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Urban Disaster Resilience
NASA Space Flight Program and Project Management Handbook
Pimp My Kindle Book
OECD Studies on Water Private Sector Participation in Water Infrastructure
OECD Checklist for Public Action
How to Sell Video Courses Online
Project Management Blueprint (2nd Ed.)
Emergency response to terrorism self-study
Mandala Coloring Book
The New Teacher's Guide to Overcoming Common Challenges
Afternoon
High-Pressure Science and Technology
Solid-State Lasers

Between Majority Power and Minority Resistance

The most difficult questions facing organizations today do not have scientifically or mathematically provable solutions. Many answers that do exist depend upon time and circumstance. *Systems Architecting of Organizations: Why Eagles Can't Swim* tackles a very difficult dilemma: how do even highly respected organizations maintain their vaunted excellence, accommodate the new world of global communications, transportation, economics and multinational security, and still survive against stiff competition already in place? As they are finding out, depending upon the circumstances, the demands of excellence on the one hand, and of change on the other, can be cruelly irreconcilable. This book does not just describe business strengths and weaknesses. First, it identifies potential weaknesses, then offers guidelines and insights to address them. Its approach is architectural and heuristic. Second, this book is about maintaining success in a dynamic world, not about achieving it in a static one; few are clear on what to do and not to do in the face of major change. *Systems Architecting of Organizations: Why Eagles Can't Swim* helps professionals gain new perspectives when reviewing their own organizations and to see problems and opportunities previously not apparent. Features

Government Reports Announcements & Index

Kappa Delta Pi is an international honor society in Education founded in 1911. This book chronicles the leadership of Kappa Delta Pi across the past century through a collection of short life stories about the 32 individuals who were elected by members to lead the Society. Through their work with their fellow officers, they helped keep alive the flame that called attention to the importance of highly qualified teachers in American schools, in the main, teachers whose academic credentials were very strong. These life stories attend to KDP presidents' contributions to education, particularly with emphasis a) on high academic

scholarship for educational professionals, e.g., teacher candidates, teachers at all levels, school administrators, college and university faculty members in education and in fields related to educational practice and knowledge; b) toward teacher candidates' mindful learning in and the integration of liberal arts, education, and other fields of study; c) and in the support and fostering of scholarly endeavors, especially substantive research and creative developments in the educational processes of schooling – all or many related to the individual's involvement in Kappa Delta Pi. A number of elements of Kappa Delta Pi's purposes and practices during its first century are illuminated in this book. Many others remain obscured, neglected, or unknown. Readers reasonably may discover keys to increased understanding and wonderment as they read and think about the lives of these former presidents, particularly about their contributions to the continuance and strengthening of the Society. One impressive key surely is evident. Their presidencies not only helped Kappa Delta Pi to continue to exist. They also fostered the fruitful creation of this honor society in education. And so also will those members and leaders who, succeeding these former presidents, enter confidently into Kappa Delta Pi's second century.

Development Communication Sourcebook

Summarizes a classified five-volume report on the planning and execution of operations in Operation IRAQI FREEDOM through June 2004. Recommends changes to Army plans, operational concepts, doctrine, and Title 10 functions.

Dot Grid Journal

Accelerating urbanization worldwide means more urban-centered disasters. Floods, earthquakes, storms and conflicts affecting densely populated areas produce significant losses in lives, livelihoods and the built environment, especially in comparison to rural areas. Poor urban dwellers, almost always the most vulnerable, too often bear the brunt. Aid agencies and urban professionals have been slowly adapting to these new conditions, but older models and practices hinder the most effective engagements. Drawing directly from the experiences of urban disasters in the Philippines, Chile, India, Thailand, Iraq, Haiti and Nepal, among other countries, Urban Disaster Resilience brings to light new collaborations and techniques for addressing the challenges of urban disasters in the coming years. Chapters range from country-specific case studies to more synthetic frameworks in order to promote innovative thinking and practical solutions. Edited by David Sanderson, Jerold S. Kayden and Julia Leis, this book is a crucial read for humanitarian and disaster specialists, urban planners and designers, architects, landscape architects, housing and economic development professionals, real estate developers, private business managers and students interested in the subject, whether based in non-governmental organizations, local, state or national governments, international agencies, private firms, or the academy.

