

# Download File Nook Simple Touch User Guide Pdf Free Copy

A Guide to the Project Management Body of Knowledge (PMBOK® Guide) - Seventh Edition and The Standard for Project Management (BRAZILIAN PORTUGUESE) A People's Guide to Los Angeles The Road Guide to Yosemite National Geographic Field Guide to the Birds of Western North America Calligraphy Quilter's Complete Guide The Essential Wild Food Survival Guide Wine Folly: Magnum Edition The Project Manager's Guide to Mastering Agile The Encyclopedia of Animals Stickmen's Guide to Earth's Atmosphere in Layers A Field Guide to Cows An Illustrated Field Guide to the Elements and Principles of Art + Design Lonely Planet's Best in Travel 2020 Collector's Guide Risk Arbitrage The Graphic Designer's Guide to Portfolio Design Rock Climbing Smith Rock State Park Explorer's Guide Vermont Visual Guide to Chart Patterns A Practical Guide to Racism Pocket Guide To Interpersonal Neurobiology A Guide to the ICC Rules of Arbitration Pickard's Guide to Minimally Invasive Operative Dentistry A Guide to Private Schools A Modern Guide to Public Relations: Unveiling the Mystery of PR Healing Trees A People's Guide to New York City Antiqua & Barbuda Field Guide to Lens Design Ethnic Politics in Eastern Europe HBR Guide to Beating Burnout The Rough Guide to California Jewish with Feeling Field Guide to the Natural World of New York City Guide to New York City Landmarks Grits (Girls Raised in the South) Guide to Life Healthy Caregiving A Californian's Guide to the Mammals Among Us Tequila

This book documents 115 little-known sites in Los Angeles where struggles related to race, class, gender, sexuality, and the environment have occurred. They introduce us to people and events usually ignored by mainstream media and, in the process, create a fresh history of Los Angeles. This guide charts national histories and policies, relevant statistics and chronologies, and the identities, programmes, and activities of the full spectrum of ethnically-based parties and organizations in Central and Eastern Europe. This guide delivers selected information on every species found from the Pacific Ocean to the Rocky Mountains. Motorists have long-deserved an all-new guide to the major sights and stops along Yosemite's majestic major roadways — one which not only lists distances, facilities, and things to do, but that also provides enlightening stories, park history, and natural history in a most engaging way. The wait is over. Ranger Bob Roney has applied his deep knowledge of the park and renowned story-telling skills to give drivers and their companions what they need to know, where they need to know it. Keyed to markers newly placed throughout the park, and packed with maps, illustrations, and dozens of full-color photographs, The Road Guide to Yosemite makes it safe and easy to stop and enjoy the world-famous scenery. Discover the hidden language of images using this full-color guide to the Elements and Principles of Art and Design with over 200 individual illustrations and 30 artwork examples. This comprehensive illustrated exploration of how images are composed is organized for easy reference and explores each element and principle in depth. Unlike big textbooks, this field guide-sized edition can easily slip into a bag or pocket for your next trip to the museum, design meeting, or classroom critique. Surveys the parks, campgrounds, inns, motels, restaurants, stores, sports, cultural activities, special events, and historic villages in Vermont. Taking off from basic questions like "Why be Jewish?" and whether the word God still speaks to us today, Reb Zalman lays out a vision for a whole-person Judaism. Includes many practical suggestions to enrich your own Jewish life and spiritual experience. "Read it with someone you hate." —Jon Stewart A hilarious look at the races of the world—capturing the proud history and bright future of racism in one handy, authoritative, and deeply offensive volume. Whether you're laughing, cringing, or some combination of the two, A Practical Guide to Racism is sure to entertain. According to C. H. Dalton, a professor of racist studies and an expert on inferior people of all ethnicities, genders, religions, and sexual preferences, everyone should be hated. A Practical Guide to Racism takes a satirical look at long-standing stereotypes and draws them out to their mad and illogical conclusions. At its core, this deeply sarcastic body of evidence suggests that, by the standards of racism, every race is terrible in its own right. A Practical Guide to Racism contains sparkling bits of wisdom on such subjects as: · The good life enjoyed by blacks, who shuffle through life unhindered by the white man's burdens, to become accomplished athletes, rhyme smiths, and dominoes champions · A close look at the

