

The Complete Guide To Your First Rental Property A Step By Step Plan From The Experts Who Do It Every Day

Writing Your Nonfiction Book-Trish Nicholson 2014-11-28 Ever wanted to share your passion, tell your story or pass on a skill? Here is your chance. Memoir, travelogue, history, how-to, self-help or textbook; you can write your own book with this fully comprehensive guide, which includes all the techniques and tips you need to plan, research, write, edit, choose publishing options and market your book. Becoming an author enables you to boost your career or business success, share your expertise and experience, inform readers on important issues, put the record straight, or leave a heritage for family and friends. Written in a reader-friendly style and focusing on your individual needs, Writing Your Nonfiction Book also contains a list of websites and a handy glossary of publishing and writing terms. Though suitable for beginners, there is much in this book for experienced writers of non-fiction, and even fiction. Whoever you are, your voice can be heard, your story told, because Writing Your Nonfiction Book leads you one step at a time through the whole process. Key selling books of the point are: This is the only truly complete guide, with equal emphasis on planning, research, writing, editing, publishing and marketing. It teaches the creative/narrative style of non-fiction, with specific advice for writing memoir, travel, history, textbooks, biography, how-to and self-help books. The book recognises the information needed by international writers, and lists support services and resources for various countries. Writing Your Nonfiction Book has been

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selected as a required text for international writing courses.

The Complete Guide to Self-Publishing-Marilyn Ross 2010-08-09
Take Control of Your Destiny! Bottom line: You want to get published. You want to control the future of your manuscript and your writing career. Best-selling author Marilyn Ross and publishing expert Sue Collier show you how to make your own success - whether you're a published author, entrepreneur, corporation, professional, or absolute newcomer to writing. In this expanded and completely revised 5th edition of the "bible" of self-publishing (over 100,000 copies sold), they empower you to publish your own work with minimal risk and maximum profits. You'll find: Complete step-by-step guidance on publishing and marketing a book Ways to leverage social media marketing to build your platform and make yourself stand out from the crowd A thorough explanation of the difference between POD self-publishing, subsidy publishing, and true self-publishing - and how to decide which is the best option for you Practical advice on making the decision between offset printing and print-on-demand How to leverage the Internet to create "buzz" and promote your book with killer PR The latest information on e-publishing A detailed marketing plan and timetable to keep you on track Proven marketing strategies to get free publicity, reach nontraditional buyers, and sell books Information-packed appendices with marketing contacts, organizations, and vendors, complete with names, addresses, and websites Valuable case studies and examples of how other publishers excel An in-depth discussion of exclusive distributors, plus coverage of the most recent changes in bookstores and the book-selling industry Thirty-one creative ideas for generating capital to launch your publishing company

The Complete Guide to Self-Publishing is the one book you need to take control of your writing career. Read it. Believe it. Do it. Your future depends on it.

The Women's Heart Book-Fredric J. Pashkow 2001-02-28 A comprehensive heart health guide for women of all ages draws on

the latest medical research as it explains what makes women vulnerable to heart disease, provides tips for reducing the likelihood of heart trouble, and offers advice on treatment. Reprint. 20,000 first printing.

The Complete Guide to the Menopause-Annice Mukherjee 2021-01-28 'We all need this book in our lives - Annice is a saviour in hormone hell!' Jenny Powell 'Having this book by my side changed my life!' Sally Dynevor Take control of your menopause Dr Annice Mukherjee went through the menopause at just 41 following a breast cancer diagnosis, and she is also a top UK hormone specialist with nearly 30 years of experience. In this book she combines her medical expertise and personal experience to develop an essential menopause toolkit offering balanced, practical and comprehensive advice designed for our modern world. The author has used her unique holistic system to help thousands of women look better, feel younger and enjoy an improved quality of life in the long term. This book includes her lifestyle toolkit - which every woman can start implementing straight away to improve symptoms - as well as science based advice on the treatment options when self-management is not enough. It demystifies the big questions, including: - Managing the menopause at work - How things change in the decades after the menopause - What happens if you have a medically induced menopause - When to consider hormone therapies and alternatives to HRT The ultimate guide to taking control, rebalancing your body for the better and successfully maintaining optimum health through and beyond menopause.

