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**Economics: The User's Guide A User's Guide to Network Analysis in R Tea Obfuscation Parklawn Computer Center User 's Guide Communicating Risks and Benefits ASQ-3 User's Guide Men: A User's Guide The Circular Economy Flint River User's Guide ROS Users Guide The Owner's Manual to the Voice Unemployment Insurance Service Quality Control ADP users' guide A User's Guide to Ellipsometry A User's Guide to Copyright Users'**

*Guides to the Medical Literature: A Manual for Evidence-Based Clinical Practice, 3E THE INTERNET Developing a Protocol for Observational Comparative Effectiveness Research: A User's Guide Users Guide to Physical Modelling and Experimentation Oxford Users' Guide to Mathematics The Whole Internet for Windows 95 Causation A User's Guide to Democracy The NexStar User's*

## Guide II

A Users Guide to Hydraulic Modelling and Experimentation provides a systematic, comprehensive summary of the progress made through HYDRALAB III . The book combines the expertise of many of the leading hydraulic experimentalists in Europe and identifies current best practice for carrying out state-of-the-art, modern laboratory investigations. In addition it gives an inventory and reviews recent advances in instrumentation and equipment that drive present and new developments in the subject. The

Guide concentrates on four core areas - waves, breakwaters, sediments and the relatively-new (but rapidly-developing) cross-disciplinary area of hydrodynamics/ecology. Progress made through the 'CoMIBBS' component of HYDRALAB III provides the material for a chapter focussed on guidance, principles and practice for composite modelling. There is detailed consideration of scaling and the degree of relevance of laboratory/physical modelling approaches for specific contexts included in each of the individual chapters. The Guide

includes outputs from the workshops and several of the innovative transnational access projects that have been supported within HYDRALAB III, as well as the focussed joint research activities SANDS and CoMIBBS. Its primary purpose is to serve as a shared resource to disseminate the outstanding advances achieved within HYDRALAB III but, even more than this, it is a tribute to the human and institutional collaborations that led to and sustained the research advances, the human relationships that were strengthened and initiated through joint

participation in the Programme, and the training opportunities that participation provided to the many young researchers engaged in the projects. Take control of your personal finances with this concise, timely and indispensable guide, from acclaimed money expert Laura Whateley. *Tea: A User's Guide* is the most up-to-date and factual guide to specialty tea. This volume presents an extensively peer-reviewed framework for navigating the world of tea whether you are just embarking on your tea journey or whether you have been drinking tea

your entire life. In this book, you'll discover: How tea is grown and processed. How so many tea products are derived from a single species of plant. What chemical changes occur in tea leaves during processing. How 130 famous teas from around the world are classified. How to expertly prepare and evaluate tea. Effective risk communication is essential to the well-being of any organization and those people who depend on it. Ineffective communication can cost lives, money and reputations. *Communicating Risks and Benefits: An Evidence-Based User's Guide* provides the

scientific foundations for effective communications. The book authoritatively summarizes the relevant research, draws out its implications for communication design, and provides practical ways to evaluate and improve communications for any decision involving risks and benefits. Topics include the communication of quantitative information and warnings, the roles of emotion and the news media, the effects of age and literacy, and tests of how well communications meet the organization's goals. The guide will help users in

any organization, with any budget, to make the science of their communications as sound as the science that they are communicating. From Nick Capodice & Hannah McCarthy, the hosts of New Hampshire Public Radio's Civics 101, and New Yorker cartoonist Tom Toro, *A User's Guide to Democracy* is a lively crash course in everything you should know about how the US government works. Do you know what the Secretary of Defense does all day? Are you sure you know the difference between the House and the Senate? Have you been pretending you know what

Federalism is for the last 20 years? Don't worry--you're not alone. The American government and its processes can be dizzyingly complex and obscure. Until now. Within this book are the keys to knowing what you're talking about when you argue politics with the uncle you only see at Thanksgiving. It's the book that sits on your desk for quick reference when the nightly news boggles your mind. This approachable and informative guide gives you the lowdown on everything from the three branches of government, to what you can actually do to make your vote count, to how our founding

documents affect our daily lives. Now is the time to finally understand who does what, how they do it, and the best way to get them to listen to you. *Expert Drinking Made Easy* This engaging guide demystifies the art of ordering, preparing, and serving wine, beer and cocktails so you can drink like a boss every time. You'll learn how to: Equip and stock a home bar Make a flawless martini Order wine without dying a little inside Choose a delicious sparkling wine instead of springing for Champagne Buy Scotch for the boss, and for yourself Whether you're hosting a cocktail party, attending a business lunch, or

