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out there, the Omni also has a manual switch under the screen that allows you to turn off the microphone.

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Water Science School

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‘ Never ask the Duke of Edinburgh to blow ... The Heavy Horse Manual...). There are whole cases filled with books on the Second World War, others crammed ...

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"In World War II France, two sisters face frightening situations and respond in ways they never thought possible as bravery and resistance take different forms in each of their actions"--

This is the authoritative guide to conducting the Mindful Self-Compassion (MSC) program, which provides powerful tools for coping with life challenges and enhancing emotional well-being. MSC codevelopers Christopher Germer and Kristin Neff review relevant theory and research and describe the program's unique pedagogy. Readers are taken step by step through facilitating each of the eight sessions and the accompanying full-day retreat. Detailed vignettes illustrate not only how to teach the course's didactic and experiential content, but also how to engage with participants, manage group processes, and overcome common

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obstacles. The final section of the book describes how to integrate self-compassion into psychotherapy. Purchasers get access to a companion website with downloadable audio recordings of the guided meditations. Note: This book is not intended to replace formal training for teaching the MSC program. See also two related resources for MSC participants and general readers, *The Mindful Self-Compassion Workbook*, by Kristin Neff and Christopher Germer, and *The Mindful Path to Self-Compassion*, by Christopher Germer.

Parenting is hard. Technology and social rules are ever changing. It's a struggle for parents to stay on the same page. Sorting through all the advice to find quality solutions can be overwhelming. Parenting by the seat of your pants easily becomes the norm. But *Noteworthy Parenting*

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changes all that. EMPOWER your parenting by: Networking with other parents to create solutions for rapidly changing technology and social issues. Keeping notes about your parenting plans and staying in sync Getting inspired to create your own solutions. Keeping the advice that works for you and tossing the rest. Create your own unique Parenting Roadmap, and gain the confidence to be the best parent you can be! Parenting is not about perfection; it is about the POWER in your PLAN! Think it. Note it. Parent it.

“ What any body is—and is able to do—cannot be disentangled from the media we use to consume and produce texts. ” ---from the Introduction. Kristin Arola and Anne Wysocki argue that composing in new media is composing the body—is embodiment. In *Composing*

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(Media) = Composing (Embodiment), they have brought together a powerful set of essays that agree on the need for compositionists—and their students—to engage with a wide range of new media texts. These chapters explore how texts of all varieties mediate and thereby contribute to the human experiences of communication, of self, the body, and composing. Sample assignments and activities exemplify how this exploration might proceed in the writing classroom. Contributors here articulate ways to understand how writing enables the experience of our bodies as selves, and at the same time to see the work of (our) writing in mediating selves to make them accessible to institutional perceptions and constraints. These writers argue that what a body does, and can do, cannot be disentangled from the media we use, nor from the times and cultures and

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technologies with which we engage. To the discipline of composition, this is an important discussion because it clarifies the impact/s of literacy on citizens, freedoms, and societies. To the classroom, it is important because it helps compositionists to support their students as they enact, learn, and reflect upon their own embodied and embodying writing.

Delfau provides well-researched straightforward advice and guidance on insurance, taxes, and investments direct from the tax and financial professionals.

Kristin Neff, Ph.D., says that it ' s time to “ stop beating yourself up and leave insecurity behind. ” Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve

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your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff ' s extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

Pottery making and wheel throwing is a timeless craft, perfect for beginner crafters and artisans who don't mind getting their hands dirty. The Potter's Complete Studio Handbook is the perfect guide for all levels to enjoy and master the art of pottery. The book is a compilation of the best features from The Potter's Studio Handbook and The Potter's Studio Clay and Glaze Handbook, bringing the best of hand-

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building and wheel-throwing techniques together with comprehensive instruction for clays and glazes. Inside, you'll find: —expert tips and tricks for selecting and preparing your clay, constructing slab projects, throwing and centering clay on the wheel, firing your project to perfection —16 beautiful and functional projects with step-by-step photos using wheel-throwing, hand-building, and slipcasting techniques that can be done at home —more than 40 formulas for unique clays and glazes with instructions on how to use them plus troubleshooting tips from the experts —behind-the-scenes access to production and mining facilities . . . and much more!

