work with a complete example to deploy a non-trivial application Deploy applications to Amazon EC2 and other cloud platforms Create Docker images and deploy Docker containers with Ansible This book is best read start to finish, with later chapters building on earlier ones. Because it's written in a tutorial style, you can follow along on your own machine. Most examples focus on web applications. From complete beginners to seasoned off-road runners, The Ultimate Trail Running

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Handbook has all the training and nutrition advice, skills, gear and motivation you need to become a fit and confident trail runner. There are training plans that take newcomers from 5k parkrun to first trail marathon, while for experienced runners there are sections on strength work, injury prevention and advanced training plans to boost performance up to 50k (30 miles). To keep you enjoying every step, you'll find advice on how to choose the right gear; over 20 easy, healthy recipes; inspiring stories from real trail runners; and advice from top athletes and coaches. And if you want to explore new trails, you can use the navigation and route planning section to create your own exciting off-road adventure. If you're a trail runner or would like to become one, this book is your new best friend.

If you think that running is just for slim, fit and sporty types, think again!

How to Get Up, Lace Up, and Sweat with Swagger

Up and Running with AutoCAD 2021

Up and Running with Autodesk Navisworks 2014

Dive into the Future of Infrastructure Couch to Half in 30 Days

Patinkin shares the gripping story of a young boy's

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battle with a life-threatening illness and how a community fought to save him.

Luke Johnson is the man behind the growth of PizzaExpress and as a host of other leading brands; one of Britain's most successful entrepreneurs with an estimated personal fortune of £120 million. In *Start It Up* he compresses two decades of success to reveal the realities of running your own business and bust some key myths along the way. Learn how to find the right idea or buy someone else's; source capital from all sorts of places you never expected; get the best from everyone you meet on the way - chiefly yourself; and stay sane while you do it. *Start It Up* is that all-too-rare thing: a how-to book by someone who actually has.

The history of development is one marked by insecurities, violence, and persistent conflict. It is not surprising, therefore, that development is now thought as one of the central challenges of world politics. However, its complexities are often overlooked in scholarly analysis and among policy practitioners, who tend to adopt a technocratic approach to the crisis of development and violence. This book brings together a wide range of contributions aimed at investigating different aspects of the history of development and violence, and its implications for contemporary efforts to consolidate the development-security nexus. From environmental concerns, through vigilante citizenship, to the legacies of armed conflicts during and after decolonization, the different chapters reconstruct the

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contradictory history of development and critically engage contemporary responses and their implications for social and political analyses. In examining violence and insecurity in relation to core organising principles of world politics the contributors engage the problems associated with the nation state and the inter-state system and underlying assumptions of the promises of progress. The book offers a range of perspectives on the contradictions of development, and on how domination, violence and resistance have been conceived. At the same time it exemplifies the relevance of alternative methodological and conceptual approaches to contemporary challenges of development. This book was published as a special issue of Third World Quarterly . This textbook is specially written keeping in mind the requirements of plant and building industry. Real-world plant and building models have been carefully selected to discuss the tools and concepts in the tutorials of each chapter. You will be able to find various similarities between the models used in this textbook and your current projects. This will allow you to apply the concepts learned in this textbook to your day-to-day work. These real-world models are also made available to the buyers of this textbook. The following are some salient features of this textbook: Free Tutorial on clash test with Point Cloud available by contacting the author at deepak@deepakmaini.com. More than 640 pages of depth coverage of all modules of Autodesk Navisworks Simulate and Manage, including the new Quantification

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module. Detailed discussion of Autodesk Navisworks tools and concepts followed by Plant and BIM tutorials. Around 400 pages of tutorials on real-world Plant and Building models. Special tutorial on the animation of the subsea Remotely Operated Vehicle (ROV). Special tutorials showing the Animator and Scripser scenes with Crane movement and animation. Project-based chapters for the Autodesk Factory Design Suite user. Timeliner simulation linked with animator animations showing construction sequences and movement of objects at the construction site. Detailed coverage of the Clash Detective module and the switchback functionality. Timeliner based clash tests included in tutorials. "What I do" tips describing some real world challenges that Navisworks users face and the author's approach in those situations. Free video showing how to use Autodesk ReCap to reduce the size of Point Cloud data before importing in Autodesk Navisworks available by contacting the author at deepak@deepakmaini.com. End of chapter skill evaluation to review the concepts learned in the chapter. The following free teaching resources are available for faculty: PowerPoint slides of every chapter in the textbook. Answers to the Class Test Questions. Help for designing the course curriculum.

