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Want a new job or career? Need to demonstrate more value to customers or employers? Use today's hottest social media platforms to build the powerful personal brand that gets you what you want! In this completely updated book, Erik Deckers and Kyle Lacy help you use social media to and networking to advance your career, grow your business, and land new job opportunities. From LinkedIn to Facebook, now including Instagram and SnapChat, this book is packed with new techniques and ideas that are practical, easy, and effective. Deckers and Lacy show you how to supercharge all your business and personal relationships...demonstrate that you are the best solution to employers' or partners' toughest problems...become a recognized thought leader...and turn your online network into outstanding jobs, great projects, and a fulfilling, profitable career! Discover how to: Choose today's best social media tools for your personal goals Build an authentic storyline and online identity that gets you the right opportunities Make the most of Facebook, LinkedIn, and Twitter—and leverage new platforms like Snapchat and Instagram Build connections and prove expertise by sharing video on YouTube and Vimeo Find yourself on search engines and then optimize your personal online presence Promote your events, accomplishments, victories...and even defeats and lessons learned Integrate online and offline networking to get more from both Reach people with hiring authority and budgets on LinkedIn Use Twitter to share the ideas and passions that make you uniquely valuable Avoid “killer” social networking mistakes Leverage your online expert status to become a published author or public speaker Measure the success of your social media branding Get new projects or jobs through your online friends and followers Aimed at the enthusiast who would like to gain a greater understanding of technical and design issues facing MotoGP constructors, this fascinating book provides detailed analysis of the cutting-edge technology used in the sport's premier class today. Each area of a racing motorcycle's design is explained and separate chapters for each manufacturer trace the development of each machine over the years through to the detailed specification of the current version. Here is the most practical, complete, and easy-to-use book available for understanding physics. Even if you do not consider yourself a science student, this book helps make learning a pleasure. A practical, complete, and easy-to-use guide for understanding major chemistry concepts and terms Master the fundamentals of chemistry with this fast and easy guide. Chemistry is a fundamental science that touches all other sciences, including biology, physics, electronics, environmental studies, astronomy, and more. Thousands of students have successfully used the previous editions of Chemistry: Concepts and Problems, A Self-Teaching Guide to learn chemistry, either independently, as a refresher, or in parallel with a college chemistry course. This newly revised edition includes updates and additions to improve your success in learning chemistry. This book uses an interactive, self-teaching method including frequent questions and study problems, increasing both the speed of learning and retention. Monitor your progress with self-tests, and master chemistry quickly. This revised Third Edition provides a fresh, step-by-step approach to learning that requires no prerequisites, lets you work at your own pace, and reinforces what you learn, ensuring lifelong mastery. Master the science of basic chemistry with this innovative, self-paced study guide Teach yourself chemistry, refresh your knowledge in preparation for medical studies or other coursework, or enhance your college chemistry course Use self-study features including review questions and quizzes to ensure that you're really learning the material Prepare for a career in the sciences, medicine, or engineering with the core content in this user-friendly guide Authored by expert postsecondary educators, this unique book gently leads students to deeper levels and concepts with practice, critical thinking, problem solving, and self-assessment at every stage. If you want to introduce alternative power supplies around the home and garden or even live totally off-grid in your boat, caravan, or yurt and need a practical introduction to solar power and 12-volt supplies, here is an essential guide to the subject. Not only will it save you money, it will show you how to run your lights, laptop, DVDs, and music, and even your tools and household products, from a simple 12-volt system. Be in control of more of your home's own energy supply, develop a low-impact way of living, and be prepared for power outages in the future! Do It Yourself 12 Volt Solar Power begins with a lesson on how electricity works and the main components of a DIY solar system. The author uses clear diagrams and terms. There is, of course, more technical information as the book progresses, but don't worry, this no-nonsense guide