Notes on My Books

The NASA aircraft operations program is a multifaceted, highly diverse entity that directly supports the agency mission in aeronautical research and development,

space science and applications, space flight, astronaut readiness training, and related activities through research and development, program support, and mission management aircraft operations flights. Users of the program are interagency, inter-government, international, and the business community. This manual provides guidelines to establish policy for the management of NASA aircraft resources, aircraft operations, and related matters. This policy is an integral part of and must be followed when establishing field installation policy and procedures covering the management of NASA aircraft operations. Each operating location will develop appropriate local procedures that conform with the requirements of this handbook. This manual should be used in conjunction with other governing instructions, handbooks, and manuals. Unspecified Center

100 Amazing Patterns

High pressure has become a basic variable in many areas of science and engineering. It extends from disciplines of geophysics and astrophysics through chemistry and physics to those of modern biology, electrical and chemical engineering. This breadth has been recognized for some time, but it was not until the early 1960's that an international group of scientists and engineers established the Association Internationale for Research and Advancement of High Pressure Science and Technology (AIRAPT) for bringing these various aspects of high pressure together at an international conference. The First AIRAPT International High Pressure Conference was held in 1965 in France and has been convened at approximately two to three year intervals since that time. The past four AIRAPT International High Pressure Conferences have been held in Germany, Scotland, Japan and the U.S.S.R. Since the first meeting of this kind, our understanding of high pressure behavior of physical systems has increased greatly.

The Renal Drug Handbook

A great way of creating artwork. With Black Sketchbook, you can spread your imagination and make something different. You can create unique design for your every artwork and make others think again about using color and white paper. Black sketchbook is perfect for use with: White ink pen Metallic markers and pens Gel pens White pencil Chalk markers Pastel chalk

Sketchbook Animal Print Blue Leopard

Do you want to empower your daughter and make her heart sparkle? Amazon's #1 best seller for children's ages 3-5 for 16 weeks straight. This children's story is about 5 years old Emma who likes sparkly things. But what happens when she can't use them anymore, is she going to lose her sparkle?

Black Sketchbook

In the second edition of the Project Management Blueprint, additional content is added to expand on the user's knowledge of "The Project Management Body of Knowledge (2017)" methods for project evaluation, contract development & planning, and business model alignment. Project management tools follow a

structured approach that can be adapted to any project. This guidebook provides an overview of the structured process used in the Project Management Body of Knowledge (PMBOK 5.0) to support any professional to quickly identify what tools are need to make their project success. Project canvases, concept models & graphics, scorecards, and process maps are provided to support the reader's exploration of the project tools reviewed in this guidebook. A link is provided to download an expanded version of the Project Management Blueprint PowerPoint & over 30 open-source project management templates across project initiation, project execution, project monitoring & controlling, project closure process groups. Author: Travis Barker, MPA GCPMIInnovate Vancouver

Taking Minutes of Meetings

Great natural disasters are rare, but their aftermath can change the fortunes of a city or region forever. This book and its companion Policy Focus Report identify lessons from different parts of the world to help communities and government leaders better organize for recovery after future disasters. The authors consider the processes and outcomes of community recovery and reconstruction following major disasters in six countries: China, New Zealand, India, Indonesia, Japan, and the United States. Post-disaster reconstruction offers opportunities to improve construction and design standards, renew infrastructure, create new land use arrangements, reinvent economies, and improve governance. If done well, reconstruction can help break the cycle of disaster-related impacts and losses, and improve the resilience of a city or region.

After Great Disasters

Dotted Grid Journal 180 pages (white paper) 7" x 10" book size Great price!

