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10-Day Green Smoothie Cleanse-JJ Smith 2014-07-01 The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will... • Lose 10-15 pounds in 10 days • Get rid of stubborn body fat, including belly fat • Drop pounds and inches fast, without grueling workouts • Learn to live a healthier lifestyle of detoxing and healthy eating • Naturally crave healthy foods so you never have to diet again • Receive over 100 recipes for various health conditions and goals

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide-Kayla Itsines 2016-12-27 The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines. The Secret of Sarek-Maurice Leblanc 2019-11-27 "The Secret of Sarek" by Maurice Leblanc (translated by Alexander Teixeira de Mattos). Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten—or yet undiscovered gems—of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format. Hagakure: The Book of the Samurai-Yamamoto Tsunetomo 2015-06-08 A Collection of Thoughts, Sayings and Meditations on the Way of the Samurai "It is said that what is called "the spirit of an age" is something to which one cannot return. That this spirit gradually dissipates is due to the world's coming to an end. For this reason, although one would like to change today's world back to the spirit of one hundred years or more ago, it cannot be done. Thus it is important to make the best out of every generation." — Tsunetomo Yamamoto, Hagakure: The Book of the Samurai A formerly secret text known only to the Samurai, Hagakure is a classic text on Bushido–the Way of the Warrior. More than just a handbook for battle, Hagakure is a text that filled with teachings that still apply in business, political and social situations today. This Xist Classics edition has been professionally formatted for e-readers with a linked table of contents. This eBook also contains a bonus book club leadership guide and discussion questions. We hope you'll share this book with your friends, neighbors and colleagues and can't wait to hear what you have to say about it.

How to Read a Book-Mortimer J. Adler 2011-05-10 With half a million copies in print, How to Read a Book is the best and most successful guide to reading comprehension for the general reader, completely rewritten and updated with new material. A CNN Book of the Week: “Explains not just why we should read books, but how we should read them. It's masterfully done.” –Farheed Zakaria Originally published in 1940, this book is a rare phenomenon, a living classic that introduces and elucidates the various levels of reading and how to achieve them—from elementary reading, through systematic skimming and inspectional reading, to speed reading. Readers will learn when and how to “judge a book by its cover,” and also how to X-ray it, read critically, and extract the author's message from the text. Also included is instruction in the different techniques that work best for reading particular genres, such as practical books, imaginative literature, plays, poetry, history, science and mathematics, philosophy and social science works. Finally, the authors offer a recommended reading list and supply reading tests you can use measure your own progress in reading skills, comprehension, and speed. How To Win Friends And Influence People-Dale Carnegie 2014-01-28 With an enduring grasp of human nature, Dale Carnegie's How to Win Friends and Influence People teaches his readers how to handle people without letting them feel manipulated, how to make people feel important without inspiring resentment, how win people over to your point of view without causing offence, and how to make a friend out of just about anyone. Published in 1937, Carnegie's How to Win Friends and Influence People, was originally written as a companion book to his lectures on how to be a good salesperson. However, what began as a basic sales primer, quickly exploded into an overnight success, eventually selling more than 15 million copies worldwide, and pioneering an entire genre of self-help and personal success books. HarperTorch brings great works of non-fiction and the dramatic arts to life in digital format, upholding the highest standards in ebook production and celebrating reading in all its forms. Look for more titles in the HarperTorch collection to build your digital library.

Around the World Cookbook-Abigail Johnson Dodge 2008 Features more than fifty easy-to-prepare dishes for children that use accessible equipment and ingredients, accompanied by information on indigenous foods, special cooking techniques, and regional specialties. The Cultivator & Country Gentleman- 1872 The Official Guide to the GRE General Test, Third Edition-Educational Testing Service 2016-12-29 Get the only official guide to the GRE® General Test that comes straight from the test makers! If you're looking for the best, most authoritative guide to the GRE General Test, you've found it! The Official Guide to the GRE General Test is the only GRE guide specially created by ETS--the people who actually make the test. It's packed with everything you need to do your best on the test--and move toward your graduate or business school degree. Only ETS can show you exactly what to expect on the test, tell you precisely how the test is scored, and give you hundreds of authentic test questions for practice! That makes this guide your most reliable and accurate source for everything you need to know about the GRE revised General Test. No other guide to the GRE General Test gives you all this: • Four complete, real tests--two in the book and two on CD-ROM • Hundreds of authentic test questions--so you can study with the real thing • In-depth descriptions of the Verbal Reasoning and Quantitative Reasoning measures plus valuable tips for answering each question type • Quantitative Reasoning problem-solving steps and strategies to help you get your best score • Detailed overview of the two types of Analytical Writing essay tasks including scored sample responses and actual raters' comments Everything you need to know about the test, straight from the test makers! Feedback Systems-Karl Johan Åström 2010-04-12 This book provides an introduction to the mathematics needed to model, analyze, and design feedback systems. It is an ideal textbook for undergraduate and graduate students, and is indispensable for researchers seeking a self-contained reference on control theory. Unlike most books on the subject, Feedback Systems develops transfer functions through the exponential response of a system, and is accessible across a range of disciplines that utilize feedback in physical, biological, information, and economic systems. Karl Åström and Richard Murray use techniques from physics, computer science, and operations research to introduce control-oriented modeling. They begin with state space tools for analysis and design, including stability of solutions, Lyapunov functions, reachability, state feedback observability, and estimators. The matrix exponential plays a central role in the analysis of linear control systems, allowing a concise development of many of the key concepts for this class of models. Åström and Murray then develop and explain tools in the frequency domain, including transfer functions, Nyquist analysis, PID control, frequency domain design, and robustness. They provide exercises at the end of every chapter, and an accompanying electronic solutions manual is available. Feedback Systems is a complete one-volume resource for students and researchers in mathematics, engineering, and the sciences. Covers the mathematics needed to model, analyze, and design feedback systems Serves as an introductory textbook for students and a self-contained resource for researchers Includes exercises at the end of every chapter Features an electronic solutions manual Offers techniques applicable across a range of disciplines