provides a useful, back-to-basics approach for the layperson. This is a reference book that will help you troubleshoot and get the best value for money from what you can find hidden in the back of the garage. It is also quirky and humorous and shows you how to make a sun-following system using just a bicycle wheel, a pallet, and the motor from a CD player! "The bestselling "untextbook" that makes the familiar strange. The market leader for introductory sociology courses and a welcome alternative to traditional textbooks, You May Ask Yourself engages students with an irreverent narrative style. It questions what is often taken for granted and helps students apply sociological ways of thinking to their own experiences. The Seventh Edition features new coverage of pressing social issues related to aging, health, and inequality. Several new video interviews introduce important current research, and a thoughtfully revised InQuizitive course uses what learning experts call the "retrieval effect" to help students master core concepts"-- This practical, hands-on tutorial/reference/guide to MySQL is perfect for beginners, but it also works for experienced developers who are not getting the most from MySQL. As you would expect, this book shows how to code all of the essential SQL statements for creating and working with a MySQL database. But beyond that, this book also shows how to design a database, including how to use the graphical MySQL Workbench to create an EER model. It shows how to take advantage of relatively new MySQL features such as foreign keys, transactions, stored procedures, stored functions, triggers, and events. It even presents a starting set of skills for a database administrator (DBA), including how to secure and back up databases. And like all Murach books, it uses the distinctive "paired pages" format, which breaks the material into manageable skills to speed up both learning and reference. A great help for MySQL users at any level. A Positive Approach To Raising Happy, Healthy and Mature Teenagers Adolescence can be a time of great stress and turmoil—not only for kids going through it, but for their parents as well. It's normal for teens to explore a new sense of freedom and to redefine the ways in which they relate to their parents, and that process can sometimes leave parents feeling powerless, alienated, or excluded from their children's lives. These effects can be magnified even further in this modern age of social networks, cell phones, and constant digital distraction. This newly revised and updated edition of Positive Discipline for Teenagers shows parents how to build stronger bridges of communication with their children, break the destructive cycles of guilt and blame that occur in parent-teen power struggles, and work toward greater mutual respect with their adolescents. At the core of the Positive Discipline approach is the understanding that teens still need their parents, just in different ways—and by better understanding who their teens really are, parents can learn to encourage both their teens and themselves, and instill good judgment without being judgmental. The methods in this book work to build vital social and life skills through encouragement and empowerment—not punishment. Truly effective parenting is about connection before correction. Over the years, millions of parents have come to trust Jane Nelsen's classic Positive Discipline series for its consistent, commonsense approach to raising happy, responsible kids. This new edition is filled with proven, effective methods for coping with such parenting challenges as: -Fostering truly honest discussions with your teen -Helping your teen handle the online world -Turning mistakes into opportunities -Keeping your sanity while raising your teen—and making sure your own teenage issues aren't weighing you down -Teaching your teen how to pursue the goal that make them happy...and a few that make you happy too (like chores) -Making sure you're on your teen's side, and that they know that -Avoiding the pitfalls of excessive control and excessive permissiveness Presents advice for teenagers on landing a dream job. The fun way to create and maintain personal branding Distinguishing yourself from the competition is important in any facet of business. Creating a clear and concise image, reputation, and status in the professional world provides an edge, whether searching for a first job, exploring a change in career, or looking to be more viable and successful in your current career. Personal Branding For Dummies is a guide through the steps of creating and maintaining a personal trademark by equating self-impression with other people's perception. Personal Branding For Dummies covers everything you need to create your personal branding, including: using different organizations and associations to increase visibility and exposure to both clients and competitors; making the most of networking; tapping into Social Media outlets like Facebook, Twitter, and LinkedIn to showcase a personal brand; building a persona through websites and blogging; evaluating personal style and appearance; using conversation, negotiation, and sales techniques best suited to a personal brand; monitoring your brand reputation and successfully implementing feedback as it grows and develops, and more. Tips on utilizing Social Media to showcase your personal brand How personal branding can help advance your career Guidance on creating a clear and concise image With the hands-on, friendly help of Personal Branding For Dummies, you'll establish a professional presence and personal "brand" identity to keep yourself distinguished in the business world.