relaxing with friends at the local brewery pub, you'll gain the confidence to know exactly what you love to drink and serve. And if you want to know how to mix an Old Fashioned on an airplane, that's in there too. Bottoms up! Presenting a comprehensive resource for the mastery of network analysis in R, the goal of Network Analysis with R is to introduce modern network analysis techniques in R to social, physical, and health scientists. The mathematical foundations of network analysis are emphasized in an accessible way and readers are guided through the basic steps of network studies:

network conceptualization, data collection and management, network description, visualization, and building and testing statistical models of networks. As with all of the books in the Use R! series, each chapter contains extensive R code and detailed visualizations of datasets. Appendices will describe the R network packages and the datasets used in the book. An R package developed specifically for the book, available to readers on GitHub, contains relevant code and real-world network datasets as well. In this new era, the Internet has changed the ways of doing

business activities, learning methods, teaching strategy, communication styles and social networking. This book attempts to answer and solve all the mysteries entangled with the Web world. Now in its second edition, the book discusses all the updated topics related to the Internet. Beginning with an overview of the Internet, the book sails through the evolution and growth of the Internet, its working, hardware and software requirements, protocols used, e-mail techniques, various Internet security threats and the methods of using and configuring different security solutions, file

transfer methods and several other Internet services with all the details illustrated through live screenshots. Presented in a simple yet engaging style and cogent language, this book will be useful for any course introducing students to the Internet or where the Internet is a part of the curriculum. It will also immensely benefit all those who are interested in developing the necessary skills to use the Internet.

WHAT IS NEW TO THIS EDITION :

Chapters on Internet Telephony and Web Conferencing, Blogs and Social Networking

Inclusion of topics such as Web 2.0,

Web 3.0 technologies, IPv6, VoIP, Wikis, SMS and Blogs Detailed features of the newest Internet tools and software applications including open-source, free and cross-platform types

Comprehensive and updated Internet dictionary acquainting with the Web world terminologies

The book addresses recent developments which have contributed to powder coating's ever-increasing favorability over liquid coating.

Since the publication of the last edition, this process has been adapted to a wider range of applications,

notably for high-temperature and temperature-sensitive products. Equipment has been greatly improved, achieving faster color change, increasing transfer efficiency, and reducing overall powder usage.

Environmental requirements have prompted many companies to switch to powder coating. 'Users Guide to Powder Coating, Fourth Edition' combines information on the latest breakthroughs in the industry (notable ultraviolet-curable materials for plastic and wood products, and improved systems) and tried-and-true guidelines from the previous edition (including factors

like material selection, design considerations, surface preparation, quality control and testing, trouble shooting and safety, and more), so you can achieve superior finishes with efficiency. The Owner's Manual to the Voice demystifies the voice, enabling singers and all voice professionals - whether actors, broadcasters, teachers, preachers, lawyers, public speakers- to communicate intelligently with physicians and understand dangers, treatments, vocal hygiene and medical procedures. A User's Guide to Copyright is

intended as a guide and a reference work on all aspects of copyright, including ownership, transmission, and licensing. This book also deals with the more straightforward copyright problems that arise and explores copyright law as it applies to certain organizations, businesses, and people for whom copyright plays an important part in their daily life, from publishers and printers to libraries, schools, music industry, film industry, television and radio stations, computer software and firmware, and character merchandising. This book is comprised of 29

chapters divided into two sections and begins with an overview of copyright law, paying particular attention to the basic rules of copyright, statutes and statutory instruments, and Copyright Act 1956. The reader is then introduced to copyright works encompassing literature, drama, music, and the arts as well as sound recordings, cinematograph films, and television and radio broadcasts. The following chapters discuss the concept of originality, breach of confidence, and publication in relation to copyright. Infringement of copyright is also

considered, along with exceptions and defenses to copyright actions; the law on industrial designs; and the uses of copyright in fields such as publishing, music, libraries, performing arts, and architecture. This monograph is designed to assist people whose work involves them in day-to-day dealings with copyright. The leading guide to the principles and clinical applications of evidence-based medicine--updated with new examples and new chapters Revised and updated to reflect the latest in medical research and evidence-based resources Practical focus and organization to guide clinicians