Twelve Years a Slave

System safety is the application of engineering and management principles, criteria, and techniques to optimize safety within the constraints of operational effectiveness, time, and cost throughout all phases of the system life cycle. System safety is to safety as systems engineering is to engineering. When performing appropriate analysis, the evaluation is performed holistically by tying into systems engineering practices and ensuring that system safety has an integrated system-level perspective. The NASA System Safety Handbook presents the overall framework for System Safety and provides the general concepts needed to implement the framework. The treatment addresses activities throughout the system life cycle to assure that the system meets safety performance requirements and is as safe as reasonably practicable. This handbook is intended for project management and engineering teams and for those with review and oversight responsibilities. It can be used both in a forward-thinking mode to promote the development of safe systems, and in a retrospective mode to determine whether desired safety objectives have been achieved. The topics covered in this volume include general approaches for formulating a hierarchy of safety objectives, generating a corresponding hierarchical set of safety claims, characterizing the system safety activities needed to provide supporting evidence,

and presenting a risk-informed safety case that validates the claims. Volume 2, to be completed in 2012, will provide specific guidance on the conduct of the major system safety activities and the development of the evidence.

Industrial Applications of Lasers

This handbook is a companion to NPR 7120.5E, NASA Space Flight Program and Project Management Requirements and supports the implementation of the requirements by which NASA formulates and implements space flight programs and projects. Its focus is on what the program or project manager needs to know to accomplish the mission, but it also contains guidance that enhances the understanding of the high-level procedural requirements. (See Appendix C for NPR 7120.5E requirements with rationale.) As such, it starts with the same basic concepts but provides context, rationale, guidance, and a greater depth of detail for the fundamental principles of program and project management. This handbook also explores some of the nuances and implications of applying the procedural requirements, for example, how the Agency Baseline Commitment agreement evolves over time as a program or project moves through its life cycle.

Sparkly Me

Portugal & the Azores

A fun little coloring book, with 34 unique images of architecture, wildlife, landscapes, and culture in Portugal & The Azores. The creator & illustrator, Cricky, lives a life of constant travel, slowly making her way to different places around the world, experiencing life as the locals do.

Shift

100 Detailed Mandalas To Color!!! We are pleased to announce our third Mega Bundle featuring Volumes 6 and 7 in our popular Mandala coloring book series at a great price. Each large Mandala is printed on its own 8.5 X 11 inch page and is approximately 7.5 X 7.5 inches so there is no bleed-through or smudging to worry about. Please click the blue MJT Publishing link above to see our other fantastic coloring books.

Army Special Operations Forces

Provides a coherent catalogue of policy directions, including appropriate allocation of roles, risks and responsibilities, framework conditions and contractual arrangements necessary to make the best of private sector participation in water infrastructure.

Electro-Optics Handbook

Teaching from Rest

2019 Gift Ideas | 100 Unique Images Enjoy relaxing patterns with this fantastic coloring book from bestselling publishing brand, Jade Summer. Our 100 Amazing Patterns coloring book is an incredible collection of relaxing and easy-to-color patterns. Enjoy the symmetrical and simple beauty of lovely flowers, elegant floral patterns, fun geometric shapes, adorable animals, and much more! With 100 different patterns to color and a variety of themes, you will always have something different to color. If you love mandala coloring books, then you will love this reimagined mandala experience. We have combined the symmetrical beauty of mandalas with the enjoyment of coloring "full-frame" images. By eliminating the whitespace commonly found in mandala books, we have given you even more to color! Why You Will Love this Book Relaxing Coloring Pages. Every page you color will pull you into a relaxing world where your responsibilities will seem to fade away Beautiful Illustrations. We've included 100 unique images for you to express your creativity and make masterpieces. Which colors will you choose for this book? Single-sided Pages. Every image is placed on its own black-backed page to reduce the bleed-through problem found in other coloring books. Great for All Skill Levels. You can color every page however you want and there is no wrong way to color (even if you are a beginner). About Jade Summer 100+ Coloring Books. Explore the entire Jade Summer collection and find an amazing book for your next coloring adventure. As a Jade Summer fan, you have access to books in a variety of popular themes, including animals, mandalas, fantasy, inspirational, and many more! 6,500+ 5-star Amazon Reviews. Jade Summer is one of the premier coloring book brands and a frequent bestseller on Amazon. When you buy a Jade Summer coloring book, you know it's a product you'll love. Fun Online Community. Our fun, friendly, and supportive community on social media is an entertaining way to view completed pages from other Jade Summer fans, meet other colorists, and share your masterpieces with the world. Buy Now & Relax Scroll to the top of this page and click the Add to Cart button. Know someone who loves to color? Make them smile by getting them a copy too! Coloring books make wonderful gifts. Which gifts will you need soon? Buy now and have your gifts ready in advance. Coloring books are great for any holiday or special occasion. Christmas Gifts, Stocking Stuffers Easter Baskets, Gift Bags Family Vacations & Travel Birthday & Anniversary Presents Valentine's Day, Mother's Day Build your Jade Summer collection. Shop for our coloring books on Amazon. Simply use the Jade Summer link near the top of this page.

