Ipad Guided Access

Urinary StonesEmergency UltrasoundKid in the CribIPhone: The Missing ManualiPad For Seniors For DummiesGood Pictures Bad Pictures JrSwitching to the Mac: The Missing Manual, Lion Edition101 Tricks for iPhone & iPadGuided Self-Organization: InceptioniPad For DummiesMacAddict Guide to Living the ILifeGiving VoiceMeditation for Fidgety SkepticsiOS Hacker's HandbookMy IPhone for SeniorsEasy IPod and ITunesGet OrganizediPad For Seniors For DummiesUsing Technology with Elementary Music ApproachesThe Reason I JumpThe Wim Hof MethodJust Grandpa and MeApps for Learning, Middle SchoolMobile Learning for AlliPad For Seniors For DummiesiPad in Education For DummiesMobile LearningiOS 9 App Development EssentialsGuided Access for iPhone/iPadiOS 8 for ProgrammersIPhone: The Missing ManualThe Action BibleUsing iPhones, iPads, and iPodsTake Control of ShortcutsLearning iOS SecurityIPod: The Missing ManualBuild Location Apps on iOS with SwiftiPad mini For DummiesThe Headspace Guide to Mindfulness & MeditationiPad All-in-One For Dummies

Urinary Stones

Turn your classroom into a digital adventure in learning with the best apps for middle school classrooms, such as Play2Learn, SpellBoard, Solar Walk, Book

Creator, and more!

Emergency Ultrasound

iOS 11 for the iPhone includes a host of exciting new features, including a revamped Control Center and all-new powers for some of your favorite apps—Siri, AirPlay 2, Maps, Photos, and Maps. You can even send payment via iMessages and type with one hand! And the best way to learn all of these features is with iPhone: The Missing Manual—a funny, gorgeously illustrated guide to the tips, shortcuts, and workarounds that will turn you, too, into an iPhone master. This easy-to-use book will help you accomplish everything from web browsing to watching videos so you can get the most out of your iPhone. Written by Missing Manual series creator and former New York Times columnist David Pogue, this updated guide shows you everything you need to know about the new features and user interface of iOS 11 for the iPhone.

Kid in the Crib

Answers found here! In iOS 7, Apple gave the iPhone the most radical makeover in its history. The new software is powerful, sleek, and a perfect companion to the iPhone 5s and 5c—but it's wildly different. Fortunately, David Pogue is back with an

expanded edition of his witty, full-color guide: the world's most popular iPhone book. The important stuff you need to know: The iPhone 5s. This book unearths all the secrets of the newest iPhone—faster chip,dual-color flash, fingerprint scanner, and more—and its colorful companion, the 5c. The iOS 7 software. Older iPhones gain Control Center, AirDrop, iTunes Radio, free Internet phone calls, and about 197 more new features. This book covers it all. The apps. That catalog of 1,000,000 add-on programs makes the iPhone's phone features almost secondary. Now you'll know how to find, manage, and exploit those apps. The iPhone may be the world's coolest computer, but it's still a computer, with all of a computer's complexities. iPhone: The Missing Manual is a funny, gorgeously illustrated guide to the tips, shortcuts, and workarounds that will turn you, too, into an iPhone addict.

IPhone: The Missing Manual

"One of the most remarkable books I've ever read. It's truly moving, eye-opening, incredibly vivid."—Jon Stewart, The Daily Show NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR • The Wall Street Journal • Bloomberg Business • Bookish FINALIST FOR THE BOOKS FOR A BETTER LIFE FIRST BOOK AWARD • NEW YORK TIMES BESTSELLER You've never read a book like The Reason I Jump. Written by Naoki Higashida, a very smart, very self-aware, and very charming thirteen-year-old boy with autism, it is a one-of-a-kind memoir that demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine. Parents