through the fundamentals of using the medical literature to the more advanced strategies and skills for use in patient care, using the key questions to assess any new research: What are the results? How serious is the risk of bias? How do I apply the results to patient care? Updated real-world examples drawn from the medical literature New chapters that reflect the changing complexity of medical research and literature, including genetic association studies, systematic reviews and meta-analyses, network meta-analysis, noninferiority trials, quality improvement, and

evidence-based medicine and the theory of knowledge New emphasis on understanding the role of patient preferences and preappraised resources that provide updated evidence and evidence-based recommendations for practice Make the most out of the world's first truly compact computer It's the size of a credit card, it can be charged like a smartphone, it runs on open-source Linux, and it holds the promise of bringing programming and playing to millions at low cost. And now you can learn how to use this amazing computer from its co-creator, Eben Upton, in



Raspberry Pi User Guide. Cowritten with Gareth Halfacree, this guide gets you up and running on Raspberry Pi, whether you're an educator, hacker, hobbyist, or kid. Learn how to connect your Pi to other hardware, install software, write basic programs, and set it up to run robots, multimedia centers, and more. Gets you up and running on Raspberry Pi, a high-tech computer the size of a credit card Helps educators teach students how to program Covers connecting Raspberry Pi to other hardware, such as monitors and keyboards, how to install software, and how to

configure Raspberry Pi Shows you how to set up Raspberry Pi as a simple productivity computer, write basic programs in Python, connect to servos and sensors, and drive a robot or multimedia center Adults, kids, and devoted hardware hackers, now that you've got a Raspberry Pi, get the very most out of it with Raspberry Pi User Guide. The Oxford Users' Guide to Mathematics is one of the leading handbooks on mathematics available. It presents a comprehensive modern picture of mathematics and emphasises the relations between the different branches of

mathematics, and the applications of mathematics in engineering and the natural sciences. How we can evade, protest, and sabotage today's pervasive digital surveillance by deploying more data, not less—and why we should. With Obfuscation, Finn Brunton and Helen Nissenbaum mean to start a revolution. They are calling us not to the barricades but to our computers, offering us ways to fight today's pervasive digital surveillance—the collection of our data by governments, corporations, advertisers, and hackers. To the toolkit of privacy protecting techniques and

projects, they propose adding obfuscation: the deliberate use of ambiguous, confusing, or misleading information to interfere with surveillance and data collection projects. Brunton and Nissenbaum provide tools and a rationale for evasion, noncompliance, refusal, even sabotage—especially for average users, those of us not in a position to opt out or exert control over data about ourselves. Obfuscation will teach users to push back, software developers to keep their user data safe, and policy makers to gather data without misusing it. Brunton and

Nissenbaum present a guide to the forms and formats that obfuscation has taken and explain how to craft its implementation to suit the goal and the adversary. They describe a series of historical and contemporary examples, including radar chaff deployed by World War II pilots, Twitter bots that hobbled the social media strategy of popular protest movements, and software that can camouflage users' search queries and stymie online advertising. They go on to consider obfuscation in more general terms, discussing why obfuscation is necessary, whether it is justified, how it

works, and how it can be integrated with other privacy practices and technologies. The United States is in the midst of a new Golden Age of legal weed. Recreational marijuana is now legal in four states-- Washington, Colorado, Oregon, and Alaska--and Washington, DC, while medical marijuana is legal in 25 states and counting. This definitive, hands-on, and experienced guide to the new world of decriminalized recreational marijuana, written by the lovingly blunt and unfailingly witty David Schmader, will educate and entertain the novice and experienced user alike.

Complete with history, ways to enjoy, recipes, safety and legality tips, and medical-use information, this witty guide is perfect for gift giving. Michael Swanson's online discussions with literally thousands of NexStar owners made it clear that there was a desperate need for a book such as this - one that provides a complete, detailed guide to buying, using and maintaining NexStar telescopes. Although this book is highly comprehensive, it is suitable for beginners - there is a chapter on "Astronomy Basics" - and experts alike. Celestron's NexStar telescopes were introduced in 1999,

beginning with their first computer controlled "go to" model, a 5-inch. More models appeared in quick succession, and Celestron's new range made it one of the two dominant manufacturers of affordable "go to" telescopes. The "essential" companion to the landmark Users' Guides to the Medical Literature - completely revised and updated! 5 STAR DOODY'S REVIEW! "This second edition is even better than the original. Information is easier to find and the additional resources that will be available at [www.JAMAEvidence.com](http://www.JAMAEvidence.com) will provide readers with a one-stop source for