The Complete Guide to Building Your Own Home and Saving Thousands on Your New House-Corie Richter 2009 Buying a new home can be an expensive endeavor. Many people dream of building their own home but mistakenly believe that doing so is not cost effective. However, you can save 20 to 40 percent or more by building your own home. In The Complete Guide to Building Your Own Home and Saving Thousands on Your New

House you will discover that your dream can become reality. From basic planning to construction methods, this new book will take you through all the steps of building your own home. You will learn how to: choose a site, draw up a construction time line, apply for construction loans and financing, obtain essential insurance information, buy or prepare inexpensive plans, find and negotiate with subcontractors, comply with building codes, select features and fixtures, choose the style of the house, decide on the size of the rooms, and get building permits. You will learn about building materials and foundations, floors, walls, paint, windows, decks, garage doors, roofing, flashings, chimneys, plumbing, wiring, ceilings, floors, railings, and attics. In addition, you will learn how to design a home that will meet your needs, perform constructions tasks safely, and build amenities. This book will inform you about common problems to watch for, including foundation, roofing, walls, stairs, sidewalks, driveways, heating and cooling, electrical capacity, and wiring. This book will detail money-saving options and environmentally friendly techniques, while at the same time allowing you to monitor the quality of the materials and the workmanship, fine-tune the design, and make sure the results are exactly what you had envisioned. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president s garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed.

Homeworks-Robin Guild 1979 Nearly three hundred pages filled with photographs explore scores of clever ways to display

possessions--paintings, sculpture, photographs, knickknacks, glassware--to best advantage throughout a home or apartment
Self-Parenting-John K. Pollard 1987 Explains how to resolve inner conflicts, includes advice on compensating for the poor parenting one received as a child, and suggests self-parenting exercises
The Complete Guide to the Menopause-Annice Mukherjee
2021-01-28

Your Complete Guide to a Successful and Secure Retirement-Larry E. Swedroe 2021-02-23 Fully revised and updated second edition. This is your one-stop, definitive resource as you prepare for a secure and comfortable retirement. Investment and personal finance experts Larry Swedroe and Kevin Grogan present uniquely comprehensive coverage of every important aspect you need to think about as you approach retirement, including: Social Security, Medicare, investment planning strategy, portfolio maintenance, preparing your heirs, retirement issues faced by women, the threat of elder financial abuse, going beyond financials to think about your happiness, and much more. These topics are explained with the help of specialists in each subject. And everything is based on the "science of investing" - evidenced with studies from peer-reviewed journals. Overall, this adds up to a complete retirement guide, packed with the latest and best knowledge. Don't enter your retirement without it.

The Ultimate Guide to Your Microscope-Shar Levine 2008 Illustrated throughout with photomicrographs, and complete with a reproducible form for documenting specimens, an in-depth guide explains how to put bugs, water, food, plants and pollen, and even parts of the body (like fingernails) under the scope for a close-up glimpse while also explaining how to identify the microscope's different pieces and how to focus properly. Original.
Back to Basics-Abigail R. Gehring 2010-01-28 Anyone who wants to learn basic living skills--and enjoy a healthier, greener, and more self-sufficient lifestyle--need look no further than this eminently useful guide that features hundreds of projects and old-

fashioned fun. Full-color and b&w photographs throughout.
The Complete Guide to Your Emotions and Your Health-Emrika Patus 1958-08-15 The editors of "Prevention" magazine explore the depths of the mind/body relationship and document the effects of emotions on physical health

Dorset-Jo Draper 1986

The Complete Guide to Book Publicity-Jodee Blanco 2004-05
Prominent book publicist Jodee Blanco tells authors and publishers how to conceptualise, develop and implement a winning multi-dimensional book campaign from start to finish. Exercises and a complete resource list are included.