bizarre, sweet-smelling race known as women, who are not very good at anything - especially ruling the free world · The sad story of the industrious, intelligent Jews, whose entire reputation is sullied by their taste for the blood of Christian babies · A crucial manual to Arabs, a people so sensitive they are liable to blow up at any time. Literally. Everything you need to know to get started: choosing quality tools, understanding the structure of letters, and learning the basic strokes Includes alphabets, from classic Roman letters, to the intricate traditions of the Middle Ages, to the simple, creative styles of today Hundreds of photos of inspiring, beautiful samples How to embellish your calligraphy with decorative dropped capitals, celtic knotwork, scrollwork, flourishes, and more Learn and master the beautiful and varied art of Western calligraphy. This lavishly illustrated guide includes all the information you need to get started in calligraphy as well as techniques for the more advanced artist, including using color, carving lettering in wood and stone, and creating abstract and ornamental calligraphy designs. The 40 alphabets included are drawn from throughout the rich history of Western calligraphy, from elaborate Gothic lettering to the clean lines of modern alphabets. An essential reference for calligraphers of all levels. Landing a job in graphic design or multimedia starts with the creation of a portfolio that showcases a student's best work. With sample portfolios, interviews with leaders in graphic design and advertising industries, and step-by-step instruction for creating professional print and digital portfolios, this book helps students successfully transition from design student to design professional. Now fully updated, it is the only guide to creating job-winning print-based and digital portfolios specifically for graphic designers. At its current tally of 212 species, California's mammal list is the largest of all the United States'. This new guidebook joins its sister titles A Californian's Guide to the Birds among Us and A Californian's Guide to the Trees among Us in introducing naturalists of all levels to over forty varieties of the Golden State's fascinating warm-blooded wildlife. Full-color images and evocative descriptions make identification fun and intuitive: a bobcat, for example, has "a Civil War look, with old-fashioned sideburns framing the face in black and white," while a blue whale is named for its coloration of not "old jeans or dull paint, but a luminous, 'how can water catch on fire?' kind of blue." Author Charles Hood supplements essential information with strange but true facts like voles' predilection for deer antlers as a source of calcium, and Mexican free-tailed bats' ability to live in gaseous environments that would kill most other animals. With refreshingly pragmatic commentary ("the fact is, even for experienced naturalists, most chipmunks look pretty much alike") and sound advice for where to see mammals in urban and wilderness settings alike, this lively and even quotable guide will inspire people to connect with their environments wherever they are. Streamline project workflow with expert agile implementation The Project Management Profession is beginning to go through rapid and profound transformation due to the widespread adoption of agile methodologies. Those changes are likely to dramatically change the role of project managers in many environments as we have known them and raise the bar for the entire project management profession; however, we are in the early stages of that transformation and there is a lot of confusion about the impact it has on project managers: There are many stereotypes and misconceptions that exist about both Agile and traditional plan-driven project management, Agile and traditional project management principles and practices are treated as separate and independent domains of knowledge with little or no integration between the two and sometimes seen as in conflict with each other Agile and "Waterfall" are thought of as two binary, mutually-exclusive choices and companies sometimes try to force-fit their business and projects to one of those extremes when the right solution is to fit the approach to the project It's no wonder that many Project Managers might be confused by all of this! This book will help project managers unravel a lot of the confusion that exists; develop a totally new perspective to see Agile and traditional plan-driven project management principles and practices in a new light as complementary to each other rather than competitive; and learn to develop an adaptive approach to blend those principles and practices together in the right proportions to fit any situation. There are many books on Agile and many books on traditional project management but what's very unique about this book is that it takes an objective approach to help you understand the strengths and weaknesses of both

of those areas to see how they can work synergistically to improve project outcomes in any project. The book includes discussion topics, real world case studies, and sample enterprise-level agile frameworks that facilitate hands-on learning as well as an in-depth discussion of the principles behind both Agile and traditional plan-driven project management practices to provide a more thorough level of understanding. PMBOK® Guide is the go-to resource for project management practitioners. The project management profession has significantly evolved due to emerging technology, new approaches and rapid market changes. Reflecting this evolution, The Standard for Project Management enumerates 12 principles of project management and the PMBOK® Guide & Seventh Edition is structured around eight project performance domains. This edition is designed to address practitioners' current and future needs and to help them be more proactive, innovative and nimble in enabling desired project outcomes. This edition of the PMBOK® Guide:

- Reflects the full range of development approaches (predictive, adaptive, hybrid, etc.);
- Provides an entire section devoted to tailoring the development approach and processes;
- Includes an expanded list of models, methods, and artifacts;
- Focuses on not just delivering project outputs but also enabling outcomes; and
- Integrates with PMI standards+™ for information and standards application content based on project type, development approach, and industry sector.