NASA System Safety Handbook

All-inclusive opto electronics guide A valuable "must-have" tool for electronic and optical engineers, this Handbook is the only single-volume, tell-it-all guide to the use of optical devices and light in electronics systems. Developed by a towering figure in the field, this manual familiarizes you with UV, VUV and X-Ray lasers; visible, solid-state, semiconductor and infrared gas lasers; FEL and ultrashort laser pulses; visible and infrared optical materials; infrared and imaging detectors; optical fibers and fiber optic sensors; holography; laser spectroscopy and photochemistry; high resolution lithography for optoelectronics; and much more. In this up-to-the-minute edition you'll find new chapters on optical communications, electro-optic devices, and high intensity optical fields, in addition to extensively updated material throughout, and abundant charts, diagrams and data tables.

Aircraft Operations Management Manual

"Victor Golla has been the leading scholar of California Indian languages for most of his professional life, and this book shows why. His ability to synthesize centuries of fieldwork and writings while bringing forward new ideas and fresh ways of looking at California's famous linguistic diversity will make this the primary text for anyone interested in California languages."--Leanne Hinton, Professor Emerita of Linguistics, University of California, Berkeley and author of "How to Keep Your Language Alive" This book is a wonderful contribution that only Golla could have written. It is a perfect confluence of author and subject matter. --Ives Goddard, Senior Linguist, Emeritus, Smithsonian Institution "Golla is a gifted polymath and California Indian Languages is certainly his landmark achievement, required reading for any linguist, archaeologist, ethnographer, or historian interested in aboriginal California."--Robert L. Bettinger, Professor of Anthropology, University of California Davis and author of "Hunter-Gatherer Foraging" "The preeminent figure in his field, Victor Golla has written a masterpiece filled with treasures for every audience: Indian communities working toward cultural and linguistic revival; general readers interested in the many cultures of Native California; and scholars in the fields of language, archaeology, and prehistory. The information here is so detailed that it supersedes all previous reference works."--Andrew Garrett, Professor of Linguistics, University of California Berkeley and Director, Survey of California and Other Indian Languages This is a truly magnificent work, at once authoritative, comprehensive, accessible to a wide readership, and fascinating. Masterfully integrating linguistic, archaeological, historical, and cultural information, the author describes not just the languages, but also the major figures in the story: speakers, explorers, missionaries, and scholars. It is beautifully written, a great pleasure to read, and difficult to put down."--Marianne Mithun, author of "The Languages of Native North America" "

Operation Iraqi Freedom

Your Kindle e-book is awesome. It should be selling more copies! As a matter of fact, it should be an Amazon bestseller, but it's not. Why are books that are inferior to yours raking cash, while your book collects digital dust on KDP? Pimp My Kindle Book provides many low cost (most are free), easy-to-complete tasks that can shoot your e-book up the popularity lists and earn your book bestseller status in a very short period of time. If you are like most authors, you have already read the e-book improvement classics like Kindle Bestseller Secrets by Derek Doepker, 61 Ways to Sell More Non-fiction Kindle Books by Steve Scott, and Ebook Millionaire by James Calthorpe. These are great books, but they only tell part of the story. They can also be difficult to get through because of their straightforward style. Pimp My Kindle Book kicks it up a notch, with an energetic and motivational flair. It is a fun read, packed with humor and the personal experiences of an author who has spent time in the trenches and built a reputation, starting from scratch. There are many ways to make your book more sexy to book buyers. Included in this book are methods that will boost sales for any book (although the book works best for non-fiction titles): Learn how to use keywords, so that people will find your book through SEO and internet searches Learn how to create a killer title and subtitle that "gets the click"! Learn the elements of an awesome book cover - How do you get people to click on your book from a list of 10-20 books from Amazon search