and family members who never thought they could get inside the head of their autistic loved one at last have a way to break through to the curious, subtle, and complex life within. Using an alphabet grid to painstakingly construct words, sentences, and thoughts that he is unable to speak out loud, Naoki answers even the most delicate questions that people want to know. Questions such as: "Why do people with autism talk so loudly and weirdly?" "Why do you line up your toy cars and blocks?" "Why don't you make eye contact when you're talking?" and "What's the reason you jump?" (Naoki's answer: "When I'm jumping, it's as if my feelings are going upward to the sky.") With disarming honesty and a generous heart, Naoki shares his unique point of view on not only autism but life itself. His insights—into the mystery of words, the wonders of laughter, and the elusiveness of memory—are so startling, so strange, and so powerful that you will never look at the world the same way again. In his introduction, bestselling novelist David Mitchell writes that Naoki's words allowed him to feel, for the first time, as if his own autistic child was explaining what was happening in his mind. "It is no exaggeration to say that The Reason I Jump allowed me to round a corner in our relationship." This translation was a labor of love by David and his wife, KA Yoshida, so they'd be able to share that feeling with friends, the wider autism community, and beyond. Naoki's book, in its beauty, truthfulness, and simplicity, is a gift to be shared. Praise for The Reason I Jump "This is an intimate book, one that brings readers right into an autistic mind."—Chicago Tribune (Editor's Choice) "Amazing times a million."—Whoopi Goldberg, People "The Reason I Jump is a

Rosetta stone. . . . This book takes about ninety minutes to read, and it will stretch your vision of what it is to be human."—Andrew Solomon, The Times (U.K.) "Extraordinary, moving, and jeweled with epiphanies."—The Boston Globe "Small but profound . . . [Higashida's] startling, moving insights offer a rare look inside the autistic mind."—Parade From the Hardcover edition.

iPad For Seniors For Dummies

Improve your iPad and iPhone workflows with automation! Version 1.1, updated 09/30/2020 Apple's Shortcuts app brings extensive automation capabilities to your iPhone or iPad, using a drag-and-drop, fill-in-the-blanks interface much like Automator on the Mac. It lets you perform sequences of tasks, including ones that span various apps, with just a tap or a voice command—or even automatically when certain conditions are met. Shortcuts can save you time and effort, help you accomplish previously complicated tasks, and let you customize your device to better meet your needs. And with iOS 14/iPadOS 14, Shortcuts has become even more powerful than before. But for all its utility, Shortcuts is not self-explanatory, so it can be challenging to figure out its quirks and create effective, time-saving automations. That's where Take Control of Shortcuts comes in. Written by automation expert Rosemary Orchard, this book opens the world of iOS/iPadOS automation to users at every level. With Rosemary's help, you'll learn how to: • Navigate the Shortcuts app: Understand the user interface and terminology, then

install and run your first shortcut. • Run shortcuts: Discover seven different ways to run a shortcut, from tapping an icon to using Home automations and Siri. • Build shortcuts: Start with simple, one-step shortcuts and work your way up to complex shortcuts with input, output, variables, conditionals, loops, and more. Debugging advice is also included. • Install and sync shortcuts: Download and install shortcuts others have written, sync your shortcuts across your devices, and share them with other people. Then, to both illustrate the main principles you've learned and give you practical tools to get you started, Rosemary walks you step by step through the creation of 15 sample shortcuts, which you can also download and install using links in the book. Examples include: • Event templates • A daily overview • Converting and sharing images • Adding a song to a playlist • Logging expenses • Turning on lights automatically when you get home The book also discusses how Shortcuts can use REST APIs to talk to various web services (with detailed examples), and complementary apps that work in conjunction with Shortcuts. Whether you're completely new to automation or already have significant programming experience, you'll find plenty of useful information in this friendly, practical guide.

Good Pictures Bad Pictures Jr

This book is intended for mobile security professionals who want to learn how to secure iOS operating systems and its applications. Any knowledge of iOS

architecture would be an added advantage.

Switching to the Mac: The Missing Manual, Lion Edition

The easy way to effectively implement iPads in the classroom The iPad is a natural fit for education in the 21st century, and this hands-on guide shows you just how to implement it in your educational institution. iPad in Education For Dummies serves as a roadmap for the device's successful use as an education tool—from both a personal and institutional perspective. It examines why the iPad is a perfect fit for contemporary educational needs, how to purchase and deploy them within an organization, and outlines best practices, tools, and apps for their educational use across all curricula and grade levels. A cross between a powerful computer, iPod, game console, and e-reader, the iPad is an ultraportable—and ultra cool—touch device from Apple. In 2013, the iPad was deployed in Chicago Public Schools, LA Unified School district, Oxnard School District in California, and Raleigh County Public Schools in West Virginia, to name a few. In this new edition of iPad in Education For Dummies, you'll find the latest coverage of interactive media and augmented reality apps, creating and publishing class books and textbooks, moving from lectures to interactive classroom presentations, setting up digital student profiles, and much more. Includes up-to-date coverage of Apple's iPad hardware and iOS software Covers managing classroom workflow challenges, including how to distribute, share, collaborate, and collect digital documents

Written by one of the foremost authorities on iPad deployments in schools Provides clear information on what decisions you need to make to deploy and use the iPad effectively in the classroom If you're a school administrator, teacher, or educational IT specialist who is considering deploying the iPad in the classroom, this handy guide has everything to set you up for success.