The New York Times bestselling *Southern girls' guide to succeeding in life*—with a foreword by Fannie Flag. They're called Sweet Potato Queens, Steel Magnolias, Ya-Ya Sisters, and Southern Belles, but at heart they're just plain Grits—Girls Raised in the South! Now, Deborah Ford, founder of Grits® Inc., reveals the code behind the distinctive—and irresistible—style of the Southern woman. Equal parts sweet sincerity and sharp, sly humor, *The Grits Guide to Life* is chock-full of Southern charm: advice, true-life stories from honest-to-god "Grits," recipes, humor, quotable wisdom, and more. Readers will learn vital lessons, including: how to eat a watermelon in a sundress; how to drink like a Southern lady (sip... a lot); and the real meaning of PMS (Precious Mood Southerner). This charming book is destined to become a bible for the Southern girl—whether born and bred, expatriated, or adoptive—and her many admirers. "Funny, wise, charming, and smart...Grits deserves a place on your shelf between *Gone With the Wind* and the Memphis Junior League cookbook, and I predict in the years to come it will be passed down to daughter along with the family silver and great-grandmother's lace doilies."—Fannie Flag, from her foreword to *The Grits Guide to Life*

Provides information and detailed instructions for beginning and advanced quilters on the techniques of quilting and on the details of making a variety of popular patchwork and quilting patterns. The ICC Rules of Arbitration constitute one of the world's oldest and most widely used sets of rules for the resolution of international commercial disputes. In 1998, shortly after the entry into force of the current version of the Rules, the First Edition of this book appeared and quickly became an indispensable resource for all those involved or interested in ICC arbitrations, including arbitrators, counsel, and parties. In this updated and revised edition, the authors two of the world's leading experts on ICC arbitration have revised the Guide in order to take stock not only of the evolution in ICC practice over the last seven years, but of new arbitral and judicial decisions bearing on the interpretation and application of the Rules and of developments in international arbitration practice generally. The Guide's notable features include: article-by-article commentary on the ICC Rules, enriched by the authors and personal involvement in their drafting and years of experience as arbitrators, counsel, and former Secretaries General of the ICC International Court of Arbitration; ample and greatly expanded references, in respect of the Rules and individual provisions, to relevant national court judgments and arbitral awards, together with extensive bibliographical sources; and up-to-date statistics on ICC arbitration and copies of all ICC rules on dispute resolution mechanisms in addition to arbitration. A truly comprehensive reference work on ICC arbitration practice, the Second Edition of the Guide will be of immeasurable value to corporate counsel, international lawyers, and business people, as well as to all those interested in the international arbitration process.

The New Tequila Tequila has come a long way since the days of salt, shot, lime, repeat. With tequila consumption on the rise, people are choosing tequila on more occasions, experimenting with new labels, and learning to appreciate the nuances of flavor. TEQUILA is an all-in-one reference for the top-shelf tequila connoisseur, with chapters on the history and lore of tequila, insight into how tequila is made, an exploration of the agave fields of Jalisco, and a drinker's guide to the four types of tequila: blanco, reposado, añejo, and extra añejo. James Beard Award—winning