results and Kindle book browsing pages? Sell more books on Amazon by creating a book description that translates directly to book orders - learn how to set up your book description with eye-catching formatting, SEO and a call to action! Learn how to maximize the earning potential of your book by understanding the Amazon sales algorithm and associating your book with other bestselling books in the 'Customer Also Bought' applet. Make more book sales and expand your author influence by developing an effective and attractive Amazon Author page. Why are book reviews so important? Learn how to get reviews for free and use them in your book marketing. Learn how to price your book for success. These topics are just the highlights of the book. There are many additional topics covered in the books that will help your book become a Kindle bestseller. Author Eric Michael has gone from never writing a page of text to writing three bestselling books on the Kindle platform in short order. This book pulls no punches. It describes in detail what has worked and earned book sales, and what has not. Authors are provided an action plan for "sexifying" their books for readers and maximizes their books' potential. Now is the time to step on the gas and get rolling! Not tomorrow, or next week. Let's sell some books! Click on the 'Order' button in the top-right corner of this page and quickly make your book "sexy eye-candy" for Amazon book buyers.

Systems Architecting of Organizations

An interactive fictional story.

California Indian Languages

The world is changing. Education is changing. There is a HUGE demand for career skills courses online. I have been making over \$5000 passive income per month by selling online video courses over the last two years and you can too. Online learning is the future of education. If you have, or wish to have, a stake in the online economy, online teaching and learning will be central to your success. The self-paced e-learning market made \$51.5 billion in 2016, according to the "E-Learning Market Trends Report" by Docebo. E-teaching is one of the best ways to get your message out there, make money and enhance your brand. This book explains: how to create and market online courses that will sell for months and years to come; research the content and title of your courses; technical information about video course creation; advice on how to create your first course; tricks on how to market your course; and loads more. I have spoken to course selling experts. These people sold a massive \$10 million in courses in 2015 alone. Get tips from Gabby Wallace, Phil Ebner, Lisa Irby, Victor Bastos, Alun Hill, John Bura, Jerry Banfield, John Purcell, Troy Dean and Steven Aitchison. Once you have created a course, it can earn you substantial money every month for years to come. Plus you will enjoy the process of making the course and the feedback from the students. Course

A Century of Leadership

Express your creativity with this softcover sketchbook. Blank pages with no lines - yours to fill. Perfect for sketches, drawings, notes, to-do lists and more. Ideal for light drawing and sketching with pens and pencils; not for markers or paints. For

those who prefer to let pen or pencil roam across a blank page, this is the perfect gift. - Measures 6-x 9- - Softcover book format - Cream-colored paper - Blank pages; unlined SEARCH -Premise Content- for more journals and sketch journals.

Solid-State Laser Engineering

Reproduction of the original: Notes on My Books by Joseph Conrad

Urban Disaster Resilience

Handbook offers information compiled from the UK Renal Pharmacy Group and features drug monographs guiding physicians in how to prescribe, prepare, and administer drugs to patients undergoing renal replacement therapy. Also provides a practice-based review of drug utilization in renal units across the UK.

NASA Space Flight Program and Project Management Handbook

Pimp My Kindle Book

Minute taking is an important yet under-rated part of business management meetings, critical at all levels of committee. Participants rely on them for information they may have missed, those who could not attend can see what was decided in their absence, and the action points act as a timely reminder. Taking Minutes of Meetings explains the functions of minutes, the different styles, how to take them accurately and how to listen and summarise. Now in its second edition this practical guide includes a new chapter on The Requirements of the Freedom of Information Act. Reliable, accessible advice is given on important topics such as: setting up a meeting; sections of a meeting; the agenda; personal preparation; taking notes; the minutes; recording decisions and actions.