evidence-based medicine."--Doody's Review Service Evidence-based medicine involves the careful interpretation of medical studies and its clinical application. And no resource helps you do it better-and faster-than Users' Guides to the Medical Literature: Essentials of Evidence-Based Clinical Practice. This streamlined reference distills the most clinically-relevant coverage from the parent Users' Guide Manual into one highly-focused, portable resource. Praised for its clear explanations of detailed statistical and mathematical principles, The Essentials concisely covers all the basic

concepts of evidence-based medicine-- everything you need to deliver optimal patient care. It's a perfect at-a-glance source for busy clinicians and students, helping you distinguish between solid medical evidence and poor medical evidence, tailor evidence-based medicine for each patient, and much more. Now in its second edition, this carry-along quick reference is more clinically relevant--and more essential--than ever! FEATURES Completely revised and updated with all new coverage of the basic issues in evidence-based medicine in patient care Abundant real-world examples

drawn from the medical literature are woven throughout, and include important related principles and pitfalls in using clinical research in patient care decisions Edited by over 60 internationally recognized editors and contributors from around the globe Also look for JAMAevidence.com, a new interactive database for the best practice of evidence based medicine. Your mind is not built to make you happy; it's built to help you survive. So far, it's done a great job! But in the process, it may have developed some bad habits, like avoiding new experiences or scrounging around

for problems where none exist. Is it any wonder that worry, bad moods, and self-critical thoughts so often get in the way of enjoying life? The User's Guide to the Human Mind is a road map to the puzzling inner workings of the human mind, replete with exercises for overriding the mind's natural impulses toward worry, self-criticism, and fear, and helpful tips for acting in the service of your values and emotional well-being—even when your mind has other plans. Find out how your mind tries to limit your behavior and your potential Discover how pessimism

functions as your mind's error management system Learn why you shouldn't believe everything you think Overrule your thoughts and feelings and take charge of your mind and your life The Flint River is arguably Georgia's most beautiful river, and in terms of the terrain through which it flows on its 344-mile journey, there is not another Georgia river that exposes the river traveler to more diverse vistas. From the bottomland swamps in its headwaters, through soaring views of Pine Mountain and rapids in the Piedmont, to breathtakingly clear springs in the

Coastal Plain, the Flint is filled with surprises at virtually every bend. The Flint River User's Guide, the fourth in a series of Georgia River Network recreational guidebooks, is a portal to adventure on this spectacular river. The book brings to life the river's cultural and natural heritage while providing all the details needed to get out on the river and enjoy it via canoe, kayak, paddleboard, or motorized vessel. Whether in your canoe, on the river, or on your couch at home, the Flint River User's Guide will immerse you in the story of the river, which also happens to be the story of those

communities along its course—from the headwaters in the suburbs of metro Atlanta to the backwaters of Lake Seminole near the Florida state line. Features: An introduction and overview of the river Chapters describing each river section with detailed maps and notes on river access and points of interest A compact natural history guide featuring species of interest found along Georgia's rivers Notes on safety and boating etiquette A fishing primer Notes on organizations working to protect the river Printed on waterproof paper This guide provides step-by-step guidance on

administering and scoring the questionnaires, setting up a screening system, working with families effectively, and using ASQ-3(TM) across a range of settings. 400 years after The Anatomy of Melancholy, this book guides readers through Renaissance medicine's disease of the mind. This text on optics for graduate students explains how to determine material properties and parameters for inaccessible substrates and unknown films as well as how to measure extremely thin films. Its 14 case studies illustrate concepts and reinforce applications of

ellipsometry — particularly in relation to the semiconductor industry and to studies involving corrosion and oxide growth. A User's Guide to Ellipsometry will enable readers to move beyond limited turn-key applications of ellipsometers. In addition to its comprehensive discussions of the measurement of film thickness and optical constants in film, it also considers the trajectories of the ellipsometric parameters  $\Delta$  and  $\Psi$  and how changes in materials affect parameters. This volume also addresses the use of polysilicon, a material commonly