The Complete Guide to Fasting-Jimmy Moore 2016-10-18
Thousands of books have been written about the latest and greatest diets that will help people lose weight and improve health. But a key element in any successful nutritional health program is a tried-and-true method that most people haven't thought about. This ancient secret is fasting. In The Complete Guide to Fasting, he has teamed up with international bestselling author and veteran health podcaster Jimmy Moore to explain what fasting is really about, why it's so important, and how to fast in a way that improves health.

The Complete Guide to Customising Your Clothes-Rain Blanken 2012
The only book to cover customizing all of the essential garments and accessories from head to toe, The Complete Guide to Customizing Your Clothes breaks down the latest design trends for each fashion item, from dresses and skirts to t-shirts, shoes and bags by profiling designers in the field and showcasing the work of emerging talent. Hundreds of designs on fashion items are photographed in stunning detail to stimulate and inspire the budding designer, and are also illustrated together as part of complete looks that can be replicated or reworked. Throughout the book the processes and techniques used to create each design are discussed alongside inspiring and beautiful photographs. Masterclasses on a fantastic range of techniques provide practical

advice on how to apply your designs to clothing and accessories using screenprinting, embroidery and batik, fabric painting and stencilling. Emerging digital print technologies are also discussed, as are innovative ways of combining traditional fabrics with plastics and even electronics. A resource section acts as a quick guide to the properties of different fabric types and the techniques and materials that can be used with them. Gallery spreads are also included to showcase examples of each technique and interviews with inspiring artists and designers such as Jil Sander, Martin Margiela, NOKI and many more complete this fabulous resource.

Beyond Book Sales-Susan Dowd 2014 Like library users, library donors hail from all walks of life. Regardless of the scope or complexity of library fundraising, successful efforts are always about forging and strengthening relationships with the range of stakeholders throughout the community. Dowd and her team from Library Strategies, a consulting group of the Friends of St. Paul Public Library, share proven strategies that have brought in more than \$1 million annually. Believing that private fundraising is a natural for libraries large and small, they start with 12 facts about library fundraising and focus on activities with the highest return. Tips and features include: The gift pyramid model for developing the culture of giving that leads to big gifts Overcoming fears of sponsorship and embracing cause-related marketing Pitching the appropriate charitable gift Confronting common fears of requesting major gifts The pros and cons of membership programs

The Complete Guide to Knowledge Management-Edna Pasher 2011-02-08 A straightforward guide to leveraging your company's intellectual capital by creating a knowledge management culture The Complete Guide to Knowledge Management offers managers the tools they need to create an organizational culture that improves knowledge sharing, reuse, learning, collaboration, and innovation to ensure measurable growth. Written by

internationally recognized knowledge management pioneers, it addresses all those topics in knowledge management that a manager needs to ensure organizational success. Provides plenty of real-life examples and case studies Includes interviews with prominent managers who have successfully implemented knowledge management structures within their organizations Offers chapters composed of short theoretical explanations and practical methods that you can utilize, based primarily on hands-on author experience Taking an intellectual journey into knowledge management, beginning with an understanding of the concept of intellectual capital and how to establish an appropriate culture, this book looks at the human aspects of managing knowledge workers, promoting interactions for knowledge creation and sharing.

The Complete Guide to Book Marketing-David Cole 2010-02-16
With an intense focus on strategy that won't be found in any other guide, this invaluable resource will be of immediate help to publishers, authors, and most anyone who wants to succeed in the publishing industry. Completely updated and expanded with an enhanced focus on selling outside traditional channels, The Complete Guide to Book Marketing features systematic, results-oriented approaches to reaching the largest amount of readers for the least amount of money. Readers will find no-nonsense advice for building a publishing identity, cultivating feedback from your audience, and implementing an effective publicity campaign. This new edition also features a brand-new section on marketing to the lucrative education market, as well as new information on e-book marketing, print-on-demand, and marketing backlist and reprint titles. Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more.

