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Neotropical Rainforest Mammals Sep 18 2019 Neotropical Rainforest Mammals, the first color-illustrated field guide to these marvelous diverse and elusive creatures, has enjoyed tremendous success since its initial publication in 1990. Ecotourists and field researchers alike have applauded this guide's compact size, light weight, and durability. More important, they have appreciated its clear and concise accounts of the mammals of this broad region. Each species account includes information on identifying characteristics, similar species, vocalizations, behavior and natural history, geographic range, conservation status, local names, and references to the scientific literature. In this completely revised and updated second edition: A total of 226 species are treated in full (206 were included in the first edition). All species accounts retained from the first edition have been updated to include the most recent research. All 195 maps showing the distribution and geographic range of each species have been revised to reflect the most current information. Twenty-nine beautiful color plates illustrate more than 220 species (including significant color variants between males and females or adults and young). Seven black-and-white plates contain more than 60 images of individual species, mainly bats. A compact disc of mammal vocalizations--crucial to identifying nocturnal and otherwise cryptic animals that sometimes may be heard rather than seen--will be available for purchase separately. Praise for the first edition: "If you can't go to the Central and South American rain forests to see firsthand their threatened ecosystems, here is the next best thing."--Washington Post Book World "A large amount of information is presented concisely and in a way that is easy to use."--Choice "The presentation and wealth of information contained in this field guide is outstanding and will satisfy the needs of both

'tourist' and 'researcher' traveling to the Neotropics."--Canadian Field-Naturalist

A Guide to the Project Management Body of Knowledge (PMBOK® Guide) – Seventh Edition and The Standard for Project Management (BRAZILIAN PORTUGUESE) Dec 26 2022 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 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.

A People's Guide to Los Angeles Oct 24 2022 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.

Jazz Pedagogy Feb 16 2022 DVD provides over three hours of audio and video demonstrations of rehearsal techniques and teaching methods for jazz improvisation, improving the rhythm section, and Latin jazz styles.

Your DNA Guide - the Book Jul 21 2022 You don't have to learn

everything about genetic genealogy before asking specific questions of your DNA! That's the premise of Diahan Southard's brand new book, *Your DNA Guide - the Book*, now available for pre-order at a special sale price. *Your DNA Guide - the Book* is like no other genealogy book on the market. Instead of learning more-than-you-need-to-know in textbook style, you'll choose a specific DNA question to start exploring right away. You'll follow concrete step-by-step plans, learning important DNA concepts--in plain English--as you go. Do you want to learn who your 2X great grandmother is? Turn to page 23. Do you want to know how you are related to one of your DNA matches? Page 37. As you proceed, you check your progress and get new guidance based on your specific results at each stage (including troubleshooting, like when your matches just aren't responding or your great-grandparents turn out to be first cousins). This powerful, hands-on approach is based on Diahan's 20 years of experience in the genetic genealogy industry and especially in the past five years, as she helps clients one-on-one make DNA discoveries. It became clear to her that while each client's situation may be unique, there are patterns in how you can find solutions that you can apply yourself. *Your DNA Guide - the Book* is for anyone who has taken a DNA test or may want to. It helps genealogists reconstruct family trees. It helps adoptees identify biological relatives. It can help you identify a specific DNA match. In short, it helps anyone explore what their DNA--and their DNA matches--can tell them about their origins.

*The Manga Guide to Electricity* Aug 22 2022 Rereko is just your average high-school girl from Electopia, the land of electricity, but she's totally failed her final electricity exam! Now she has to go to summer school on Earth. And this time, she has to pass. Luckily, her ever-patient tutor Hikaru is there to help. Join them in the pages of *The Manga Guide to Electricity* as Rereko examines everyday electrical devices like flashlights, heaters, and circuit breakers, and

learns the meaning of abstract concepts like voltage, potential, current, resistance, conductivity, and electrostatic force. The real-world examples that you'll find in *The Manga Guide to Electricity* will teach you: –What electricity is, how it works, how it's created and how it can be used –The relationship between voltage, current and resistance (Ohm's law) –Key electrical concepts like inductance and capacitance –How complicated components like transformers, semiconductors, diodes, and transistors work –How electricity produces heat and the relationship between current and magnetic fields If thinking about how electricity works really fries your brain, let *The Manga Guide to Electricity* teach you all things electrical in a shockingly fun way.