author and chef Joanne Weir takes tequila beyond the margarita (although she opens the book with the very best margarita recipe) to a wide range of drink and food recipes. TEQUILA features more than 35 cocktails from her own repertoire, as well as contributions from some of the top tequila bar-tenders in the country, including classics like the Sangrita and La Batanga and novel variations like the Cable Car No. 2 and the Surly Temple. Weir also presents more than 20 tequila-infused sides, mains, and desserts, from Gazpacho with Drunken Prawns to Bay Scallop Ceviche to Tequilamisú. Join a new generation of aficionados for a celebration of the agave plant's most spirited and fiery creation, along with new and innovative ways to appreciate tequila. Five boroughs rich with history—and one guide to it all The official and only complete guide to New York City's landmarks, this beautiful Third Edition has been updated to include 128 new individual sites and sixteen new historic districts. Mayor Michael Bloomberg opens this treasure trove of historical discovery with an elegant Foreword. What follows are insightful descriptions of more than 1,000 individual landmarks and 84 historic districts. Everyone will feel like a native New Yorker when they quickly point out landmarks with the help of 80 easy-to-read maps. This new edition also features new photographs, enhanced maps, and more than a dozen themed sections that make it easy to create a customized sightseeing experience. New York City Landmarks Preservation Commission (New York, NY) is the agency responsible for identifying and designating local landmarks and historic districts. Established in 1965 in response to the destruction of the original Penn Station, the agency is comprised of eleven members appointed by the mayor and a professional staff. This in-depth coverage of California's local attractions, sights, and restaurants takes you to the most rewarding spots - from the Hollywood sign to the Golden Gate Bridge to the Redwoods - and stunning color photography brings the land to life on the pages. With a beautiful new cover, amazing tips and information, and key facts, *The Rough Guide to California* is the perfect travel companion. Discover California's highlights, with expert advice on exploring the best sites, participating in festivals, and exploring local landmarks through extensive coverage of this fascinating location. Easy-to-use maps; reliable advice on how to get around; and insider reviews of the best hotels, restaurants, bars, clubs, and shops for all budgets ensure that you won't miss a thing. Make the most of your time with *The Rough Guide to California*. This lavishly illustrated trade reference to mammals, birds, reptiles, amphibians, fishes, and invertebrates features hundreds of glorious photos, masterful illustrations, and informative maps. This formidable compilation is the result of firsthand experience and over two years of research. The Antigua & Barbuda Island Guide provides insightful information that allows visitors to feel like locals while enjoying the indisputable beauty of this Caribbean nation. GAIN INSIGHT - Behind those long stretches of white sand beach and turquoise colored water is a vibrant culture all its own. Get an insightful look at Antigua & Barbuda's history, culture, environment, politics, and people. TOUR THE TWIN-ISLANDS - With 8 detailed maps and resources for getting around, let the Antigua & Barbuda Island Guide steer you in the right direction while keeping you informed on everything the island has to offer. EAT OUT - An exhaustive dining guide highlights those hidden spots where locals go to dine and points out internationally acclaimed restaurants. FIND ACCOMMODATIONS - From first class resorts to hilltop villas to deserted beachfront cabins, Antigua & Barbuda has it all when it comes to finding a place to stay (you just have to know where to look). ARRANGE ACTIVITIES - Are you dreaming about landing that big marlin? Or wanting to search for sunken treasure off Barbuda's coast? How about chartering your own private yacht for the day? It's all here waiting for you. This edition has been significantly enhanced by the inclusion of more high-quality images to help illustrate scientific concepts and clinical scenarios. In the previous edition we reinforced the link between prevention, operative dentistry, and overall patient care. This minimum intervention care philosophy continues to underpin the current edition, with increasing emphasis placed upon the differing important roles of the oral healthcare team. The operative skill set of a new dental graduate has evolved to encompass not only the techniques, materials, and science of minimally invasive dentistry, but also, increasingly, the behaviour management of their patients. Without patients taking responsibility for their oral health, even the best operative dentistry will fail, regardless of the materials used. Full of data, charts, nutritional breakdowns, and a poisonous look-alike section, this guide discusses how to identify, gather, prepare, store, and enjoy an endlessly nutritious and renewable resource of wild, edible plants. "This little gem fills you in on everything finned, furred, feathered, or leafed,

and how to find it, in all five boroughs" (House and Garden). New York just might be the most biologically diverse city in temperate America. The five boroughs sit atop one of the most naturally rich sites in North America, directly under the Atlantic migratory flyway, at the mouth of a 300-mile-long river, and on three islands?Manhattan, Staten, and Long. Leslie Day, a New York City naturalist, reveals this amazing world in her Field Guide to the Natural World of New York City. Combining the stunning paintings of Mark A. Klingler with a variety of photographs and maps, this book is a complete guide for the urban naturalist?with tips on identifying the city's flora and fauna and maps showing the nearest subway stop. Here is your personal guide to the real wild side of America's largest city. Throw it in your backpack, hop on the subway, and explore. "Dr. Day . . . A sort of Julia Child of nature." —Ellen Pall, New York Times "Provides historic facts, photographs and maps to give a snapshot of the city's natural resources and to remind hard-charging New Yorkers of the unchanging parts of their environment." —Sally Goldenberg, Staten Island Advance "This book should be in every New Yorker's library as both reference and inspiration for low-carbon-impact journeys to places of unexpected beauty and tranquility." —Crawford-Doyle Booksellers Newsletter "You may well wonder why I am reviewing a book about New York city when we preach 'local, local, local' throughout these pages. I'll tell you, because this beautifully illustrated handbook is a wonderful example of exploring the bucolic city. . . . All illustrated with gorgeous watercolors by Klingler. We should have one of these. But in the meantime, you will find many of the same species in our fair cities., so why not pick up a copy for inspiration?"—Minneapolis Observer Quarterly