> For trainers free additional material of this book is available. This can be found under the "Training Material" tab. Log in with your trainer account to access the material.This title is a Study Guide for TOGAF® 9 Foundation. It gives an overview of every learning objective for the TOGAF 9 Foundation Syllabus and in-depth coverage on preparing and taking the TOGAF 9 Part 1 Examination. It is specifically designed to help individuals prepare for certification.This Study Guide is excellent material for:- Individuals who require a basic understanding of TOGAF 9;- Professionals who are working in roles associated with an architecture project such as those responsible for planning, execution, development, delivery, and operation; - Architects who are looking for a first introduction to TOGAF 9;- Architects who want to achieve Level 2 certification in a stepwise manner and have not previously qualified as TOGAF 8 Certified.A prior knowledge of enterprise architecture is advantageous but not required. While reading this Study Guide, the reader should also refer to the TOGAF Version 9.1 documentation (manual), available as hard copy and eBook, from www.vanharen.net and online booksellers, and also available online at www.opengroup.org. Teach Yourself HTML, CSS, and JavaScript All in One combines these three fundamental web development technologies into one clearly written, carefully organized, step-by-step tutorial that expertly guides the beginner through these three interconnected technologies. In just a short time, you can learn how to use HTML, Cascading Style Sheets (CSS), and JavaScript together to design, create, and maintain world-class websites. Each lesson in this book builds on the previous ones, enabling you to learn the essentials from the ground up. Clear instructions and practical, hands-on examples show you how to use HTML to create the framework of your website, design your site's layout and typography with CSS, and then add interactivity with JavaScript and jQuery. Step-by-step instructions carefully walk you through the most common web development tasks. Practical, hands-on examples show you how to apply what you learn. Quizzes and exercises help you test your knowledge and stretch your skills. Learn how to... Build your own web page and get it online in an instant Format text for maximum clarity and readability Create links to other pages and to other sites Add graphics, color, and visual pizzazz to your web pages Work with transparent images and background graphics Design your site's layout and typography using CSS Make elements move on your page with CSS transformations and transitions Animate with CSS and the HTML5 Canvas element Write HTML that's responsive web design-ready Design a site for mobile devices Use CSS media queries and breakpoints Get user input with web-based forms Use JavaScript to build dynamic, interactive web pages Add AJAX effects to your web pages Leverage JavaScript libraries such as jQuery Make your site easy to maintain and update as it grows JavaScript is one of the easiest, most straightforward ways to enhance a website with interactivity. Sams Teach Yourself JavaScript in 24 Hours, 4th Edition serves as an easy-to-understand tutorial on both scripting basics and JavaScript itself. The book is written in a clear and personable style with an extensive use of practical, complete examples. It also includes material on the latest developments in JavaScript and web scripting. You will learn how to use JavaScript to enhance web pages with interactive forms, objects, and cookies, as well as how to use JavaScript to

work with games, animation, and multimedia. (Berklee Guide). This updated second edition will teach you how to take charge of your musical career with crucial do-it-yourself strategies. Filled with empowering resources and tips for self-managed musicians, including: How to write a business plan, create press kits, sharpen your business chops; Using the Internet to promote your music; How to customize your demos for maximum exposure; Secrets to getting your music played on the radio; 12 things you can do to get the most out of every gig; The most comprehensive musician's resource list on the planet, updated continually online! Self-esteem is essential for our survival. Without some measure of self-worth, life can be enormously painful, with many basic needs going unmet. One of the main factors differentiating humans from other animals is the awareness of self: the ability to form an identity