*Gentle Birth, Gentle Mothering* 27 2020 An authoritative guide to natural childbirth and postpartum parenting options from an M who home-birthed her own four children. Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls "undisturbed birth" is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship.

*A Modern Guide to Public Relations: Unveiling the Mystery of PR* Feb 04 2021

*Collector's Guide* May 07 2021 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.

The Chicago Guide to Grammar, Usage, and Punctuation  
2022 Quotation Marks -- The Question Mark -- The Exclamation Mark -- The Period -- Brackets -- The Slash (Virgule) -- Bullets -- Ellipsis Dots -- Select Glossary -- Sources for Inset Quotations -- Select Bibliography -- Acknowledgments -- Word Index -- General Index -- Pronunciation Guide

AppleScript  
Apr 06 2021 Mac users everywhere--even those who know nothing about programming--are discovering the value of the latest version of AppleScript, Apple's vastly improved scripting language for Mac OS X Tiger. And with this new edition of the top-selling AppleScript: The Definitive Guide, anyone, regardless of your level of experience, can learn to use AppleScript to make your Mac time more efficient and more enjoyable by automating repetitive tasks, customizing applications, and even controlling complex workflows. Fully revised and updated--and with more and better examples than ever--AppleScript: The Definitive Guide, 2nd Edition explores AppleScript 1.10 from the ground up. You will learn how AppleScript works and how to use it in a variety of contexts: in everyday scripts to process automation, in CGI scripts for developing applications in Cocoa, or in combination with other scripting languages like Perl and Ruby. AppleScript has shipped with every Mac since System 7 in 1991, and its ease of use and English-friendly dialect are highly appealing to most Mac fans. Novices, developers and everyone in between who wants to know how, where, and why to use AppleScript will find AppleScript: The Definitive Guide, 2nd Edition to be the most complete source on the subject available. It is as perfect for beginners who want to write their first script as it is for experienced users who need a definitive reference close at hand. AppleScript: The Definitive Guide, 2nd Edition begins with a relevant and useful AppleScript overview and then gets quickly to

language itself; when you have a good handle on that, you get to see AppleScript in action, and learn how to put it into action for you. A completely new chapter shows developers how to make your Mac applications scriptable, and how to give them that Mac OS X look and feel with AppleScript Studio. Thorough appendixes deliver additional tools and resources you won't find anywhere else. Reviewed and approved by Apple, this indispensable guide carries the ADC (Apple Developer Connection) logo.

**Network+ Guide to Networks** by Douglas E. Comer, 9th Edition, 2021 Completely up to date with the latest developments and practices from the field, West/Dean/Andrews' **NETWORK+ GUIDE TO NETWORKS**, 8th edition, thoroughly prepares readers for success on CompTIA's Network+ N10-007 certification exam--as well as an exciting career installing, configuring and troubleshooting computer networks. It is fully mapped to all objectives of the certification exam, including protocols, topologies, hardware, network design, security and troubleshooting. Virtualization-based projects give readers experience working with a wide variety of hardware, software, operating systems and device interactions, while On the Job stories, Applying Concepts activities, and Hands-On and Capstone Projects help readers further explore chapter concepts. The book's emphasis on real-world problem solving provides the tools readers need to succeed in any computer networking environment. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

**Pickard's Guide to Minimally Invasive Operative Dentistry** by Robert J. Pickard, 22nd Edition, 2020 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 the patients. Without patients taking responsibility for their oral health, even the best operative dentistry will fail, regardless of the material used.