The central concepts of the theory of interpersonal neurobiology. Many fields have explored the nature of mental life from psychology to psychiatry, literature to linguistics. Yet no common "framework" where each of these important perspectives can be honored and integrated with one another has been created in which a person seeking their collective wisdom can find answers to some basic questions, such as, What is the purpose of life? Why are we here? How do we know things, how are we conscious of ourselves? What is the mind? What makes a mind healthy or unwell? And, perhaps most importantly: What is the connection among the mind, the brain, and our relationships with one another? Our mental lives are profoundly relational. The interactions we have with one another shape our mental world. Yet as any neuroscientist will tell you, the mind is shaped by the firing patterns in the brain. And so how can we reconcile this tension—that the mind is both embodied and relational? Interpersonal Neurobiology is a way of thinking across this apparent conceptual divide. This Pocket Guide to Interpersonal Neurobiology is designed to aid in your personal and professional application of the interpersonal neurobiology approach to developing a healthy mind, an integrated brain, and empathic relationships. It is also designed to assist you in seeing the intricate foundations of interpersonal neurobiology as you read other books in the Norton Series on Interpersonal Neurobiology.

Praise for Daniel J. Siegel's books: "Siegel is a must-read author for anyone interested in the science of the mind." —Daniel Goleman, author of Social Intelligence: The New Science of Human Relationships "[S]tands out for its skillful weaving together of the interpersonal, the inner world, the latest science, and practical applications." —Jack Kornfield, PhD, founding teacher of the Insight Meditation Society and Spirit Rock Center, and author of A Path With Heart "Siegel has both a meticulous understanding of the roles of different parts of the brain and an intimate relationship with mindfulness . . . [A]n exciting glimpse of an uncharted territory of neuroscience." —Scientific American Mind "Dr. Daniel Siegel is one of the most thoughtful, eloquent, scientifically solid and reputable exponents of mind/body/brain integration in the world today." —Jon Kabat-Zinn, PhD, author of Wherever You Go, There You Are, Full Catastrophe Living, and Coming to Our Senses

The process of designing lenses is both an art and a science. While advances in the field over the past two centuries have done much to transform it from the former category to the latter, much of the lens design process remains encapsulated in the experience and knowledge of industry veterans. This SPIE Field Guide provides a working reference for practicing physicists, engineers, and scientists for deciphering the nuances of basic lens design. The step-by-step visual guide to spotting potential price movements and improving returns

Bloomberg Visual Guide to Chart Patterns is a concise and accessible visual guide to identifying, understanding, and using chart patterns to predict the direction and extent of price moves. Packed with visual learning enhancements and exercises, this innovative book helps savvy investors and professionals alike master the essential skills of chart pattern recognition. Follow