While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers.

RUBBISH BOOK-JAMES. PIPER 2022

The Organic Pharmacy Complete Guide to Natural Health and Beauty-Margo Marrone 2022-01-11 Optimizing your health the natural way, using organic products to create a personal beauty regime and finding new ways of feeling great. Margo Marrone, founder of the internationally renowned beauty and holistic health brand, offers all this and more in her fully revised and updated new book. The Organic Pharmacy Complete Guide to Natural Health and Beauty is packed full of information on herbal remedies, homeopathy and nutrition, and shows how these approaches to healing can work with our own body's systems to enhance our health and beauty. Featuring organic treatment plans for over 30 ailments including sore throats, arthritis, infertility and acne, you will discover why so many celebrities, including Kylie Minogue, swear by Margo's remedies. Drawing on her years of experience, Margo will show you how to create your own personal health and skincare regime that will keep you looking and feeling younger and more vibrant. Written with Margo's trademark inspirational style and approach, this is the definitive guide to natural health and beauty for everyone looking to optimize the way they and their whole family look and feel.

The Complete Guide to Fertility Awareness-Jane Knight 2016-11-03 Fertility Awareness is key to understanding sexual and reproductive health at all life stages. It can be used to either plan or avoid pregnancy. Fertility Awareness Methods (FAMs) are highly effective when motivated couples are taught by trained practitioners. These methods are in demand for ecological, medical, cultural, religious and moral reasons. The ability to control fertility naturally is a lifestyle choice. The Complete Guide

to Fertility Awareness provides the science and methodology suitable for health professionals and a general audience. It covers reproductive physiology and the fertility indicators: temperature, cervical secretions and cycle length calculations. It explores ways to optimise conception and to manage conception delays. Case studies and self-assessment exercises are included throughout. The book addresses the scientific credibility of new technologies including fertility apps, home test kits, monitors and devices. The Complete Guide to Fertility Awareness offers: evidence-based information for general practitioners, practice nurses, school nurses, midwives, sexual health doctors and nurses a unique perspective on subfertility for gynaecologists and fertility nurses an authoritative source of reference for medical, nursing and midwifery students a straightforward and practical reference for new and experienced FAM users the core text for the FertilityUK Advanced Skills Course in Fertility Awareness

The Complete Guide To Long Covid-19-Greta Steiner 2020-10-15
Do you worry about testing positive for Covid-19 and the long-term health complications? Many survivors are now living with the harmful side-effects of the disease and up until now, there hasn't really been any effort made to record and document the long-term symptoms that may come out of it. The silver lining is there's knowledge to be gained from survivors so you can maximize your return to health. Survivors of Covid-19 have pointed to breathlessness, mind fogging, muscle-pain, loss of taste, loss of smell, and depression as the early symptoms, the long-term effects of the virus are still unknown. That's why The Complete Guide To Long Covid-19 is the go-to, self-help guide for any virus survivor looking to maximize recovery and return to health faster. In this book, Greta Steiner has combined her expert knowledge of nutrition and psychology to address specific symptoms related to the long term effects of Covid-19. And now her book is helping people recover the right way and maximize their return to health. The book is an easy-to-read guide that

helps people identify the right path to recovery by giving them the support, nutritional, and mindfulness techniques they need. The book provides plenty of advice, insights, tips, and support to help them return to work, ease back into exercise, and create the right support system needed. Inside *The Complete Guide To Long Covid-19*, you'll discover:

- Where to get help when you need it most
- How to manage symptoms more effectively
- How to avoid over-exercising during recovery
- How to encourage others to support your recovery
- How to get started on your own pathway to recovery
- How to boost your nutrition to maximize return to health
- How to manage stress and support on your return to health
- Mindfulness techniques to help reduce stress and boost health
- Discover why long-term Covid-19 is important everywhere on earth
- What long-term Covid-19 symptoms other people like you are experiencing
- How to conduct your own health evaluation for long-term Covid-19 symptoms
- What long-term Covid-19 is and why it's increasingly recognized around the world
- The long term health risks associated with Long Covid-19 and how to mitigate their effects
- Here's a sneak peek at the amazing content you'll learn:
 - Motivation techniques to help recovery
 - How to get the right nutrition for your health
 - How to seek support from friends and family
 - How to avoid stress and support your path to recovery
 - How to communicate an awareness of symptoms to others
 - How to avoid negative emotional spirals to support a return to health
 - How much exercise you should do to support health but not hinder it
 - Find out where to get the right help and treatment for your symptoms
 - Learn how The RISE Protocol(R) principles support your return to health
 - The benefits of alternative therapy and how it can help alleviate symptoms
 - How to return to work but not overdo it in order to support your health recovery
 - How to reach out to others when things are going wrong and you need help or support
 - How to manage depression and improve symptoms of mental fogging in order to return to full health faster.
- And the best part? As a FREE bonus, you'll get nutrition and daily diet

charts to help you ease your symptoms and a extra ailment and nutrition check sheet. By the time you finish this guide, you will not only know how to support yourself the right way but you'll be able to support loved ones at home, friends, and colleagues at work who may still be suffering at this difficult time. To find out how you can manage your own path to recovery, simply scroll up and click on the "Add To Cart" button now!

Macular Degeneration-Lylas G. Mogk 2003-01-01 Describes the symptoms of AMD, or age-related macular degeneration, and discusses risk factors, treatments, and coping strategies.

The Complete Guide to Everything Romantic-Michael Newman 1995

The Complete Guide to Property Investment-Rob Dix 2016-01-19 From the author of Amazon best-sellers "Property Investment For Beginners" and "Beyond The Bricks" Over the last 20 years, more than a million Brits have made life-changing profits from buy-to-let. But as prices keep rising and the tax landscape changes, investors need to get smarter in order to succeed. It's far from "game over," but the game is changing... for the better. The unwary and under-prepared will be squeezed from the market - leaving educated, strategic investors to have their best decade yet. The Complete Guide To Property Investment gives you the insight, information and action plan you need to navigate this new property landscape and come out on top. It starts by demonstrating - with real-life examples - a range of strategies suited to achieving different investment goals. Only then does it take you step by step through every aspect of researching, financing, buying and managing investment properties. You'll learn: How to formulate a strategy suited to achieving your investment goals Everything you need to know about financing your investments An exact step-by-step research process you can use to decide what to invest in How to manage your investments What the property cycle is, and how you can use it to your advantage How to build a profitable portfolio for the long-term -

including scaling up, surviving recessions, and exit strategies. Whether you're turning to property to secure your retirement, start a new career or generate a stream of passive income, this book will be the most valuable investment you make.

Prediabetes: A Complete Guide-Jill Weisenberger 2018-05-22

Nearly 10 million people in the United States have been told by their doctor that they have prediabetes, with tens of millions more estimated to have prediabetes and not know it. In fact, the latest numbers from the CDC suggest that nearly 1 in 3 adults currently have either prediabetes or diabetes. These are alarming numbers, and finding out that you are that one out of three can be even more alarming. Shock, denial, and confusion are not uncommon reactions. But there is a flipside to learning you have prediabetes. It's scary, but it also means you've caught the condition just in time, before it's too late. Prediabetes does not mean you will develop diabetes. There are actions you can take to improve your health. *Prediabetes: A Complete Guide*, will reveal to you in detail what these actions are and empower you to find the healthy eating and lifestyle changes that work best for you to help you achieve your health goals. Written by Jill Weisenberger, a registered dietitian nutritionist, certified diabetes educator, certified health and wellness coach, and author of the American Diabetes Association bestselling book, *Diabetes Weight Loss—Week by Week*, this comprehensive guide will lead you through dozens of concrete steps you can take to reduce the risk of developing type 2 diabetes and other lifestyle-related chronic diseases. Taking an individualized approach to your lifestyle "reset," this book will allow you to choose your own path to wellness, help you gain a greater sense of wellbeing, boost your confidence in your abilities to maintain a healthful lifestyle, and potentially even help you reverse prediabetes and avoid type 2 diabetes and other chronic illnesses. You'll be feeling better than you have in years! Inside, you will learn to: Identify your risks for developing type 2 diabetes Set personalized and