The Princeton Field Guide to Dinosaurs Nov 13 2021 The Evolution and Loss-of Avian Flight -- Dinosaur Safari -- If Dinosaurs Had Survived -- Dinosaur Conservation -- Where Dinosaurs Are Found -- Using the Group and Species Descriptions -- Group and Species Accounts -- Dinosaurs -- Theropods -- Sauropodomorphs -- Ornithischians -- Additional Reading -- Index: Dinosaur Taxa -- Formations

The Viewpoints Book Nov 20 2019 First major exploration of a ground-breaking new technique for actors and theatre artists.

Intermittent Fasting Diet Guide and Cookbook Oct 20 2019 Do less and benefit more with the all-encompassing Intermittent Fasting Diet Guide, and start your journey to a happy and healthier lifestyle. Introducing the Intermittent Fasting Diet Guide brought to you by Dr. Becky Gillaspay, who assures that intermittent fasting is the solution to dropping pounds and boosting your overall health, and won't leave you feeling hungry! Heard of the phrase, but don't know where to start? Don't worry, we've got you covered! Intermittent fasting works by restricting the window of time in which you eat food, for example only eating two meals per day within an 8-hour time period. It is a key therapeutic tool for a variety of hormone-health-related concerns, and in turns aids weight loss. So what are you waiting for? Dive straight in to discover: - The fasting strategies available to you and learn how to select the best one to suit your individual needs and goals - Learn about the best foods to eat for weight loss and decide which diet is best for you - Select a meal plan

that's already fine-tuned your suggested macronutrient intake - Enjoy over 50 delicious recipes that are rich in flavor and high in nutrients. This wonderful wellness book is accessible, easy-to-read and is structured into two parts. Part 1 will help to uncover the science of fasting and identify your goals by selecting one of various fasting programs. Choose from several eating patterns: the 16/8 method; the Warrior Diet; the 5:2 diet; intuitive fasting and alternate day fasts. Learn the answers to any burning questions you may have such as 'Can I drink water and coffee while fasting?' and 'Is it okay to exercise while intermittent fasting?' In Part 2, discover a plethora of meal plans and low-carb recipes that will aid your fasting diet. Meal plans are developed so that food leaves you satisfied for hours or even days. With lower carb, higher fat, and moderate protein, recipes offer you the key nutrition you need to make your fasts productive and sustainable. Dr. Becky Gillaspay is your fasting coach and will be with you every step of the way! With thorough up-to-date research and action-ready plans, you will be well on your way to achieving a more healthy, adaptable body with this easy-to-navigate nutrition book.

Weber's Ultimate Grilling Nov 01 2020 The most highly instructive and visually engaging grilling book on the market, from the experts at Weber, with more than 100 all-new recipes and over 800 photos.

The Visual Guide to Extra Dimensions Apr 25 2020 Watch a tesseract unfold. See how the 3D cross section of a hypercube changes as a hypercube rotates. View 4D wheels with axles with a spherinder or cubinder structure. Imagine climbing a 4D staircase. Find 10 out of 120 dodecahedra of a hecatonicosachoron highlighted... all on this visual tour of the fourth dimension. The book is much more visual and conceptual than algebraic, yet it is detailed and technical, with the intention of satisfying the needs of mathematically-minded readers familiar with the fundamentals of algebra, geometry, and graphing.



The Ultimate Guide to Getting Into Physician Assistant School, Fourth Edition Mar 25 2020 Learn how to become the perfect applicant for Physician Assistant school In The Ultimate Guide to Getting into Physician Assistant School, Andrew Rodican, a pioneer in PA school coaching, reveals everything you need to know to dramatically increase your chances of being accepted into the physician assistant school of your choice. Clear and concise, this book which has already helped thousands of applicants achieve success provides insights, information, and advice you won't find anywhere else – but, may well make the difference between acceptance and rejection of your application. Make-or-break advice on:

- The qualities PA programs look for
- How to set goals for getting into school
- How to select a PA program that is a good fit
- Tips on completing the CASPA application
- How to write a "killer" essay
- How to ace the PA school interview
- Financial aid
- Websites that will help you become an educated PA applicant

There is no better way to avoid the common pitfalls and mistakes that can prevent you from entering PA school than The Ultimate Guide to Getting into Physician Assistant School.