101 Tricks for iPhone & iPad

A hands-on guide to the iPod and iTunes 5 explains how to set up the device and use it with one's computer in either a Macintosh or Windows environment and offers step-by-step guidelines on how to use iTunes software to rip music CDs and create playlists.

Guided Self-Organization: Inception

A little creature and his grandfather have fun on a trip to the department store.

iPad For Dummies

The new iPad can do even more - get up to speed with this updated guide! Get the most out of the newest iPad and iOS 6 software with this fun and practical full-color

guide. Written in the friendly For Dummies style by veteran and bestselling For Dummies author Nancy C. Muir, this helpful guide thoroughly explains iPad basics and then some. Discover easy-to-follow tips and advice on the latest iOS 6 features and popular favorites, such as the Siri virtual personal assistant, FaceTime, Facebook integration, Safari, photo and video editing, e-books, and more. Covers the third-generation iPad, iPad 2 and original iPad and is fully updated for iOS 6 Explains how to use the iPad in the clear, friendly, easy-to-follow language that has defined the For Dummies series for two decades Uses senior-friendly larger fonts and full-color illustrations, making the information accessible and easy to follow Covers exciting new features of iOS 6 and the new iPad, including Siri, Passbook, a brand new Maps app, Facebook integration, enhancements to FaceTime, Mail, Safari, Photos, and improved accessibility features for users with hearing and vision challenges Shows the best ways to use your iPad for e-mail, games, e-books, music, videos, photos, and keeping connected with your friends and family Whether you use your iPad to keep in touch, keep track of your schedule, or keep yourself entertained, iPad For Seniors For Dummies, 5th Edition is the perfect accessory to keep at hand.

MacAddict Guide to Living the ILife

Is it possible to guide the process of self-organisation towards specific patterns and outcomes? Wouldn't this be self-contradictory? After all, a self-organising process

assumes a transition into a more organised form, or towards a more structured functionality, in the absence of centralised control. Then how can we place the guiding elements so that they do not override rich choices potentially discoverable by an uncontrolled process? This book presents different approaches to resolving this paradox. In doing so, the presented studies address a broad range of phenomena, ranging from autopoietic systems to morphological computation, and from small-world networks to information cascades in swarms. A large variety of methods is employed, from spontaneous symmetry breaking to information dynamics to evolutionary algorithms, creating a rich spectrum reflecting this emerging field. Demonstrating several foundational theories and frameworks, as well as innovative practical implementations, Guided Self-Organisation: Inception, will be an invaluable tool for advanced students and researchers in a multiplicity of fields across computer science, physics and biology, including information theory, robotics, dynamical systems, graph theory, artificial life, multi-agent systems, theory of computation and machine learning.

Giving Voice

THE NEW YORK TIMES BESTSELLER FROM THE AUTHOR OF 10% HAPPIER Too busy to meditate? Can't turn off your brain? Curious about mindfulness but more comfortable in the gym? This book is for you. You'll also get access to guided audio meditations on the 10% Happier app, to jumpstart your practice from day one. ABC

News anchor Dan Harris used to think that meditation was for people who collect crystals, play Ultimate Frisbee, and use the word "namaste" without irony. After he had a panic attack on live television, he went on a strange and circuitous journey that ultimately led him to become one of meditation's most vocal public proponents. Harris found that meditation made him more focused and less yanked around by his emotions. According to his wife, it also made him less annoying. Science suggests that the practice can lower your blood pressure, mitigate depression and anxiety, and literally rewire key parts of the brain. So what's holding you back? In Meditation for Fidgety Skeptics, Harris and Jeff Warren, a masterful teacher and "Meditation MacGyver," embark on a gonzo cross-country quest to tackle the myths, misconceptions, and self-deceptions that keep people from meditating. It is filled with game-changing and deeply practical meditation instructions—all of which are also available (for free) on the 10% Happier app. This book is a trip worth taking. Praise for Meditation for Fidgety Skeptics "If you're intrigued by meditation but don't know how to begin—or you've benefited from meditation in the past but need help to get started again—Dan Harris has written the book for you. Well researched, practical, and crammed with expert advice, it's also an irreverent, hilarious page-turner."—Gretchen Rubin, author of The Happiness Project "The ABC News anchor, a 'defender of worrying' who once had an anxiety attack on air, offers a hilarious and stirring account of his two-steps-forward-one-step-back campaign to sort 'useless rumination' from 'constructive anguish' via mindfulness, along with invaluable suggestions for following in his