meaningful behavioral goals Identify and build on your motivation for a lifestyle reset Create positive new habits Change eating habits for weight loss and greater insulin sensitivity Choose wholesome foods in the supermarket and when away from home Tweak your favorite recipes Reduce sedentary time Start or improve upon an exercise plan Reduce emotional eating Organize and track your progress with tools included in the book Much more Prediabetes can be scary, but it's also a huge opportunity—an opportunity to "reset," to improve your health, and to get yourself in better shape than ever. Let *Prediabetes: A Complete Guide* show you how.

The Complete Guide to the Drinks of James Bond-David Leigh
2010

Menopause-Miriam Stoppard 1994 This is an illustrated guide to managing the menopause. Separating fact from fiction, myths from misinformation, it makes women aware of the change - physical, sexual and mental - that they may experience during the menopause. And it informs them about medical and effective self-help measures they can take.

The Complete Guide to Editing Your Fiction-Michael Seidman
2002-02-15 Using an easy-to-reference format, experienced editor Michael Seidman shows writers how to approach fiction editing from three angles: macro editing, style editing and market editing. Writers will learn to reread their manuscript paying close attention to the continuity of narrative elements, such as point of view, characterization, sequencing and dialogue. After revising and rearranging these elements, writers will edit stylistic aspects, scanning their work with foolproof techniques that ensure proper spelling, grammar and word choice. This guide also teaches how to edit work from a marketing perspective, so writers can keep the expectations of their readership firmly in mind as they title their manuscripts and write their submissions. Michael Seidman is currently senior mystery editor at Walker. Previously, he was editor-in-chief at Mysterious Press, as well as an editor for several

other publishing houses. He has written for a variety of publications, including *Writer's Digest*. Seidman lectures at more than a dozen writing conferences every year and lives in New York City.

Crochet-Jane Davis 2009-04-29 Your one-stop reference for a lifetime of happy crocheting! It's amazing that a simple hook and yarn can yield such diverse results, from thick, cozy Afghans to delicate lace doilies. *Crochet The Complete Guide* contains everything you need to get started or take your projects to the next level—from advice on selecting the best yarn types and colors for your projects, to easy-to-follow instructions for creating sophisticated edgings, lacework and three-dimensional textures, to multi-color effects, ruffles, flowers and much more! • 150+ illustrated stitch patterns, from classic patterns to new and unusual designs—arranged by type and style, and color-coded for easy browsing • directions for a wide range of crochet styles, including Tunisian crochet, beaded crochet and CroKnit • 7 timeless projects to make as shown, or customize by substituting pattern stitches found throughout the book • a getting-started section that covers tools, materials and basic techniques A must-have guide for crocheters of all skill levels, this little book will satisfy your itch to stitch!