The Project Manager's Guide to Mastering Agile 18 2022 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 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 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, 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.

Timber Framing for the Rest of Us Jan 23 2020 A manual for all without traditional skills who want to build with timber framing.

American House Styles Aug 18 2019 Portrays a simple two-story, four-bedroom house in each architectural style to show the differences between styles, and offers an historical overview of each architectural period.

A Practical Guide to Racism Nov 25 2022 "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 a 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 racialist 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.

*The Encyclopedia of Animals* Jan 15 2022 Presents a survey of all animal groups, with diagrams, distribution maps, color photographs, and overviews of animal evolution, behavior, habitats, and adaptation.

*The Energy of Money* Mar 05 2021 A revolutionary program that can free your financial energy, increase your wealth, and help you achieve personal life goals "Money is congealed energy," said Joseph Campbell. And releasing it releases life's possibilities. . . . Thousands of people worldwide have learned how to build a powerful new relationship with their money and bring their dreams to fruition through Dr. Maria Nemeth's dynamic workshops. Now you can, too! In *The Energy of Money*, Dr. Nemeth—who received an Audio Publishers Award for her *Sounds True* series on which this book is based—draws upon her more than twenty years' experience in

synthesizing spiritual and practical techniques for managing yours and your work. Combining a complete self-help and self-discovery regimen with proven methods of money management, this powerhouse guide to prosperity presents twelve principles that will help you to

- Uncover the hidden landscape of beliefs, patterns, and habits that underlie and sometimes subvert your everyday use of money and personal resources
- Tame the dragons of driven behavior and busyholism
- Defuse fears of deprivation and scarcity
- Embrace and work through paradox and confusion
- Consciously focus your money energy
- Clear yourself to receive the energy and support of others and the universe
- Develop and stay on your personal path to abundance

Through easy-to-follow exercises and meditations, effective worksheets, and other interactive processes, Dr. Nemeth will guide you to financial success and help you manifest your special contribution to the world.

National Geographic Field Guide to the Birds of Western North America Sep 11 2021 A birding guidebook provides identification tips, information on behavior and nesting, six hundred locator and range maps, and new plumage and species classification data on over 750 North American birds found west of the Rocky Mountains.

Rock Climbing Smith Rock State Park Dec 14 2021 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 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.

[The Realist's Guide to a Successful Music Career](#) Dec 22 2019 So you want to be a rock star. Or the next pop sensation. Or a country music artist. Or perhaps you're more intrigued by vital roles behind the scenes. The Realist's Guide to a Successful Music Career reveals all the ins and outs of building a viable career in today's ever-changing music business. With blunt honesty paired with expert insight and encouragement, this empathetic guide covers everything from building your brand and expanding outreach, to finding and playing gigs and smart touring, to critical marketing and developing your sound. Packed with practical, real-life guidance and avoidable missteps, the book vicariously takes you both onstage and backstage into the recording studio, and on the road. And because experience is the best education, The Realist's Guide to a Successful Music Career contains exclusive interviews and wisdom from a wide range of all-star musicians and music insiders, including: Huey Lewis - Susan Tedeschi - Chuck Leavell - Victor Wooten - Taylor Hicks Ivan Neville - Jake Cinninger - Nikki Glaspie - Pete Shapiro - Alicia Karlin Vince Iwinski - Kevin Browning - Syd Schwartz - Chris Gelbuda - Robbie Williams Whether you're a seasoned pro looking to grow or an emerging talent looking to break out, The Realist's Guide to a Successful Music Career is the right note mentorship you need to take your gifts and passion to the next level.