footsteps."—O: The Oprah Magazine

Meditation for Fidgety Skeptics

Break out your reading glasses—iPad instructions for seniors are here Why should the kids have all the fun? If you're ready to catch up on the latest technology, getting an iPad is a great first step. They're immensely popular tablets, and you're about to discover why! Using a larger font for both the text and its full-color figures, iPad For Seniors For Dummies makes it faster and easier to keep connected in your golden years. With this book to guide you, you'll soon be using your iPad to instantly stay in touch with loved ones, share family photos, surf the web, keep up with social media, stay on schedule with your Calendar, keep electronic grocery lists handy, and so much more. Navigate the screen and the built-in apps Use email, messaging, and FaceTime to stay in touch with family and friends Capture your memories with the camera Read newspapers and books, watch TV and movies, and keep sharp with fun games So, now it's time to 'wow' your friends—and even your grandkids—by showing them you're hip to the latest technology trends.

iOS Hacker's Handbook

The easy way for seniors to master the iPad - updated for iPad Air 2 and iPad mini 3! Buying and getting started with an iPad or iPad Mini can be intimidating for people of any age, but it doesn't have to be. This new edition of iPad For Seniors For Dummies provides straightforward, easy-to-understand coverage of the latest tips and tricks to getting the most out of your iPad. You'll get clear instructions for setting up setting up your iPad, mastering the multi-touch interface, and synching your data. Next, you'll dig a big deeper and discover how to work in the iCloud, set up iTunes on your iPad, browse the Internet, send and receive e-mails, text with iMessage, download apps from the App Store, make video calls with FaceTime, work with Siri, import pictures, get organized with Reminders, find your way with Maps, and so much more. Written in plain English and complemented with full-color photographs that bring the information to life, iPad For Seniors For Dummies helps even the most techno-phobic readers understand and master the iPad's myriad capabilities. Whether you're looking to curl up with a good iBook, stay connected with your kids and grandkids on social media, capture photos and videos—or anything in between—everything you need is at your fingertips. Covers iPad Air 2, iPad Air, iPad 2, and all models of iPad mini Updated throughout for the latest features of the iPad and iPad Mini Contains the latest information on Apple's new iPad hardware and new iOS software Designed with large-print figures and drawings to make it more accessible for seniors iPad sales are hot with no sign of slowing down If you're a senior looking to get started with your first iPad, this friendly guide makes it easier.

My IPhone for Seniors

"Using Technology with Elementary Music Approaches is a comprehensive guide to how to integrate technology into the popular elementary music approaches of Dr. Feierabend's First Steps, Kodály, and Orff Schulwerk It also includes ideas of integrating technology with project-based learning (PBL). It is written for elementary music educators who want to utilize technology in their classrooms, or possibly fear using technology but are looking for ways to try. It also can be used by new teachers, veteran teachers, teachers with very limited technology, teachers with 1:1 devices in their music classroom, and undergraduate and graduate students"--

Easy IPod and ITunes

Ready to move to the Mac? This incomparable guide helps you make a smooth transition. New York Times columnist and Missing Manuals creator David Pogue gets you past three challenges: transferring your stuff, assembling Mac programs so you can do what you did with Windows, and learning your way around Mac OS X. Learning to use a Mac is not a piece of cake, but once you do, the rewards are oh-so-much better. No viruses, worms, or spyware. No questionable firewalls or inefficient permissions. Just a beautiful machine with a thoroughly reliable system.

Whether you're using Windows XP or Windows 7, we've got you covered. Transfer your stuff. Moving files from a PC to a Mac is the easy part. This guide gets you through the tricky things: extracting your email, address book, calendar, Web bookmarks, buddy list, desktop pictures, and MP3 files. Re-create your software suite. Big-name programs from Microsoft, Adobe, and others are available in both Mac and Windows versions. But hundreds of other programs are Windows-only. Learn the Macintosh equivalents and how to move data to them. Learn Mac OS X Lion. Once you've moved into the Macintosh mansion, it's time to learn your way around. You're in good hands with the author of Mac OS X: The Missing Manual, the #1 bestselling guide to Mac OS X.