OECD Studies on Water Private Sector Participation in Water Infrastructure OECD Checklist for Public Action

The basis for the Academy Award®-winning movie! Kidnapped into slavery in 1841, Northup spent 12 years in captivity. This autobiographical memoir represents an exceptionally detailed and accurate description of slave life and plantation society. 7 illustrations. Index.

How to Sell Video Courses Online

This book has once again been updated to keep pace with recent developments and to maintain Koechner's position as "the bible" of the field. Written from an industrial perspective, it provides a detailed discussion of, and data for, solid-state lasers, their characteristics, design and construction.

Project Management Blueprint (2nd Ed.)

Koechner's well-known 'bible' on solid-state laser engineering is now available in an accessible format at the graduate level. Numerous exercises with hints for solution, new text and updated material where needed make this text very accessible.

Emergency response to terrorism self-study

A practical book with a variety of uses, this book can help applications engineers spark problem-solving techniques through the use of lasers. *Industrial Application of Lasers, Second Edition* takes the reader through laser fundamentals, unusual properties of laser light, types of practical lasers available, and commonly used accessory equipment. The book also applies this information to existing and developing applications. Current uses of lasers, including laser welding and cutting, electronic fabrication techniques, lightwave communications, laser-based applications in alignment, surveying, and metrology are all covered as well as discussing the potential for future applications such as all-optical computers, remote environmental monitoring, and laser-assisted thermonuclear fusion. Explains basic laser fundamentals as well as emphasizing how lasers are used for real applications in industry Describes the importance of laser safety Discusses potentially important future applications such as remote environmental monitoring Includes rare expert lore and opinion

Mandala Coloring Book

The New Teacher's Guide to Overcoming Common Challenges

Field Manual (FM) 3-05.130, Army Special Operations Forces Unconventional Warfare, establishes keystone doctrine for Army special operations forces (ARSOF) operations in unconventional warfare (UW). It is based on lessons learned from both historical and contemporary UW operations. It is also based on existing, long-standing Army Special Forces (SF) UW doctrine; recently developed doctrine, such as counterinsurgency (COIN); and emerging affiliated concepts, such as irregular warfare (IW). Since 11 September 2001 and the onset of the War on Terrorism (WOT), existing UW doctrinal publications have undergone intense scrutiny and timely revision. A majority of existing ARSOF manuals have incorporated recent lessons learned and updated tactics, techniques, and procedures (TTP) of immediate utility to the conduct of war. For this reason, the Army has classified most of these revised manuals. UW remains an enduring and effective means of warfighting and is recognized as a central effort in the WOT. Although the classification of existing doctrine is prudent for operational security, it limits the distribution of concepts necessary for an effective joint, interagency, and multinational effort. ARSOF and other audiences require an unclassified conceptual manual useful to understanding the nature of UW and its role in the nation's application of power. This manual provides that unclassified conceptual treatment. ARSOF execute and are the functional proponent for UW under United States Special Operations Command (USSOCOM) Directive 10-1, Terms of Reference for Component Commanders, and other authorities. Currently, there exists no authoritative interagency or joint doctrine specifically for UW-although

sufficient joint doctrine does exist for general campaign design and execution of joint and Army operations. This manual is the overarching doctrinal reference that specifically addresses UW as conducted by ARSOF. Detailed TTP for UW can be found in FM 3-05.201, (S/NF) Special Forces Unconventional Warfare (U). The first chapter establishes what UW is and includes a comparison of traditional and emerging concepts with which UW is sometimes confused. Chapter 2 discusses the international environment and United States (U.S.) instruments of national power within which all military operations—including UW—occur. Chapter 3 addresses policy and doctrine that define, enable, and constrain UW. Chapter 4 outlines planning considerations for UW. The next three chapters provide a more focused operational discussion of ARSOF's three main component disciplines: SF operations, Psychological Operations (PSYOP), and Civil Affairs operations (CAO). Chapter 8, which concerns supporting elements and activities of UW, concludes the basic manual. The appendixes contain useful supplemental information. The first seven appendixes (A-G) provide expanded and detailed information on U.S. instruments of national power within the broader context of the international environment. Appendix H is a survey of definitions and current academic considerations concerning historical and cultural concepts useful to the assessment of human environments. Appendix I provides a historical survey of UW. Appendix J contains an outline sketch of change and constancy in the definition of UW. Current doctrinal references and an expanded bibliography provide a guide for further reading and mature understanding of UW within the endeavor of war. Both the text and the Glossary identify terms that have joint or Army definitions. FM 3-05.130 is the proponent field manual (the authority) for UW, but is not the proponent for any other Army term.