[Keys to Perception](#) Aug 30 2020 Many different systems and traditions of magic, divination, spirituality, and esoteric religion exist, but at their core, they share the need for practitioners to see and successfully experience the reality that lies beyond the physical senses. Keys to Perception: A Practical Guide to Psychic Development is a collection of proven and tested methods, rituals, and systems that will help you deepen and clarify your capacity to sense and understand the rich worlds beyond the veils of the

ordinary. The material in this book derives from decades of work by the author and his students. Dominguez offers the reader practical techniques for increasing psychic aptitude and ability. Methods featured include chanting and working with crystals, chakras, oils, herbs, and potions, as well as a variation on the Middle-Pillar Ritual. "Buy all of Ivo Dominguez's books. Study them. Do the work. Ponder. Then return and study them some more." --T. Thorn Coyle, author of *Kissing the Limitless: Deep Magic and the Great Work of Transforming Yourself and the World*. "Keys to Perception is another masterful work by Ivo Dominguez, artfully blending deep metaphysical insight into the nature of psychic perception with clear and direct instructions and examples. Only someone with a long history of direct experience and an educated understanding of the phenomenon could write this book to both convey useful skills to beginners and provide new perspectives for seasoned psychics. Grounded and practical as well as flexible in approach. I look forward to recommending this to students, friends, and peers alike." - Christopher Penczak, award winning author and co-founder of the Temple of Witchcraft

[The Hitman's Guide to Housecleaning](#) Jan 03 2021 When assassin Tomislav Bokšić, or Toxic, kills the wrong person in a botched assassination, he flees to Iceland and is forced to come to terms with his bloody past and reevaluate his future in a country with no tradition of contract killing.

[Facilitator's Guide to Participatory Decision-Making](#) Sep 23 2022 Unleash the transformative power of face to face groups The third edition of this ground-breaking book continues to advance its mission to support groups to do their best thinking. It demonstrates that meetings can be much more than merely an occasion for solving a problem or creating a plan. Every well-facilitated meeting is also an opportunity to stretch and develop the perspectives of the individual members, thereby building the strength and capacity of the group.

a whole. This fully updated edition of *The Facilitator's Guide to Participatory Decision-Making* guides readers through the struggle and the satisfaction of putting participatory values into practice, helping them to fulfill the promise of effective group decision-making. With previous editions already embraced by business and community leaders and consulting professionals around the world, this new book is even more insightful and easy to use. New for this edition: 60 pages of brand new skills and tools Many new case examples Major expansion and reorganization of the advanced sections of the book. New chapter: Teaching A Group About Group Dynamics Doubled in size: Classic Facilitator Challenges. Substantially improved: Designing Realistic Agendas – now three chapters, with wise, insightful answers to the most vexing questions about meeting design.

*Beginner's Guide to Digital Painting in Photoshop* May 27 2020 A step-by-step guide to digital painting in Photoshop that covers the fundamental aspects in an accessible and comprehensive fashion.

*The Johns Hopkins Guide to Psychological First Aid* Dec 2 2020 Learn the essential skills of psychological first aid from the expert who created the Johns Hopkins RAPID PFA method. Psychological first aid, or PFA, is designed to mitigate the effects of acute stress trauma and assist those in crisis to cope effectively with adversity. PFA is designed to be applied in emergencies, including disasters and terrorist attacks. In this essential guide, George S. Everly, Jr., developer of the Johns Hopkins RAPID PFA method, and Jeffrey M. Lating, his collaborator in its implementation, describe the principles and practices underpinning this psychological model in an easy-to-follow, prescriptive, and practical manner. They explain the history of PFA and persuasively demonstrate its powerful versatility. Mental health practitioners can apply PFA in all settings. It can also be used as a public-health tool to address mental health needs following critical incidents and as a means for building community resilience.