Get Organized

Here's the most complete picture Bible ever! And it features a captivating, up-to-date artwork style—making it the perfect Bible for today's visually focused culture. The Action Bible presents 215 fast-paced narratives in chronological order, making it easier to follow the Bible's historical flow—and reinforcing the build-up to its thrilling climax. The stories in The Action Bible communicate clearly and forcefully to contemporary readers. This compelling blend of clear writing plus dramatic images offers an appeal that crosses all age boundaries. Brazilian artist Sergio Cariello has created attention-holding illustrations marked by rich coloring, dramatic shading and lighting, bold and energetic designs, and emotionally

charged figures. Let this epic rendition draw you into all the excitement of the world's most awesome story.

iPad For Seniors For Dummies

Using Technology with Elementary Music Approaches

iOS 9 App Development Essentials is latest edition of this popular book series and has now been fully updated for the iOS 9 SDK, Xcode 7 and the Swift 2 programming language. Beginning with the basics, this book provides an outline of the steps necessary to set up an iOS development environment. An introduction to the architecture of iOS 9 and programming in Swift is provided, followed by an in-depth look at the design of iOS applications and user interfaces. More advanced topics such as file handling, database management, in-app purchases, graphics drawing and animation are also covered, as are touch screen handling, gesture recognition, multitasking, iAds integration, location management, local notifications, camera access and video and audio playback support. Other features are also covered including Auto Layout, Twitter and Facebook integration, App Store hosted in-app purchase content, Sprite Kit-based game development, local map search and user interface animation using UIKit dynamics. Additional features

of iOS development using Xcode 7 are also covered, including Swift playgrounds, universal user interface design using size classes, app extensions, Interface Builder Live Views, embedded frameworks, CloudKit data storage and TouchID authentication. The key new features of iOS 9 and Xcode 7 are also covered in detail, including new error handling in Swift 2, designing Stack View based user interfaces, multiple storyboard support, iPad multitasking, map flyover support, 3D Touch and Picture-in-Picture media playback. The aim of this book, therefore, is to teach you the skills necessary to build your own apps for iOS 9. Assuming you are ready to download the iOS 9 SDK and Xcode 7, have an Intel-based Mac and ideas for some apps to develop, you are ready to get started.

The Reason I Jump

The Wim Hof Method

Explore the game-changing technology that allows mobile learningto effectively reach K-12 students Mobile Learning: A Handbook for Developers, Educators andLearners provides research-based foundations for developing,evaluating, and integrating effective mobile learning pedagogy.Twenty-first century students require twenty-first centurytechnology, and mobile devices provide new and

effective ways toeducate children. But with new technologies come new challenges—therefore,this handbook presents a comprehensive look at mobile learning bysynthesizing relevant theories and drawing practical conclusionsfor developers, educators, and students. Mobile devices—in ways that the laptop, the personalcomputer, and netbook computers have not—present theopportunity to make learning more engaging, interactive, andavailable in both traditional classroom settings and informallearning environments. From theory to practice, MobileLearning explores how mobile devices are different than theirtechnological predecessors, makes the case for developers,teachers, and parents to invest in the technology, and illustratesthe many ways in which it is innovative, exciting, and effective ineducating K-12 students. Explores how mobile devices can support the needs ofstudents Provides examples, screenshots, graphics, and visualizations toenhance the material presented in the book Provides developers with the background necessary to create theapps their audience requires Presents the case for mobile learning in and out of classroomsas early as preschool Discusses how mobile learning enables better educationalopportunities for the visually impaired, students with Autism, andadult learners. If you're a school administrator, teacher, app developer, orparent, this topical book provides a theoretical, well-researcheddiscussion of the pedagogical theory and mobile learning, as wellas practical advice in setting up a mobile learning strategy.

Just Grandpa and Me

Discover all the security risks and exploits that can threateniOS-based mobile devices iOS is Apple's mobile operating system for the iPhone and iPad.With the introduction of iOS5, many security issues have come tolight. This book explains and discusses them all. The award-winningauthor team, experts in Mac and iOS security, examines thevulnerabilities and the internals of iOS to show how attacks can bemitigated. The book explains how the operating system works, itsoverall security architecture, and the security risks associatedwith it, as well as exploits, rootkits, and other payloadsdeveloped for it. Covers iOS security architecture, vulnerability hunting,exploit writing, and how iOS jailbreaks work Explores iOS enterprise and encryption, code signing and memoryprotection, sandboxing, iPhone fuzzing, exploitation, ROP payloads,and baseband attacks Also examines kernel debugging and exploitation Companion website includes source code and tools to facilitateyour efforts iOS Hacker's Handbook arms you with the tools needed toidentify, understand, and foil iOS attacks.