and then attach a value to it. In other words, you have the capacity to define who you are and then decide if you like that identity or not. The problem of self-esteem is this human capacity for judgment. It's one thing to dislike certain colors, noises, shapes, or sensations. But when you reject parts of your self, you greatly damage the psycho logical structures that literally keep you alive. Judging and rejecting your self causes enormous pain. Since its first publication in 1987, Self-Esteem has become the first choice of therapists and savvy readers looking for a comprehensive, self-care approach to improving self-image, increasing personal power, and defining core values. More than 600,000 copies of this book have helped literally millions of readers feel better about themselves, achieve greater success, and enjoy their lives to the fullest. You can do it, too! Note: This is the 3rd edition. If you need the 2nd edition for a course you are taking, it can be found as a "other format" on amazon, or by searching its isbn: 1534970746 This gentle introduction to discrete mathematics is written for first and second year math majors, especially those who intend to teach. The text began as a set of lecture notes for the discrete mathematics course at the University of Northern Colorado. This course serves both as an introduction to topics in discrete math and as the "introduction to proof" course for math majors. The course is usually taught with a large amount of student inquiry, and this text is written to help facilitate this. Four main topics are covered: counting, sequences, logic, and graph theory. Along the way proofs are introduced, including proofs by contradiction, proofs by induction, and combinatorial proofs. The book contains over 470 exercises, including 275 with solutions and over 100 with hints. There are also Investigate! activities throughout the text to support active, inquiry based learning. While there are many fine discrete math textbooks available, this text has the following advantages: It is written to be used in an inquiry rich course. It is written to be used in a course for future math teachers. It is open source, with low cost print editions and free electronic editions. This third edition brings improved exposition, a new section on trees, and a bunch of new and improved exercises. For a complete list of changes, and to view the free electronic version of the text, visit the book's website at [discrete.openmathbooks.org](http://discrete.openmathbooks.org) A thoroughly revised guide for adult children of aging parents addresses such issues as guilt, long-distance caregiving, monetary concerns, and other practical and emotional issues, with all new sections on the Internet as a tool for seniors, new sources of prescription drugs, information on emergency response systems, and recommended exercises. Original. 17,500 first printing. Over three decades this bestselling user-friendly introduction has been used by thousands of students, professionals and community groups to kick start their social research projects. Teaching is a lifelong challenge, but the first few years in the classroom are typically a teacher's hardest. This expanded collection of writings and reflections offers practical guidance on how to navigate the school system, form rewarding relationships with colleagues, and connect in meaningful ways with students and families from all cultures and backgrounds. Book Yourself Solid-now in paperback-is a complete instructional guide for startingn and growing a successful service business. It gives you simple, yet effective techniques for creating relentless demand and endless leads. It includes more than 200 proven marketing strategies for attracting new clients, earning more referrals, and building profitable, long-lasting professional relationships. If you want to take your service business to the next level, start here and Book Yourself Solid. This life-changing book addresses the opportunities and obstacles we encounter when we decide to ask life's BIG questions: Who am I? What am I here for? Full of powerful and practical lessons, Matthew Kelly shows us how to find lasting happiness in a changing world. Newly revised to reflect an even greater emphasis on spiritual growth and realizing God's dreams for us, Perfectly Yourself is a book for anyone who has failed at a diet, survived the collapse of a relationship, or wondered if he or she would ever find a fulfilling career. Kelly teaches us how to find the balance between accepting ourselves and striving to become all God dreams for us to become. It's a book for all of us who long to be at peace with who we are, where we are, and what we are doing, not in some distant tomorrow, but here and now;today. Acclaimed C programming expert Herbert Schildt offers a brand-new edition of his wildly successful bestseller. Here's everything you need to know to program in C, and best of all, you learn at your own pace, on your own time, without setting foot in a classroom. Contains numerous exercises and confidence-building skill checks. \* A