Aimed at mental health practitioners, all first responders, and global health disaster teams such as Médecins Sans Frontières and the World Health Organization, *The Johns Hopkins Guide to Psychological First Aid* is the first book to thoroughly explain RAPID PFA. RAPID, a unique theoretically grounded and evidence-based PFA method, follows a set of easily understood principles. In each chapter, Everly and Lating provide a step-by-step approach and include a key point summary to emphasize essential elements. A unifying case exemplifies each phase of the RAPID PFA model in an ongoing dialogue that presents ideal PFA responses, examples of common mistakes, and various outcomes. In addition to their counseling experience in Kuwait after the Gulf War and in New York City after the September 11 attacks, the authors have traveled nationally and internationally to teach the RAPID PFA method in numerous public health, fire, police, military, and faith-based settings. Beneficial to those with little or no previous mental health training, this book is an essential tool for people who want to learn practice, or to retain their ability to use psychological first aid effectively.

Botanical Drawing in Color [Amazon](#) 08/2021 A thorough immersion into the world of scientifically accurate, three-dimensional, and artistically rendered natural botanical illustration. The step-by-step instructions in this invaluable guide, written by one of the nation's leading experts in the field, Wendy Hollender, will grow your artist's ability, whether you're just broaching this unique skill or are already an expert. Each lesson in the book increases in complexity to build your skill set in a clear, concise, and accessible way. With a focus on the natural world through the botanical life-cycle, each project is not only a technical study, but a beautiful piece of art in and of itself. In this book, you will learn:

- Single light source toning technique
- Principles of perspective for drawing flowers
- The fundamentals of plant anatomy
- Colored pencil techniques and



color theory of the natural world

Quick Reference for Otolaryngology Oct 12 2021 Print+CourseSmart

The Co-parenting Survival Guide Jun 20 2022 Offers advice for building a co-parent partnership, allowing children to benefit from their own relationships with their parents, discussing communication, conflict resolution, discipline, special events, and new partners.

Lonely Planet's Best in Travel 2020 May 19 2022 This annual bestseller ranks the hottest countries, regions and cities for 2020 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.

Pocket Guide To Interpersonal Neurobiology Aug 10 2021 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

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*

[A Smart Girl's Guide](#) Sep 30 2020 Discusses proper etiquette for different situations, including how to act when you're a host or a guest, table manners, and how to behave at family gatherings.

[Project Management Absolute Beginner's Guide](#) Jul 29 2020 Succeed as a project manager, even if you've never run a project before! This book is the fastest way to master every project management task, from upfront budgeting and scheduling through execution, managing teams through closing projects, and learning from experience. Updated with more insights from the front lines, including agile approaches, dealing with security and privacy priorities, and leading remote/virtual teams, along with the latest Microsoft Project and PMI standards and certifications and a special bonus chapter on preparing for the PMP certification. This book w

show you exactly how to get the job done, one incredibly clear and easy step at a time. Project management has never, ever been this simple! Who knew how simple project management could be? This is today's best beginner's guide to modern project management... simple, practical instructions for succeeding with every task you'll need to perform! Here's a small sample of what you'll learn: \*

- \* Master the key skills and qualities every project manager needs
- \* Lead projects, don't just "manage" them
- \* Avoid 15 most common mistakes new project managers make
- \* Learn from troubled, successful, and "recovered" projects
- \* Set the stage for success by effectively defining your project
- \* Build a usable project plan and an accurate work breakdown structure (WBS)
- \* Create budgets and schedules that help you manage risk
- \* Use powerful control and reporting techniques, including earned value management
- \* Smoothly manage project changes, issues, risks, deliverables, and quality
- \* Manage project communications and stakeholder expectations
- \* Organize and lead high-performance project teams
- \* Manage cross-functional, cross-cultural, and virtual projects
- \* Work successfully with vendors and Project Management Offices
- \* Make the most of Microsoft Project and new web-based alternatives
- \* Get started with agile and "critical chain" project management
- \* Gain key insights that will accelerate your learning curve
- \* Know how to respond to real-life situations, not just what they teach you in school

[devnew.norml.org](http://devnew.norml.org)