along as chart pattern expert Thomas Bulkowski teaches you to recognize important peaks and valleys that form patterns—footprints of the smart money. Nearly 200 color charts assist in providing a step-by-step approach to finding those footprints, interpreting them, and following them. Popular patterns such as head-and-shoulders, double tops and bottoms, triangles, gaps, flags, and pennants are just a few of the many patterns explored throughout the book. For the sophisticated trader or investor, the book also provides statistical research to support the claims of pattern behavior, trading signals, and setups, in an easy to understand way. Discusses chart pattern identification guidelines, psychology, variations, failures, and buy and sell signals Covers the most popular and common chart patterns as well as lesser-known ones like throwbacks, pullbacks, and busted patterns Incorporates quizzes, step-by-step exercises, enhanced graphics and video tutorials to immerse the reader in the world of chart patterns Designed for use by investors and traders, from beginners to experts looking for a practical, easy-to-use guide, comprehensive reference, Bloomberg Visual Guide to Chart Patterns provides a sophisticated introduction to the world of chart patterns. Burnout is rampant. Recognize the signs and make the right changes. The always-on workplace and increasing pressures are leading to a high rate of burnout. Unmanaged, chronic work stress doesn't just lead to lower productivity and negative emotions—it can have dire personal and professional consequences. Are you and your team at risk? The HBR Guide to Beating Burnout provides practical tips and advice to help you, your team, and your organization navigate the perils of burnout and rediscover healthy engagement at work. You'll learn how to: Understand the difference between normal stress and burnout Keep your passion for work from leading to burnout Avoid working from home burnout Protect your high performers from burnout Help prevent burnout on your team—even if you're burned out Bounce back and regain your productivity and effectiveness Arm yourself with the advice you need to succeed on the job, with the most trusted brand in business. Packed with how-to essentials from leading experts, the HBR Guides provide smart answers to your most pressing work challenges. The Collector's Guide strives to be a trusted partner in the business of art by being the most knowledgeable, helpful and friendly resource to New Mexico's artists, art galleries, museums and art service providers. Through a printed guidebook, the World Wide Web and weekly radio programs, we serve art collectors and others seeking information about the art and culture of New Mexico. EVERYTHING YOU NEED TO KNOW ABOUT DC AREA PRIVATE SCHOOLS - A guide to the private school admission process - The pros and cons of public and private schools - How many schools to apply to and when to begin the application - How to find the right match for your child's unique learning style - Ann's rules for bettering your chances of acceptance - 94 profiles on DC Area private schools JAMES BEARD AWARD WINNER The expanded wine guide from the creators of Wine Folly, packed with new information for devotees and newbies alike. Wine Folly became a sensation for its inventive, easy-to-digest approach to learning about wine. Now in a new, expanded hardcover edition, Wine Folly: Magnum Edition is the perfect guide for anyone looking to take his or her wine knowledge to the next level. Wine Folly: Magnum Edition includes: more than 100 grapes and wines color-coded by style so you can easily find new wines you'll love; a wine region explorer with detailed maps of the top wine regions, as well as up-and-coming areas such as Greece and Hungary; wine labeling and classification 101 for wine countries such as France, Italy, Spain, Germany, and Austria; an expanded food and wine pairing section; a primer on acidity and tannin--so you can taste wine like a pro; more essential tips to help you cut through the complexity of the wine world and become an expert. Wine Folly: Magnum Edition is the must-have book for the millions of fans of Wine Folly and for any budding oenophile who wants to boost his or her wine knowledge in a practical and fun way. It's the ultimate gift for any wine lover. The definitive guide to risk arbitrage, fully updated with new laws, cases, and techniques Risk Arbitrage is the definitive guide to the field and features a comprehensive overview of the theory, techniques, and tools that traders and risk managers need to be effective. This new edition is completely updated and fully revised to reflect the changes to laws and technology and includes new case studies and a detailed discussion of computer-based trading systems. Readers gain deep insight into the factors and policies that affect merger transactions, and the new developments that allow individuals to compete with professionals in managing risk arbitrage portfolios. The book provides techniques for computing spreads and determining risk, with practice exercises that allow readers to become confident with new methods before using them professionally.