Apps for Learning, Middle School

Work with Apple Maps, Google Maps, and Mapbox in iOS with Swift programming. Guided by practical examples, this book covers all three map frameworks to ensure you properly select which one best suits your iOS app's needs in working with iOS location. You'll see how Apple's privacy settings apply to a user's location,

and how to access that user's location from an application. Once you have access to the user's location, allow your app to display points of interest from Apple's database on the map inside the app, as well as to provide a search through that database by name. You can also incorporate turn by turn directions inside your own app to provide routes. Or trigger different functionality or notifications based on locational queues. With Build Location Apps on iOS with Swift, you'll even find out how to provide offline map support for hiking, camping, or other outdoors applications where cell phone service is weak. What You'll Learn Display points of interest within your own app Work with Apple's privacy settings so pertinent information comes through Trigger functionality based on geographic prompts Create your own custom map styles with Mapbox Studio and display them in the app Who This Book Is For Intermediate to advanced Swift programmers who would like to add location based services to their apps.

Mobile Learning for All

Find out why the iPad mini has never been bigger This new edition of iPad mini For Dummies covers all the latest tips and tricks for getting an even bigger bang out of your iPad mini. Presented in full-color and written in the straightforward but fun language that has defined the For Dummies brand for more than twenty years, this friendly guide walks you through the multitouch interface, going online, getting connected, packing your iPad mini with apps, games, e-books, photos, music, and

movies, synchronizing your data, texting with iMessage, workingwith Siri, importing pictures and launching slideshows, gettingorganized with Reminders, finding your way with Maps, working withthe Calendar, protecting your information, accessorizing your iPadmini, and much more. Updated and revised throughout to cover Apple's newest iPad minihardware and iOS software, iPad mini For Dummies is theideal companion to help you make the most out of your device. Plus,if you run into any problems along the way, you'll findeasy-to-follow, expert troubleshooting and maintenance tips. Richly illustrated in full color and updated to reflect thelatest iPad mini hardware and iOS software Shows you how to turn your iPad mini into an entertainmenthub Covers the key features and tools readers need to become iPadmini mavericks Written by Edward C. Baig, the Personal Tech columnist forUSA Today, and Bob LeVitus, often referred to as "Dr.Mac" Your iPad mini may be small, but it packs a big punch. In thisfull-color guide, you'll unlock all of its incrediblecapabilities—and have a blast while you're at it!

iPad For Seniors For Dummies

Provides step-by-step instructions for seniors on using the iPhone, covering such topics as how to make and receive calls, send text messages, use email, browse the Web, download and manage applications, and work with photos, videos, and music.

iPad in Education For Dummies

A guide to iLife provides information on such topics as iTunes, GarageBand, iPhoto, iMovie, iDVD, iChat AV, iCal, the address book, mail, Safari, Sherlock, Font Book, and Preview.

Mobile Learning

How communication technologies meant to empower people with speech disorders -- to give voice to the voiceless -- are still subject to disempowering structural inequalities.

iOS 9 App Development Essentials

'If you're thinking about trying mindfulness, this is the perfect introduction.I'm grateful to Andy for helping me on this journey.' BILL GATES 'It's kind of genius' EMMA WATSON Feeling stressed about Christmas/Brexit/everthing? Try this Demystifying meditation for the modern world: an accessible and practical route to improved health, happiness and well being, in as little as 10 minutes. Andy Puddicombe, founder of the celebrated Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the now. Here he shares his simple to

learn, but highly effective techniques of meditation. * Rest an anxious, busy mind * Find greater ease when faced with difficult emotions, thoughts, circumstances * Improve focus and concentration * Sleep better * Achieve new levels of calm and fulfilment. The benefits of mindfulness and meditation are well documented and here Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. First published as Get Some Headspace, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results.

Guided Access for iPhone/iPad

Explains how to use the portable music player to perform functions including play music, store personal contact and calendar information, download and use applications, and use as a video player.

iOS 8 for Programmers

Emergency Ultrasound: Protocols and Practice provides the information you need to successfully perform ultrasound in the emergency department. The book is designed to serve as a quick reference tool, offering bulleted text, color-coded anatomical drawings, and plenty of images to help you understand which images

are important and how to get them. Templated protocol chapters cover initial approach, anatomy, techniques for capturing both still images and video images, and images that show landmarks, good positioning, and poor positioning. Anatomical color coding is consistent throughout the book, allowing readers to quickly understand correct probe placement. Protocols are specifically written to cover both still and video recording of ultrasound.