The Ultimate Trail Running Handbook
Terraform: Up & Running
A Framework for Building Modern PHP Apps
Up and Running in 30 Days
Your 8-week plan to go from 0-5k and beyond and

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discover the life-changing power of running
What I Talk About When I Talk About Running
Up and Running with AutoCAD 2023: 2D and 3D Drawing, Design and Modeling presents a combination of step-by-step instruction, examples and insightful explanations. The book emphasizes core concepts and practical applications of AutoCAD in engineering, architecture and design. Equally useful in instructor-led classroom training, self-study, or as a professional reference, the book is written by a long-time AutoCAD professor and instructor with the user in mind. Strips away complexities and reduces AutoCAD to easy-to-understand, basic concepts Teaches the essentials of operating AutoCAD that build student confidence Documents commands with step-by-step explanations, including what the student needs to type in and how AutoCAD responds Combines 2D and 3D content in one affordable volume

This popular business start-up guide provides an effective system for agents to successfully plan their days and weeks. The new edition has been updated to modernize the interactive four-week start-up plan, including new content on current trends affecting real estate, the basics of getting leads, determining the client's needs, evaluating a customer's potential, and adding value to agent services. Up and Running in 30 Days features a results-driven business-development model that will increase productivity in new and seasoned agents alike.

After running a PW (personal-worst) time at a half-marathon, Starla Borges got fed-up with running, threw her shoes in the corner and decided to take a break. Before she had a chance to get them back on, life handed her a series of

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challenges to work through - the loss of her job, a financial crisis and a number of surgeries and health issues. After nearly four years of sitting on the bench, Starla laced up her shoes and hit the trail. This book details her story and provides fellow runners - new and returning-to-the-sport - some tips on how she successfully met her goal: to leave the couch and run a half marathon in thirty days.

Up and Running in 30 Days A Proven Plan for Financial Success in Real Estate

Up and Running

The Runner's World Big Book of Running for Beginners

Start It Up

Hal Higdon's Half Marathon Training

HTML5: Up and Running

Born to Run

Jeff 's quest for the injury-free marathon training program led him to develop group training programs in 1978, and to author Runner 's World articles which have been used by hundreds of thousands of runners of all abilities. His training schedules have inspired the second wave of marathoners who follow the Galloway RUN-WALK-RUN™, low mileage, three-day suggestions to an over 98% success rate. Jeff has worked with over 200,000 average people in training for specific goals. Jeff is an inspirational speaker to over 200 running and fitness sessions each year. His innovative ideas have opened up the possibility of running and completing a marathon to almost everyone. Philosophically, Jeff believes that we were all designed to run and walk, and he keeps finding ways to bring more people into the positive world of exercise.

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This exclusive travel guide guides the visitor through the most incredible activities to be found in Shanghai: savour the food of world-class chefs in Asia's most romantic two-seater salon; eat at the best holes-in-the-walls and discover local street food haunts; find the best tailors and quality cashmere, satins and brocades by the yard; expert

Gindis introduces AutoCAD with step by step instructions, stripping away complexities to begin working in AutoCAD immediately. All concepts are explained first in theory, and then shown in practice, helping the reader understand what it is they are doing and why, before they do it. Divided into three parts, the book covers beginning through advanced AutoCAD, including 3D features. Also included is an extensive Appendix for each part, detailing additional useful CAD-related information not often found in other text books

The book contains supporting graphics (screen shots) and a summary with a self-test section at the end of each chapter. Also included are drawing examples and exercises, and two running “ projects? that the student works on as he/she progresses through the chapters .