Rutherford and Fry's *Complete Guide to Absolutely Everything (Abridged)*-Adam Rutherford 2021-10-07 THE SUNDAY TIMES BESTSELLER 'If only Adam Rutherford and Hannah Fry were on tap to all of us, all the time . . . The pair have such a gift for making life, numbers and the forces at work in the universe all the richer, stranger, funnier and more marvellous.' Stephen Fry In Rutherford and Fry's comprehensive guidebook, they tell the complete story of the universe and absolutely everything in it - skipping over some of the boring parts. This is a celebration of the weirdness of the cosmos, the strangeness of humans and the fact that amid all the mess, we can somehow make sense of life. Our brains have evolved to tell us all sorts of things that feel

intuitively right but just aren't true: the world looks flat, the stars seem fixed in the heavenly firmament, a day is 24 hours... This book is crammed full of tales of how stuff really works. With the power of science, Rutherford and Fry show us how to bypass our monkey-brains, taking us on a journey from the origin of time and space, via planets, galaxies, evolution, the dinosaurs, all the way into our minds, and wrestling with some truly head-scratching questions that only science can answer: What is time, and where does it come from? Why are animals the size and shape they are? How horoscopes work (Spoiler: they don't, but you think they do) Does my dog love me? Why nothing is truly round? Do you need your eyes to see? 'A wonderfully engaging blend of wit, enthusiasm, clarity and knowledge.' Bill Bryson 'Like the universe itself, this book is multi-faceted, surprising and full of wonders. It's also funny, wise and exceedingly brainy. You really owe it to yourself to read it.' Tim Harford, author of How To Make The World Add Up

Food and Mood: Second Edition-Elizabeth Somer 1999-12-15

Dispells myths and presents scientific facts linking what we eat to how we feel, including the latest findings connecting nutrition to various disorders and offering practical dietary advice

How to Be Human-New Scientist 2017-09-21

If you thought you knew who you were, THINK AGAIN. Did you know that half your DNA isn't human? That somebody, somewhere has exactly the same face? Or that most of your memories are fiction? What about the fact that you are as hairy as a chimpanzee, various parts of your body don't belong to you, or that you can read other people's minds? Do you really know why you blush, yawn and cry? Why 90 per cent of laughter has nothing to do with humour? Or what will happen to your mind after you die? You belong to a unique, fascinating and often misunderstood species. How to be Human is your guide to making the most of it.

Writing Your Dissertation, 3rd Edition-Derek Swetnam

2000-04-01 This book gives you the confidence, tools and

techniques to produce a first-class dissertation. It offers practical guidelines to planning realistic timetables and structuring every aspect of your work. Find out how to avoid common mistakes and the best way to present your work, and even how to assess your dissertation in the same way as a university or college tutor does.

The Complete Guide to Breast Cancer-Trisha Greenhalgh
2018-09-20 The book you can trust to support you at every stage of your treatment - and beyond Winner of best 'Popular Medicine' book, BMA Medical Book Awards 2019 Professor Trisha Greenhalgh, an academic GP, and Dr Liz O'Riordan, a Consultant Breast Cancer Surgeon, are not only outstanding doctors, but they have also experienced breast cancer first-hand. The Complete Guide to Breast Cancer brings together all the knowledge they have gathered as patients and as doctors to give you and your family a trusted, thorough and up-to-date source of information. Designed to empower you during your breast cancer treatment, it covers: -Simple explanations of every breast cancer treatment -Coping with the emotional burden of breast cancer - Frank advice about sex and relationships -Staying healthy during and after treatment -Dealing with the fear of recurrence -Living with secondary breast cancer Packed full of all the things the authors wished they'd known when they were diagnosed, and tips on how to cope with surgery, radiotherapy, chemotherapy and beyond, this is the only book you need to read to guide you through your breast cancer diagnosis. 'A much needed guide which is both humane and based on robust evidence.' - Macmillan Cancer Support

The Complete Guide to Absolutely Everything (Abridged): Adventures in Math and Science-Adam Rutherford 2022-01-25 The complete story of the universe and absolutely everything in it (minus the boring parts). Despite our clever linguistic abilities, humans are spectacularly ill-equipped to comprehend what's happening in the universe. Our senses and intuition routinely mislead us. **The Complete Guide to Absolutely Everything**