IPhone: The Missing Manual

This edition covers the latest tips and tricks to getting the most out of your iPad. Clear instructions get you started with the basics, like setting up your iPad, mastering the multi-touch interface, and synching your data. Next, you'll discover how to work in the iCloud, set up iTunes on your iPad, browse the Internet, send and receive e-mails, text with iMessage, download apps from the App Store, making video calls with FaceTime, work with Siri, import pictures, get organized with Reminders, find your way with Maps, and so much more. It includes coverage of iPad Air 2, iPad Air, and all models of iPad mini. --

The Action Bible

Make learning more accessible with your iPad! All students—including those with

special needs—can benefit from having options for how they access curricular information. The good news is that help is readily available on your iPad! With this engaging, all-in-one resource from an Apple Distinguished Educator, you'll gain a practical toolkit to empower all of your students. Here you'll find: Step-by-step instructions, tips, and practice activities for using your iPad in conjunction with Universal Design for Learning guidelines Discussion and reviews of more than 150 applications Access to more than 20 video tutorials, through QR codes located throughout the book

Using iPhones, iPads, and iPods

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running

barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including: • Breath—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind • Cold—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength • Mindset—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living • Science—How users of this method have redefined what is medically possible in study after study • Health—True stories and testimonials from people using the method to overcome disease and chronic illness • Performance—Increase your endurance, improve recovery time, up your mental game, and more • Wim's Story—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph • Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

Take Control of Shortcuts

Using iPhones and iPads: A Practical Guide for Librarians offers library professionals a clear path to Apple readiness. The authors combine their experience in library public services and mobile technology to provide easy-to-follow, step-by-step instructions to help you get up to speed.

Learning iOS Security

A children's book for adults in the vein of the mega-bestselling Go the F**k to Sleep, The Kid in the Crib brilliantly reimagines the Dr. Seuss classic, The Cat in the Hat, for beleaguered parents struggling with the anxieties and challenges of parenting in the 21st century. It substitutes the typical worries, frustrations, and challenges of modern parenting for Seuss's original story about a kindly feline and the children he befriends. It lays out the daily power struggle between parents as they each insist that it's the other one's turn to deal with the befouled diaper, and the bleary-headedness that coincides with an infant's sleeping patterns. Parents will chuckle as they read "The kid spat up white/The kid spat up green/The kid spat up more spit up/Than we'd ever seen." This pitch-perfect parody—expertly illustrated by graphic designer Felix Schlater—paints an honest portrait of parenting that will have moms and dads nodding in recognition and howling with

laughter. And it is a story that parents will delight in reading, both to each other--and even to their kids someday.

IPod: The Missing Manual

Cutting out clutter might be the best thing you've ever done, not just in your closet, but also on your computer, smartphone, email, and online accounts. Get Organized: How to Clean Up Your Messy Digital Life is a how-to guide for reimagining your digital life and getting it to a happier and more productive place. Author and software expert Jill Duffy shows you the apps, websites, and other freely available tools you'll need to put your life back in order. You'll learn how to: . Organize a computer so you can find what you need when you need it. . Streamline your email to clear out your inbox for good. . Protect your most important data with powerful passwords and simple backup solutions. . Clean up your photos, music, and social media accounts-and keep them that way. . Manage your finances and your online presence, both now and after you die. . And much more! "Fixing our relationship with email and introducing people to tools that can help them effectively manage their inboxes is important, and Jill Duffy's book provides concrete suggestions on how to make changes needed to organize our lives." - Gentry Underwood, cofounder of Mailbox "Even if you've never met a filing system you'd actually use, you can pick up tips from Jill's surprisingly wry manual for cleaning up your digital life. From dreaming up better passwords to choosing social

media headshots, Jill's got it all covered -- and organized for you, too." - Laura Vanderkam, author of What the Most Successful People Do Before Breakfast and 168 Hours: You Have More Time Than You Think PC Mag, the most trusted online brand for digital product reviews and news, is proud to offer this essential guide for living a better, more productive digital life. For more, visit pcmag.com/get-organized