complete course, from cells to the circulatory system \* Hundreds of questions and many review tests \* Key concepts and terms defined and explained Master key concepts. Answer challenging questions. Prepare for exams. Learn at your own pace. Are viruses living? How does photosynthesis occur? Is cloning a form of sexual or asexual reproduction? What is Anton van Leeuwenhoek known for? With Biology: A Self-Teaching Guide, Second Edition, you'll discover the answers to these questions and many more. Steven Garber explains all the major biological concepts and terms in this newly revised edition, including the origin of life, evolution, cell biology, reproduction, physiology, and botany. The step-by-step, clearly structured format of Biology makes it fully accessible to all levels of students, providing an easily understood, comprehensive treatment of all aspects of life science. Like all Self-Teaching Guides, Biology allows you to build gradually on what you have learned-at your own pace. Questions and self-tests reinforce the information in each chapter and allow you to skip ahead or focus on specific areas of concern. Packed with useful, up-to-date information, this clear, concise volume is a valuable learning tool and reference source for anyone who needs to master the science of life. Clear the "blog fog" with this complete visual guide to the WordPress platform Teach Yourself VISUALLY WordPress, 3rd Edition introduces you to the exciting possibilities of one of the world's most popular blogging platforms, and shows you how to build your blog from idea to execution. This edition has been updated to reflect the changes and new features of WordPress, and includes coverage of mobile blogging solutions that allow you to post on the go. Richly illustrated with screenshots and examples from the author's own WordPress blogs, this highly visual guide walks you through the setup and creation process step by step, and offers expert tips and tricks every step of the way. From installing WordPress and choosing a theme to custom site editing and self-hosting, this book provides the answers you need and helps you get organized and published quickly. This is your essential guide to getting the most out of WordPress, from basic setup to advanced mobile features. Customize your site with plug-ins, themes, and personalized editing Blog whenever, wherever, with mobile blogging solutions Buy your domain, choose a hosting service, and set up the admin stuff Learn the best practices that result in engaging, dynamic websites Whether you're promoting a business, building a personal brand, or just have something to say, this is your no-nonsense guide to building your blog. "If you take the best of Wayne Dyer and add it to the best of Anthony Robbins, what you would have would only be half as good as Steve Chandler." —Dale Dauten, Chicago Tribune With the third refreshed edition of 100 Ways to Motivate Yourself, Steve Chandler helps you create an action plan for living your vision, in business and in life. It features 100 proven methods to positively change the way you think and act--methods based on feedback from the hundreds of thousands of corporate and public seminar attendees Chandler speaks to each year. The book now also includes techniques and breakthroughs he has created for individual coaching clients. 100 Ways to Motivate Yourself will help you break through the negative barriers and banish the pessimistic thoughts that are preventing you from fulfilling your lifelong goals and dreams. This edition also contains new mental and spiritual techniques that give readers more immediate access to action and results in their lives.If you're ready to finally make a change and reach your goals, Steve Chandler challenges you to turn your defeatist attitude into energetic, optimistic, enthusiastic accomplishments. A photobook about traveling. Includes images and textsUn fotolibro de imágenes y textos sobre viajar en México The "untextbook" that teaches students to think like a sociologist. You May Ask Yourself gives instructors an alternative to the typical textbook by emphasizing the "big ideas" of the discipline, and encouraging students to ask meaningful questions. Conley employs a "non-textbook" strategy of explaining complex concepts through personal examples and storytelling, and integrates coverage of social inequality throughout the text. With the rapid growth of collaborative, indigenous, and community-based research, one of the key challenges researchers face is finding an effective way of involving non-researchers in the research process. Do It Yourself Social Research has been a best-selling methodology guide for action research projects and community groups in Australia for almost three decades. Always emphasizing the importance of a spirit of inquiry, it demystifies the research process, covering where to start, how to manage a research project, what methods, techniques and resources to use, and interpretation, analysis and reporting. This third edition has been thoroughly revised, adding the use of narrative and