Afternoon

We all go through major life transitions—whether they take us by surprise or we take the leap and "make a shift" into unknown territory ourselves. Change is a basic part of life. Jobs change, lovers change, ideas change, people change. No matter how well thought out our "life plan" might be, life throws us a curve now and then. But, too often, we become overwhelmed by fear when faced with a new direction. We become stuck. This book fundamentally changes the way we cope with change. "Shift happens," says psychologist and executive coach Dr. Jeffrey Hull, "and we all need to get better at dealing with it. Life is not a straight line ramp up to nirvana, as some self-help books would have us believe." After working with thousands of individuals and executives at companies such as Booz Allen Hamilton, AT&T, MasterCard, HSBC and TD Ameritrade over a twenty-year career, researching both Western science and Eastern philosophy, and dealing with life crises of his own, Dr. Hull offers up what is missing from the majority of self-help books: a roadmap for navigating change and its faithful life partner, fear. "Having a program to support you through the throes of major change—and help to release the fear that accompanies it—can really make a difference," Dr. Hull assures anyone facing a major (or minor) transition, regardless of age, lifestyle, or circumstances. In a down-to-earth inspirational style backed by real-life examples and action steps, SHIFT reveals:

- Why the self-help industry's obsession with achieving "instant happiness" is a cultural fantasy that actually reinforces its opposite: distress;
- Why endings—of jobs, relationships, life situations—are so difficult and how to make "starting over" easier, even FUN;
- An innovative and

practical way to understand life's inevitable cycles, by learning to navigate the six stages of every life shift: rupture, release, retreat, revival, rehearsal, and realization; · A radical new way of understanding personal growth—not as a quest for an elusive “authentic self” but as an evolving, creative story of continuous reinvention; and · How practices that integrate the body, the mind and the heart are key to true transformation, not just “changing your thoughts” or re-wiring your brain. Showing how to move through fear and accept change as something that happens for us and not to us, *Shift* is not another “quick fix, five steps to endless happiness” self-help book. With real-life case studies, useful diagnostics and down-to-earth practices, Dr. Jeffrey Hull offers a vital guide for everyone grappling with and reeling from our turbulent times.

High-Pressure Science and Technology

The 'Development Communication Sourcebook' highlights how the scope and application of communication in the development context are broadening to include a more dialogic approach. This approach facilitates assessment of risks and opportunities, prevents problems and conflicts, and enhances the results and sustainability of projects when implemented at the very beginning of an initiative. The book presents basic concepts and explains key challenges faced in daily practice. Each of the four modules is self-contained, with examples, toolboxes, and more.

Solid-State Lasers

This practical, hands-on guidebook offers support for your first years in the classroom by presenting strategies to overcome ten common challenges. Expertly curated by experienced educators, this book delivers quick access to timely advice, applicable across a range of educational settings. With contributions from National Board-Certified Teachers, National Teachers of the Year, and other educators involved in robust induction and mentoring programs, *The New Teacher's Guide to Overcoming Common Challenges* provides: Wise and practical tips from accomplished veterans and successful new teachers from across rural, suburban, and urban settings; Web access to an online teacher community and customizable resources created by the book's authors that can be quickly downloaded for immediate use in the classroom; Newly commissioned material that addresses the shift to remote learning brought about by the world pandemic. Accessible and stimulating, this book is designed for a wide range of users, including PK-12 school districts who offer new teacher induction programming, traditional and alternative teacher preparation programs and teacher cadet programs, and individual in-service teachers. Don't face the challenges alone—learn from those who have been there!

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