Build Location Apps on iOS with Swift

***Updated for the iOS 7 Guided Access Control is one of the unique features of iOS 6. This is not only really really fun to use, but also an extremely powerful tool to control your device's access. Imagine how it would be, if you can let your kids to play and learn with these beautiful interfaces, occasionally you can let your friends to check their mails or, may be, take photos, all without a drop of being concerned about accidental data loss, scrutinizing your settings/preferences or any kind of suspicious sneak peaks. The concept of "Single App" mode will let you control each and every ways of dealing your device, exactly in the way you need. The goal of this book is to explain how this feature works, as well as, where and how this should be used. Those, who love to keep their entire world in their iPhone(or iPad/ iPod touch), this tutorial is highly recommended.

iPad mini For Dummies

Acute urinary stones cause one of the most painful sensations the human body can experience, more painful than childbirth, broken bones, gunshot wounds or burns. Master your patient management with this comprehensive guide to a debilitating medical condition. Urinary Stones: Medical and Surgical Management provides urologists, nephrologists and surgeons with a practical, accessible guide to the diagnosis, treatment and prevention of urinary stone disease. Divided into 2 parts – covering both medical and surgical management - leading experts discuss the key issues and examine how to deliver best practice in the clinical care of your patients. Topics covered include: Evaluation and management of stones in children Renal colic and medical expulsive therapy Imaging in stone disease: sonography, contrast based fluoroscopy, computed tomography and magnetic resonance urography Multimodality therapy: mixing and matching techniques to improve outcome Complications of stone disease Interpretation of 24 hour urine chemistry Prevention of recurrent calcium, uric acid, struvite and cystine stones The different surgical techniques, including: ureteroscopy, shockwave lithotripsy, ureteroscopic lithotripsy and percutaneous nephrostolithotomy Packed with high-quality figures, key points, and management algorithms, easy to follow, clear clinical guidance is supported by the very latest in management guidelines from the AUA and EAU. Brought to you by the best, this is the perfect consultation tool when on the wards or in the office.

The Headspace Guide to Mindfulness & Meditation

The professional programmer's Deitel® guide to iPhone® and iPad® app development using iOS® 8, Swift™, Xcode® 6, and Cocoa Touch® This book presents leading-edge computing technologies for professional software developers. At the heart of the book is the Deitel "app-driven approach"– a variant of Deitel's live-code approach–concepts are presented in the context of complete working iOS apps, rather than using code snippets. The introduction and app test drives at the beginning of each chapter show one or more sample executions. The book's source code is available at: www.deitel.com/books/iOS8FP1. ¿ You'll quickly learn everything you need to start building iOS 8 apps–beginning with a test-drive of the Tip Calculator app in Chapter 1, then building your first apps in Chapter 2 with visual programming and in Chapter 3 with Swift. By the time you reach Chapter 9, you'll be ready to create your own apps for submission to the App Store. We'll overview the submission process, including uploading your apps, deciding whether to sell your apps or offer them for free, and marketing them using in-app advertising, social media, Internet public relations and more. ¿

iPad All-in-One For Dummies

It's all iPad, all the time - at home, at work, and on the go - updated for iOS 6! The

iPad was an overnight sensation and now it's simply indispensable. Whether you use it for work, play, or everyday life, the new iPad is packed with even more features and power than ever. In this fun and practical guide, veteran For Dummies author Nancy C. Muir walks you through the latest features and functions, including what the new iOS6 software brings to the table. Go beyond the basics, get serious about using your iPad for all it's worth, and don't miss the ways to have fun with it as well. This book covers it all, and in full color! Covers the third-generation iPad, iPad 2 and original iPad and is fully updated for iOS 6 Packs six minibooks in one full-color guide: iPad Basics, Just for Fun, iPad on the Go, Getting Productive with iWork, Using iPad to Get Organized, and Must-Have iPad Apps Explores the latest iPad and iOS 6 features, including Siri, Passbook, FaceTime video calls over cellular, a brand new Maps app, Facebook integration, and more Walks you through enhanced functions, such as improved e-mail with a VIP inbox and new iCloud browsing tabs Shows you how to use iWork and other productivity apps to dress up your documents, create stellar spreadsheets, add pizzazz to your presentations, and maintain your schedule on the run Covers the best-of-the-best business, travel, educational, news, weather, and financial apps Your world is just a touch away with iPad and iPad All-in-One For Dummies, 5th Edition.

ROMANCE ACTION & ADVENTURE MYSTERY & THRILLER BIOGRAPHIES & HISTORY CHILDREN'S YOUNG ADULT FANTASY HISTORICAL FICTION HORROR LITERARY FICTION NON-FICTION SCIENCE FICTION