dialogue in research, rich research design, and what digital technology can (and can't) contribute to the research process. With its hands-on, no-nonsense approach, Do It Yourself Social Research is an essential resource for community groups, college students, and other novice researchers in health, social welfare, education and related areas. The ultimate visual learner's guide to Windows 10 Teach Yourself VISUALLY Windows 10 Anniversary Update is the quick and easy way to get up and running with Windows 10 and Windows 10 Update. From setting up to shutting down and everything in between, this book guides you through everything you need to know to start working with Windows 10. Learn how to customize Widows 10, pin an app to the Start menu, work with files and digital media, customize the interface, optimize performance, set up email, go online, and so much more. Two-page spreads, detailed instruction, and expert content walk you through more than 150 Windows tasks. Coverage includes the Windows 10 release, along with the newest features of the Windows 10 Anniversary Update. This is your visual guide to learning what you can do with Windows 10 and Windows 10 Anniversary Update. Find your way around Windows 10 with full-color screen shots Install programs, set up user accounts, play music and videos, and more Learn basic maintenance that keeps your system running smoothly Set up password protection and troubleshoot basic issues quickly Positive Parenting for Those Important Teen Years Adolescence is often a time of great stress and turmoil—not only for kids going through it, but for you, their parents as well. During the teen years, kids aggressively begin to explore a new sense of freedom, which often leads to feelings of resentment and powerlessness for parents who increasingly are excluded from their children's lives. This revised edition of Positive Discipline for Teenagers shows you how to break the destructive cycle of guilt and blame and work toward greater understanding and communication with your adolescents. Inside, you'll: ·Find out how to encourage your teen and yourself ·Grow to understand how your teen still needs you, but in different ways ·Learn how to get to know who your teen really is ·Discover how to develop sound judgment without being judgmental ·Learn how to use follow-through—the only surefire way to get chores done Over the years, millions of parents have come to trust the classic Positive Discipline series for its consistent, commonsense approach to child rearing. Inside, you'll discover proven, effective methods for working with your teens. Over 1 million Positive Discipline books sold! "I highly recommend this book to parents, teachers, and all others who work with young people. It is one of the best books I have seen on helping adults and adolescents turn their conflict into friendship. Remarkably, it shows how to accomplish this while helping young people develop courage, confidence, responsibility, cooperation, self-respect, and trust. I urge you to read it." —H. Stephen Glenn, Ph.D., coauthor of Raising Self-Reliant Children in a Self-Indulgent World. This book is just what the title says. It is the distillation of what the Lin and Larry learned during more than 47 years of sailing together, years during which they covered more than 210,000 miles on board their two cutters, Seraffyn and Taleisin, and on scores of other boats they have delivered or raced. Lin and Larry tell how they have sailed in comfort and safety without large cash outlay- on a pay-as-you-earn-as-you-go plan and by simplifying. The first two editions of this invaluable text have seen more than 60,000 copies reach people who dream of setting sail, be it for a weekend voyage across to an offshore island, or for a world circumnavigation. Lin continues voyaging now she is well into her seventh decade of life. Armed with what she is learning as she explores the islands and far corners of the Tasman Sea, she has updated and revised the information found in the original edition plus added several new chapters. Amidst the new material is an extensive look at the lessons learned as Lin and Larry safely negotiated the stormy waters around Cape Horn and beyond. This book could help you cut the ties that bind you to shore. Motivational speaker Chandler highlights 100 proven methods to positively change the way people think and act, methods based on feedback from the corporate and public seminar attendees he speaks to each year. Quick Calculus 2nd Edition A Self-Teaching Guide Calculus is essential for understanding subjects ranging from physics and chemistry to economics and ecology. Nevertheless, countless students and others who need quantitative skills limit their futures by avoiding this subject like the plague. Maybe that's why the first edition of this self-teaching guide sold over 250,000 copies. Quick Calculus, Second Edition continues to teach the elementary techniques of differential and integral calculus quickly and painlessly. Your "calculus anxiety" will rapidly disappear as you work at your own pace on a series