- 1) Strips away complexities, both real and perceived and reduces AutoCAD to easy-to-understand basic concepts.
- 2) Teaches only what is essential to operating AutoCAD first, thereby immediately building student confidence.
- 3) All basic commands are documented step-by-step, meaning that what the student needs to type in and how AutoCAD responds is all spelled out in discrete and clear steps with screen shots added as needed.
- 4) Using the author's extensive multi-industry knowledge of what is

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important and widely used in practice versus what is not, the material is presented by immediately immersing the student in practical, critically essential knowledge, with no padding of text or filler material. 5) All concepts are explained first in theory, and only then is AutoCAD introduced and the actual “button pushing” discussed. This is one of the key concepts in having students understand exactly what it is they are doing and why, before they do it.

Becoming a top-producing real estate agent requires years of experience and practice. But who can afford to wait for that first commission check? Up & Running in 30 Days will help you make a sale within the first month of your new real estate career.

A Proven Plan for Financial Success in Real Estate, 3rd Ed

How to Get Your Motorcycle Up and Running

2D Drafting and Design

Node: Up and Running

Writing Infrastructure as Code

Docker: Up & Running

This groundbreaking book provides you with the skills and resources necessary to build web applications for Twitter.

Perfect for new and casual programmers intrigued by the world of microblogging, Twitter API: Up and Running carefully explains how each part of Twitter's API works, with detailed examples that show you how to assemble those building blocks into practical and fun web applications.

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You'll also get a complete look at Twitter culture and learn how it has inspired programmers to build hundreds of tools and applications. With this book, you will:

- Explore every component of a Twitter application and learn how the API responds*
- Get the PHP and MySQL code necessary to build your own applications, with explanations of how these ingredients work*
- Learn from real-world Twitter applications created just for this book*
- Discover the most interesting and useful Twitter programs--and get ideas for creating your own--with the book's Twitter application directory*

Twitter offers a new way to connect with people on the Internet, and Twitter API: Up and Running takes you right to the heart of this technology.

"Twitter API: Up and Running is a friendly, accessible introduction to the Twitter API. Even beginning web developers can have a working Twitter project before they know it. Sit down with this for a weekend and you're on your way to Twitter API mastery."--Alex Payne, Twitter API Lead

"Twitter API: Up and Running is a very comprehensive and useful resource--any developer will feel the urge to code a Twitter-related application right after finishing the book!"--The Lollicode team, creators of Twitscoop

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Updated to cover Docker version 1.10
Docker is quickly changing the way that organizations are deploying software at scale. But understanding how Linux containers fit into your workflow—and getting the integration details right—are not trivial tasks. With this practical guide, you'll learn how to use Docker to package your applications with all of their dependencies, and then test, ship, scale, and support your containers in production. Two Lead Site Reliability Engineers at New Relic share much of what they have learned from using Docker in production since shortly after its initial release. Their goal is to help you reap the benefits of this technology while avoiding the many setbacks they experienced. Learn how Docker simplifies dependency management and deployment workflow for your applications Start working with Docker images, containers, and command line tools Use practical techniques to deploy and test Docker-based Linux containers in production Debug containers by understanding their composition and internal processes Deploy production containers at scale inside your data center or cloud environment Explore advanced Docker topics, including deployment tools, networking,

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orchestration, security, and configuration

*From the best-selling author of *The Wind-Up Bird Chronicle* and *After Dark*, a rich and revelatory memoir about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of critically acclaimed books, he reflects upon the influence the sport has had on his life and—even more important—on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and includes settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs, and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny*

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and sobering, playful and philosophical, What I Talk About When I Talk About Running is both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in distance running. For self-service data preparation, Tableau Prep is relatively easy to use—as long as you know how to clean and organize your datasets. Carl Allchin, from The Information Lab in London, gets you up to speed on Tableau Prep through a series of practical lessons that include methods for preparing, cleaning, automating, organizing, and outputting your datasets. Based on Allchin’s popular blog, Preppin’ Data, this practical guide takes you step-by-step through Tableau Prep’s fundamentals. Self-service data preparation reduces the time it takes to complete data projects and improves the quality of your analyses. Discover how Tableau Prep helps you access your data and turn it into valuable information. Know what to look for when you prepare data Learn which Tableau Prep functions to use when working with data fields Analyze the shape and profile of your dataset Output data for analysis and learn how Tableau Prep automates your workflow Learn how to clean your dataset using Tableau