The current wave of corporate mergers, acquisitions, restructurings, and similar transactions has created unprecedented opportunities for those versed in contemporary risk arbitrage techniques. At the same time, the nature of the current merger wave has lent such transactions a much higher degree of predictability than ever before, making risk arbitrage more attractive to all types of investors. Risk Arbitrage provides the essential guidance needed to participate in the business. Get up to date on the most recent developments in risk arbitrage Examine new mergers and the legal changes that affect them Learn how computers and trading systems have affected competition Use the tools that enable risk determination and spread computation Both the growth in hedge funds and the changing nature of the merger and acquisition business have affected risk arbitrage processes and techniques. For the finance professional who needs expert guidance and the latest information, Risk Arbitrage is a comprehensive guide. This annual bestseller ranks the hottest countries, regions and cities for 2020, and reveals how well-planned, sustainable travel can be a force for good. Drawing on the knowledge and passion of Lonely Planet's staff, authors and online community, we present a year's worth of inspiration to take you out of the ordinary and into the unforgettable. Explores the atmospheric layers that wrap around Earth, and explains how each layer has a different effect on the way we live on Earth. This alternative guidebook for one of the world's most popular tourist destinations explores all five boroughs to reveal a people's New York City. The sites and stories of A People's Guide to New York City shift our perception of what defines New York, placing the passion, determination, defeats, and victories of its people at the core. Delving into the histories of New York's five boroughs, you will encounter enslaved Africans in revolt, women marching for equality, workers on strike, musicians and performers claiming streets for their art, and neighbors organizing against landfills and industrial toxins and in support of affordable housing and public schools. The streetscapes that emerge from these groups' struggles bear the traces, and this book shows you where to look to find them. New York City is a preeminent global city, serving as the headquarters for hundreds of multinational firms and a world-renowned cultural hub for fashion, art, and music. It is among the most multicultural cities in the world and also one of the most segregated cities in the United States. The people that make this global city function—immigrants, people of color, and the working classes—reside largely in the so-called outer boroughs, outside the corporations, neon, and skyscrapers of Manhattan. A People's Guide to New York City expands the scope and scale of traditional guidebooks, providing an equitable exploration of the diverse communities throughout the city. Through the stories of over 150 sites across the Bronx, Manhattan, Queens, Brooklyn and Staten Island as well as thematic tours and contemporary and archival photographs, a people's New York emerges, one in which collective struggles for justice and freedom have shaped the very landscape of the city. The comprehensive guide to the place that brought sport climbing to North America--a full-color, thoroughly updated new edition Smith Rock State Park. It was on the impressive crags of this Oregon hideaway that American sport climbing came into its own, and to this day, some of the hardest climbs in the United States are found on these walls. Alan Watts, who has played a leading role in the development of this popular rock-climbing destination, details more than 1,700 routes at Smith Rock and the surrounding area. This new edition updates hundreds of routes, includes hundreds of new ones, and has new photos of each crag, wall, and route. No other guide is as comprehensive or thorough, and no author more respected for his intimate knowledge of one of the world's most popular climbing destinations. In A Field Guide to Cows, John Pukite provides all the facts--so even the novice can identify and get to know America's fifty-two breeds of cattle. Every entry in this entertaining yet completely usable book features an illustration that highlights each breed's most easily identifiable traits, such as coloration pattern and body shape. The book includes a checklist of breeds so the die-hard cow watcher can keep track of sightings, a list of essential garb and gear for cow watching, a glossary of terms, a listing of breeder associations, and more. Fascinating cow trivia is interspersed throughout. Informative, amazing, and amusing, A Field Guide to Cows is the indispensable companion for would-be cow tippers, farmers, city folk, agriculturalists, interstate drivers, 4-H'ers, vacationing families, and everyone who likes to moo at cows. Cow Facts There are approximately 350 squirts in a gallon of milk Old cows in India have their own nursing homes From 1866 to 1895 cowboys drove about 10,000,000 cattle out of Texas Patricia Smith is the founder and CEO of the Compassion Fatigue Awareness Project(c), the outreach division of Healthy Caregiving, LLC. As a certified Compassion

Fatigue Specialist with 20 years of training experience, she writes, speaks and facilitates workshops in service of those who care for others in all caregiving professions. Patricia has authored two training manuals, a presenter's guide and a student workbook, titled: Healthy Caregiving: A Guide to Recognizing and Managing Compassion Fatigue: Level 1. Her new book, To Weep for a Stranger: Compassion Fatigue in Caregiving, is a comprehensive look at compassion fatigue, its causes and symptoms, and how to begin the healing process. With a background in journalism, Patricia's writing has appeared in numerous publications, including the San Jose Mercury News where she was a freelance journalist for nearly 20 years.. As training and development manager for the Humane Society Silicon Valley, she created and implemented a critical shelter-wide compassion fatigue project. Her work in this field led to presenting workshops nationwide as a consultant for American Humane, a national organization advocating children and animal rights. Patricia is the recipient of the "Excellence in Writing Award," presented by the National League of American Pen Women. Under her direction, Ronald McDonald House at Stanford received the 2005 "Best Bets" award for its "Healing Arts" program. She was awarded the 2006 Telly Award for her script "Invaders of the National Parks," a documentary on invasive species created for the National Parks Service. Her clients have included the University of California, Santa Cruz; Dominican Hospital; O'Connor Hospital; Jacob's Heart; Hospice Caring Project; Indianapolis Animal Shelter; Veterinarian Oncologists; Ronald McDonald House at Stanford and the Health Projects Center, a State of California social services agency. Take a walk in the woods to find yourself. This book is intended as an easy approach to forest bathing, a concept that is now making its way into health and wellness practices. Part spiritual guide and part practitioner's handbook, this accessible, practical, positivity-rich book is designed to be taken on every walk to encourage mindfulness, contentedness, and presence in the moment. Written in a beautiful, encouraging style by a highly qualified and mediagenic author, the book also contains amazing hand-drawn illustrations of forest scenes.

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