employed in the microelectronics industry, and the effects of substrate roughness. Three appendices provide helpful references. Updated for Windows 95, this book describes the tools that Windows 95 Internet explorers use to get the most out of the Internet. The best source of information about the World Wide Web, Microsoft Internet Explorer, and Netscape, the book provides thorough coverage of Windows 95 Internet features plus an understanding of how to get and use popular free software for the Internet. Includes a resource index covering important resources ranging

from a virtual online university to travel tips. Uses an encyclopedia-style format to discuss topics including the future of food, water conservation, and holistic problem solving, and offers ways to improve and adapt to current environmental situations around the world. Using power well is more than a matter of good intentions. The path toward ethical, authentic, and effective use of power starts with this book. Combining cutting-edge psychological theory with practical exercises, real-world accounts of leadership challenges, and the author's personal stories from her career as a

facilitator and coach, it aims to develop the reader's external authority to navigate high power roles and responsibilities, and to find personal power within.-- Publisher In the decade and a half since the publication of the Second Edition of A User's Guide to Vacuum Technology there have been many important advances in the field, including spinning rotor gauges, dry mechanical pumps, magnetically levitated turbo pumps, and ultraclean system designs. These, along with improved cleaning and assembly techniques have made

contamination-free manufacturing a reality. Designed to bridge the gap in both knowledge and training between designers and end users of vacuum equipment, the Third Edition offers a practical perspective on today's vacuum technology. With a focus on the operation, understanding, and selection of equipment for industrial processes used in semiconductor, optics, packaging, and related coating technologies, A User's Guide to Vacuum Technology, Third Edition provides a detailed treatment of this important field. While emphasizing the fundamentals and

touching on significant topics not adequately covered elsewhere, the text avoids topics not relevant to the typical user. "Why don't women tell jokes?" "Because we marry them." Kathy Lette has gathered together the very finest of her sparkling witticisms in this tongue-in-cheek guide to men. Devastatingly funny and more than a little outrageous, Kathy offers up advice ("if he wants breakfast in bed, tell him to sleep in the kitchen"), her inimitable insights into the battle of the sexes ("statistically, 100% of divorces begin with marriage") and some scathing observations of the decidedly less fair

sex ("all husbands think they're Gods. If only their wives weren't atheists"). The perfect gift for women who like to shoot straight from the lip. Michael Swanson's online discussions with literally thousands of NexStar owners made it clear that there was a desperate need for a book such as this - one that provides a complete, detailed guide to buying, using and maintaining NexStar telescopes. Although this book is highly comprehensive, it is suitable for beginners - there is a chapter on "Astronomy Basics" - and experts alike. Celestron's NexStar telescopes were introduced in 1999, beginning with

their first computer controlled "go to" model, a 5-inch. More models appeared in quick succession, and Celestron's new range made it one of the two dominant manufacturers of affordable "go to" telescopes. A Circular Economy seeks to rebuild capital, whether this is financial, manufactured, human, social or natural, and offers opportunities and solutions for all organisations. This book, written by Walter Stahel, who is widely recognised as one of the key people who formulated the concept of the Circular Economy, is the perfect introduction for anyone wanting to quickly get up to



speed with this vitally important topic for ensuring sustainable development. It sets out a new framework that refines the concept of a Circular Economy and how it can be applied at industrial levels. This concise book presents the key themes for busy managers and policymakers and some of the newest thinking on the topic of the Circular Economy from one of the leading thinkers in the field. Practical examples and case studies with real-life data are used to elucidate the ideas presented within the book. John Ratey, bestselling author and clinical professor of psychiatry at

Harvard Medical School, lucidly explains the human brain's workings, and paves the way for a better understanding of how the brain affects who we are. Ratey provides insight into the basic structure and chemistry of the brain, and demonstrates how its systems shape our perceptions, emotions, and behavior. By giving us a greater understanding of how the brain responds to the guidance of its user, he provides us with knowledge that can enable us to improve our lives. In *A User's Guide to the Brain*, Ratey clearly and succinctly surveys what scientists now know about the

brain and how we use it. He looks at the brain as a malleable organ capable of improvement and change, like any muscle, and examines the way specific motor functions might be applied to overcome neural disorders ranging from everyday shyness to autism. Drawing on examples from his practice and from everyday life, Ratey illustrates that the most important lesson we can learn about our brains is how to use them to their maximum potential. Causation is at once familiar and mysterious. Many believe that the causal relation is not directly observable, but that we nevertheless

can somehow detect its presence in the world. Common sense seems to have a firm grip on causation, and much work in the natural and social sciences relies on the idea. Yet neither common sense nor extensive philosophical debate has led us to anything like agreement on the correct analysis of the concept of causation, or an account of the metaphysical nature of the causal relation. Contemporary debates are driven by opposing motivations, conflicting intuitions, and unarticulated methodological assumptions. Causation: A User's