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(Abridged) tells the story of how we came to suppress our monkey minds and perceive the true nature of reality. Written with wit and humor, this brief book tells the story of science—tales of fumbles and missteps, errors and egos, hard work, accidents, and some really bad decisions—all of which have created the sum total of human knowledge. Geneticist Adam Rutherford and mathematician Hannah Fry guide readers through time and space, through our bodies and brains, showing how emotions shape our view of reality, how our minds tell us lies, and why a mostly bald and curious ape decided to begin poking at the fabric of the universe. Rutherford and Fry shine as science sleuths, wrestling with some truly head-scratching questions: Where did time come from? Do we have free will? Does my dog love me? Hilarious sidebars present memorable scientific oddities: for example, hypnotized snails, human-sized ants, and the average time it takes most animals to evacuate their bladders. (A surprisingly consistent twenty-one seconds, if you must know.) Both rigorous and playful, *The Complete Guide to Absolutely Everything (Abridged)* is a celebration of the weirdness of the cosmos, the strangeness of humans, and the joys and follies of scientific discovery.

The Everything Pug Book-Kim Campbell Thornton 2005-05-01
Pugs have a very long and rich history, but their most enduring legacy has always been their cheerful temperament and social personality. It's no wonder the Pug is still one of the most popular breeds today. With *The Everything Pug Book* you'll learn all there is to know about your best friend! From adoption methods and training techniques, to specific tips on diet, exercise, and basic care, you can anticipate your Pug's every need and be prepared for any situation. *The Everything Pug Book* covers: Common diseases and health issues Proper grooming and handling Effective methods for disciplining your dog How to encourage socialization Caring for older Pugs Whether you've owned a Pug for years, or you're considering adopting one, *The Everything Pug*

*The Complete Guide To
Your First Rental
Property A Step By Step
Plan From The Experts
Who Do It Every Day*

Book is the authoritative text for keeping your dog healthy and happy for years to come.

The Complete Guide to Walking for Health, Weight Loss, and Fitness-Mark Fenton 2008 A guide to walking presents a diet and exercise plan, to improve overall health, lose weight, build endurance and speed, and become fit.

The Complete Guide To English Toy Terrier-Jason Lee 2020-11-16
The well-balanced, compact, and elegant English Toy Terrier is a small, cleanly built breed of small terriers closely resembling the Manchester Terrier and Miniature Pinscher. It comes with a long, narrow head, wedge-shaped muzzle, black nose, small, almond-shaped, dark eyes, slightly pointed, candle-flame-shaped ears, long, moderately arched neck, narrow and deep chest, straight forelegs, and a thick tail tapering to point. Bred from the Old English Black and Tan Terrier, the fast and agile English Toy Terriers were commonly used in the sport of rat-baiting during the 1800s in Victorian England. This sport involved releasing captured rats in an enclosed area where small terriers were set loose to kill as many rats as possible in the shortest time. Bets were taken on how long it would take a dog to kill its quota. The UK Kennel Club was established at the same time when rat-baiting was declared illegal. The Black and Tan Terriers were previously divided by weight, but after the 1920s, they were distinguished into two breeds - the smaller Black and Tan Terriers and the larger Manchester Terriers. In 1962, the smaller breed was named English Toy Terrier (Black and Tan). Today, the English Toy Terrier is one of the vulnerable native breeds in the Kennel Club's list, and efforts are being made to develop a self-supporting population. Growing urban populations in England in the seventeenth century, coupled with poor hygiene, lead to a massive surge in rodent numbers, something that led, in turn, to public health problems. City dwellers therefore found that they needed small terriers with a penchant for killing rodents in order to keep their neighbourhoods and homes habitable, and it was

from this necessity that the English Toy Terrier was born. The English Black and Tan Terrier, which is now extinct, belonging to the Fell Terrier class, is most closely related, and was known as a capable vermin hunter. It was mostly likely cross-bred with the Whippet by the early Mancunian breeders to lend it more speed, resulting in a dog that was fast, blood-thirsty, and small enough to comfortably share its owners' cramped lodgings.

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