The Smart Girl ' s Guide to God, Guys, and the Galaxy melds spiritual and practical advice with humor—a winning combination for teens trying to navigate the ups and downs of life with grace and

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confidence. Girls will be encouraged and challenged with sound, biblically-based advice equipping them to stand up for their faith and live the Christian walk every day—plus, they ’ ll encounter some fun, common-sense tips along the way. Each of the 101 accessible chapters wraps up with relevant scripture selections and thought-provoking questions, making The Smart Girl ’ s Guide a perfect book to work through with friends or small groups.

Covering the role of the veterinary technician in large-animal care, *Large Animal Clinical Procedures for Veterinary Technicians, 2nd Edition* provides a comprehensive guide to large-animal clinical diagnostic, medical, and surgical procedures. Not only does this book show why and how each procedure is performed, but it shows the vet tech ’ s role in preparing for, assisting in, and

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following up on each one. Coverage of herd health care helps you understand the essentials of behavior and handling, safety, breeds, vaccination schedules, and common parasites. This edition adds case studies and clinical applications in each chapter, and a new section with an overview on livestock management. Written by educator and horse stable owner Kristin Holtgrew-Bohling, this book helps you pass your boards and gain certification, and can also be used as an on-the-job reference. A focus on the veterinary technician's role includes a description of each procedure in terms of the vet tech's responsibilities, explaining why and how the procedure is performed. Full-color photographs and line drawings show restraint, bandaging, physical examination techniques, and diagnostic procedures. A practical approach makes this text useful in classes and in clinical

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situations, so veterinary technicians, acting under instructions of veterinarians, can plan and follow through on procedures and treatment regimens for large animals. Proper medical terminology and common/layperson terminology are both used, helping you communicate effectively with clients and with other professionals. AVMA accreditation is promoted through coverage of the essential large animal-related tasks in the CVTEA Manual of Accreditation for Veterinary Technology Programs. New section on the livestock industry provides a wider background of herd health care so you can better understand the practices, procedures, and decisions of large animal veterinary medicine. New section on llamas and alpacas helps you understand the health and maintenance of these increasingly popular domestic animals -- in the U.S., there are more than 12,000 alpaca herds

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and 25,000 llama owners. Emphasis on husbandry demonstrates how everyday housing and feeding affect care of common large animal diseases, including client education. Addition of case studies and clinical applications to each chapter helps you develop skills such as good history taking, decision making, and thinking on your feet. Coverage of herd health care includes behavior and handling, safety, breeds, vaccination schedules, and common parasites. Vet Tech Threads focus your learning with learning objectives, key terms, chapter outlines, and Technician Notes. Other added coverage includes photos of breeds and vaccination and parasite tables.

This step-by-step, highly visual text provides a comprehensive introduction to managing and maintaining computer hardware and software. Written by best-

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selling author and educator Jean Andrews, A+ Guide to IT Technical Support, 9th Edition closely integrates the CompTIA+ Exam objectives to prepare you for the 220-901 and 220-902 certification exams. The new Ninth Edition also features extensive updates to reflect current technology, techniques, and industry standards in the dynamic, fast-paced field of PC repair and information technology. Each chapter covers both core concepts and advanced topics, organizing material to facilitate practical application and encourage you to learn by doing. The new edition features more coverage of updated hardware, security, virtualization, new coverage of cloud computing, Linux and Mac OS, and increased emphasis on mobile devices. Supported by a wide range of supplemental resources to enhance learning with Lab Manuals, CourseNotes online labs and the optional MindTap that

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includes online labs, certification test prep and interactive exercises and activities, this proven text offers students an ideal way to prepare for success as a professional IT support technician and administrator.

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