Guide cuts a clear path through this confusing but vital landscape. L. A. Paul and Ned Hall guide the reader through the most important philosophical treatments of causation, negotiating the terrain by taking a set of examples as landmarks. Special attention is given to counterfactual and related analyses of causation. Using a methodological principle based on the close examination of potential counterexamples, they clarify the central themes of the debate about causation, and cover questions about causation involving omissions or absences, preemption and

other species of redundant causation, and the possibility that causation is not transitive. Along the way, Paul and Hall examine several contemporary proposals for analyzing the nature of causation and assess their merits and overall methodological cogency. The book is designed to be of value both to trained specialists and those coming to the problem of causation for the first time. It provides the reader with a broad and sophisticated view of the metaphysics of the causal relation. From the internationally bestselling author and prizewinning economist--a highly

original guide to the global economy. In his bestselling 23 Things They Don't Tell You About Capitalism, Cambridge economist Ha-Joon Chang brilliantly debunked many of the predominant myths of neoclassical economics. Now, in an entertaining and accessible primer, he explains how the global economy actually works-in real-world terms. Writing with irreverent wit, a deep knowledge of history, and a disregard for conventional economic pieties, Chang offers insights that will never be found in the textbooks. Unlike many economists, who present only one

view of their discipline, Chang introduces a wide range of economic theories, from classical to Keynesian, revealing how each has its strengths and weaknesses, and why there is no one way to explain economic behavior. Instead, by ignoring the received wisdom and exposing the myriad forces that shape our financial world, Chang gives us the tools we need to understand our increasingly global and interconnected world often driven by economics. From the future of the Euro, inequality in China, or the condition of the American manufacturing industry here in the

United States- Economics: The User's Guide is a concise and expertly crafted guide to economic fundamentals that offers a clear and accurate picture of the global economy and how and why it affects our daily lives. This User's Guide is a resource for investigators and stakeholders who develop and review observational comparative effectiveness research protocols. It explains how to (1) identify key considerations and best practices for research design; (2) build a protocol based on these standards and best practices; and (3) judge the adequacy and completeness of a protocol.

Eleven chapters cover all aspects of research design, including: developing study objectives, defining and refining study questions, addressing the heterogeneity of treatment effect, characterizing exposure, selecting a comparator, defining and measuring outcomes, and identifying optimal data sources. Checklists of guidance and key considerations for protocols are provided at the end of each chapter. The User's Guide was created by researchers affiliated with AHRQ's Effective Health Care Program, particularly those who participated in

AHRQ's DEcIDE (Developing Evidence to Inform Decisions About Effectiveness) program. Chapters were subject to multiple internal and external independent reviews. More more information, please consult the Agency website: [www.effectivehealthcare.ahrq.gov](http://www.effectivehealthcare.ahrq.gov)) Why are there morning people and night people? How come time flies when you're having fun and three minutes can sometimes seem an eternity? Would time exist if we didn't measure it - and why is there never enough of it? Our modern lives are ruled by minutes and hours. We race from one thing to the next,

all of us believing on some level that a mysterious cosmic force called 'time' is ticking on. And it's always in short supply. But is the time we live really like that? Could there in fact be another, alternative version, entwined with the official one? Here Stefan Klein explores the hidden dimensions of time, looking at everything from when the present becomes the past to the tribe that see the future backwards, from when sex is best to why the years seem to speed by as we age. And he reveals how we can learn to live in harmony with the secret clock within us, altering our perceptions to transform our lives.

To be enjoyed in the morning or the evening (depending on your body clock), this book will make you think the next time you check your watch - and maybe even slow down a little. An all-inclusive guide to New York City features little-known resources and amusements, tips on dealing with the city's problems, and advice on the best services, shopping, and restaurants, all organized into useful categories such as Arts & Diversions, Coping, Services, Restaurants, Spirits, Sports, and Stores. Original. A lighthearted examination of the inner workings of the human mind makes

recommendations for quick techniques for reestablishing psychological balance in the face of stress, anxiety and other mood disorders, outlining specific strategies for goal-setting, prioritizing and tracking personal progress. Original.

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