of carefully selected work problems. Each correct answer to a work problem leads to new material, while an incorrect response is followed by additional explanations and reviews. This updated edition incorporates the use of calculators and features more applications and examples. ".makes it possible for a person to delve into the mystery of calculus without being mystified." --Physics Teacher "Sams Teach Yourself Beginning Programming in 24 Hours, Second Edition" explains the basics of programming in the successful 24-Hours format. The book begins with the absolute basics of programming: Why program? What tools to use? How does a program tell the computer what to do? It teaches readers how to program the computer and then moves on by exploring the some most popular programming languages in use. The author starts by introducing the reader to the Basic language and finishes with basic programming techniques for Java, C++, and others. Sams Teach Yourself HTML, CSS and JavaScript All in One The all-in-one HTML, CSS and JavaScript beginner's guide: covering the three most important languages for web development. Covers everything beginners need to know about the HTML and CSS standards and today's JavaScript and Ajax libraries - all in one book, for the first time Integrated, well-organized coverage expertly shows how to use all these key technologies together Short, simple lessons teach hands-on skills readers can apply immediately By best-selling author Julie Meloni Mastering HTML, CSS, and JavaScript is vital for any beginning web developer - and the importance of these technologies is growing as web development moves away from proprietary alternatives such as Flash. Sams Teach Yourself HTML, CSS, and JavaScript All in One brings together everything beginners need to build powerful web applications with the HTML and CSS standards and the latest JavaScript and Ajax libraries. With this book, beginners can get all the modern web development knowledge you need from one expert source. Bestselling author Julie Meloni (Sams Teach Yourself PHP, MySQL and Apache All in One) teaches simply and clearly, through brief, hands-on lessons focused on knowledge you can apply immediately. Meloni covers all the building blocks of practical web design and development, integrating new techniques and features into every chapter. Each lesson builds on what's come before, showing you exactly how to use HTML, CSS, and JavaScript together to create great web sites. You arm yourself so you're hard to kill. Know the law so you're hard to convict. Let's face it, the world isn't always nice. That's why you take steps to protect yourself and your family. Whether it be that shotgun in the corner, the sidearm on your hip, or the pepper spray you gave your daughter, you meet that fundamental responsibility. But if you're like most people, your preparations still lack a critical element. You still need to know how to survive the critical fight that looms after any defensive encounter: the legal battle. The Law of Self Defense provides precisely that critical, missing knowledge. This book includes not just the laws of all fifty states, but how the courts apply those laws. It's a plain-talk analysis that makes the law easy to understand for anyone, not just lawyers. Bestselling author, Andrew F. Branca, is not only a lawyer and internationally recognized legal consultant, but also a life-long member of the gun community--more than 20 years as an NRA Life Member and Instructor, an IDPA Master-class competitor, and a 2nd Amendment absolutist. Learn how to make fast, effective decisions and confidently handle life-and-death situations both tactically and legally. Read This Book And Learn the Powerful Legal Truth That Can Safe Your Life, Wealth And Personal Freedom A thoroughly revised edition of the authoritative guide to caring for aging parents For women and men who are involved in caring for aging parents, and for those who see caregiving in their future, this empathetic and practical book offers complete coverage of all the practical issues you are likely to confront—while addressing the emotional stress and particular needs of caregivers. Claire Berman, drawing on her own experiences, the experiences of many other adult children, and interviews with specialists in the geriatric field, discusses the wide range of emotions that can accompany caregiving. This completely updated edition includes: • new discussions of the Internet as a tool for seniors • new sources of prescription drugs • information about emergency response systems • recommended exercises and exercise videos and adaptive clothing • an extensively revised resources section In a wise and compassionate voice, Caring for Yourself While Caring for Your Aging Parents teaches you everything you need to know to help your parents through the stressful and humbling challenges of aging. "A compassionate book that offers support for the caregiver, plus solid advice on how to fulfill your parents' needs without turning into a martyr." —Horizons

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