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Prep functions Explore ways to use Tableau

Prep techniques in real-world scenarios

Make your data available to others by managing and documenting the output

A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen

Up and Running with AutoCAD 2013

The Complete Guide

Shut Up and Run

Get fit, confident and skilled-up to go from 5k to 50k

Shipping Reliable Containers in Production

Legend has it that Google deploys over two billion application containers a week. How's that possible? Google revealed the secret through a project called Kubernetes, an open source cluster orchestrator (based on its internal Borg system) that radically simplifies the task of building, deploying, and maintaining scalable distributed systems in the cloud. This practical guide shows you how Kubernetes and container technology can help you achieve new levels of velocity, availability, reliability, and efficiency. Authors Kelsey Hightower, Brendan Burns, and Joe Beda—who've worked on Kubernetes at Google and other organizations—explain how this system fits into the lifecycle of a distributed application. You will learn how to use tools and APIs to automate scalable distributed systems, whether it is for online services, machine-learning applications, or a cluster of Raspberry Pi computers. Explore the distributed system challenges that Kubernetes addresses. Dive into containerized application development, using containers such as Docker. Create and run containers on Kubernetes, using the docker image format and container

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runtime Explore specialized objects essential for running applications in production Reliably roll out new software versions without downtime or errors Get examples of how to develop and deploy real-world applications in Kubernetes

What sets Laravel apart from other PHP web frameworks? Speed and simplicity, for starters. This rapid application development framework and its ecosystem of tools let you quickly build new sites and applications with clean, readable code. Fully updated to cover Laravel 5.8, the second edition of this practical guide provides the definitive introduction to one of today's most popular web frameworks. Matt Stauffer, a leading teacher and developer in the Laravel community, delivers a high-level overview and concrete examples to help experienced PHP web developers get started with this framework right away. This updated edition also covers Laravel Dusk and Horizon and provides information about community resources and other noncore Laravel packages. Dive into features, including: Blade, Laravel's powerful custom templating tool Tools for gathering, validating, normalizing, and filtering user-provided data The Eloquent ORM for working with application databases The role of the Illuminate request object in the application lifecycle PHPUnit Mockery, and Dusk for testing your PHP code Tools for writing JSON and RESTful APIs Interfaces for filesystem access, sessions, cookies, caches, and search Tools for implementing queues, jobs, events, and WebSocket event publishing

If you want to experience the real freedom of running in the natural surrounding and if the ever repeating runs in the streets start to bore you, trail running is the right way to improve your running experience. The charm of starting to

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running is to find your own way on lonely mountain hiking trails and to set your own goals, because no trail run can be compared to another. Running guru Jeff Galloway offers his own approach of getting started with his unique way of guaranteeing an injury-free running style. With his Run-Walk-Run™ method Jeff helps beginners to start trail running the right way. Advanced runners can use a specialized training program which will help them prevent overtraining, injuries and other calamities you can encounter during intense training sessions. The book covers a wide range of trail running equipment, especially covering the whole range of trail running shoes. If you want to jump start your trail run this is your complete guide.

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty mile race with the tribe and a number of ultramarathoners.

Infrastructure and Application Performance Monitoring
Dive into the Future of Web Development

Twitter API: Up and Running

Up and RUNNING in 30 DAYS

Setting up and running a small-scale business producing high value foods

Laravel: Up & Running

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Up and Running with AutoCAD 2018: 2D Drafting and Design provides a combination of step-by-step instruction, examples and insightful explanations on the topic. It emphasizes core concepts and practical application of AutoCAD in engineering, architecture and design. Equally useful in instructor-led classroom training, self-study, or as a professional reference, the book is written by a long-time AutoCAD professional and instructor who presents topics that work in the industry and classroom. The book has been pared down to focus on 2D drafting and design, making it appropriate for a one-semester course. Strips away complexities and reduces AutoCAD to basic, easy-to-understand concepts Teaches the essentials of operating AutoCAD first, immediately building student confidence Documents all basic commands, giving the student what they need to type in and how AutoCAD responds Includes new exercises and projects for the AutoCAD 2018 version Offers online bonus content on AutoCAD 3D basics

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