Sleep Smarter-Shawn Stevenson 2016-09-06 Shawn Stevenson is a health expert with a background in biology and kinesiology who has helped thousands of people worldwide to improve their health, through his private work as well as his #1 Nutrition and Fitness podcast on iTunes. In his work, Shawn brings a well-rounded perspective to the perennial question: how can we feel better? In investigating complex health issues such as weight loss, chronic fatigue and hormone imbalance, Shawn realised that many health problems start with one criminally overlooked aspect of our routine - sleep. In Sleep Smarter Shawn explores the little-known and even less-appreciated facts about sleep's influence on every part of our life. Backed by the latest scientific research and packed with personal anecdotes and tips from leaders in the field of sleep research, this book depicts the dangers of insufficient sleep - from weight retention to memory loss to bad sex to increased risk of disease. In his clear, personable and relatable style Shawn offers 21 simple, immediately applicable ways for readers to take their well-being into their own hands and improve their sleep now Home-Toni Morrison 2012-05-08 The latest novel from Nobel Prize winner Toni Morrison. An angry and self-loathing veteran of the Korean War, Frank Money finds himself back in racist America after enduring trauma on the front lines that left him with more than just physical scars. His home—and himself in it—may no longer be as he remembers it, but Frank is shocked out of his crippling apathy by the need to rescue his medically abused younger sister and take her back to the small Georgia town they come from, which he's hated all his life. As Frank revisits the memories from childhood and the war that leave him questioning his sense of self, he discovers a profound courage he thought he could never possess again. A deeply moving novel about an apparently defeated man finding himself—and his home.

BodyBoss Ultimate Body Fitness Guide-Supernova Pte Ltd 2017-12-04 La Chasse Galerie, and Other Canadian Stories-Honor' Beaugrand 2018-01-31 This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant. The Willpower Instinct-Kelly McGonigal 2011-12-29 Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," The Willpower Instinct is the first book to explain the new science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, The Willpower Instinct explains exactly what willpower is, how it works, and why it matters. For example, readers will learn: Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep. Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control. Giving up control is sometimes the only way to gain self-control. Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of Getting Things Done, The Willpower Instinct combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

Plastic-Free-Beth Terry 2015-04-21 “Guides readers toward the road less consumptive, offering practical advice and moral support while making a convincing case that individual actions . . . do matter.” —Elizabeth Royte, author, Garbage Land and Bottlemania Like many people, Beth Terry didn't think an individual could have much impact on the environment. But while laid up after surgery, she read an article about the staggering amount of plastic polluting the oceans, and decided then and there to kick her plastic habit. In Plastic-Free, she shows you how you can too, providing personal anecdotes, stats about the environmental and health problems related to plastic, and individual solutions and tips on how to limit your plastic footprint. Presenting both beginner and advanced steps, Terry includes handy checklists and tables for easy reference, ways to get involved in larger community actions, and profiles of individuals—Plastic-Free Heroes—who have gone beyond personal solutions to create change on a larger scale. Fully updated for the paperback edition, Plastic-Free also includes sections on letting go of eco-guilt, strategies for coping with overwhelming problems, and ways to relate to other people who aren't as far along on the plastic-free path. Both a practical guide and the story of a personal journey from helplessness to empowerment, Plastic-Free is a must-read for those concerned about the ongoing health and happiness of themselves, their children, and the planet. Molecular Biology of the Cell-Bruce Alberts 2004

The Giver-Lois Lowry 2014-07-01 Living in a "perfect" world without social ills, a boy approaches the time when he will receive a life assignment from the Elders, but his selection leads him to a mysterious man known as the Giver, who reveals the dark secrets behind the utopian facade. The Atonement-Jonathan Edwards 1859 The Non-Designer's Design Book-Robin Williams 2008-02-12 A lot has happened in the world of digital design since the first edition of this title was published, but one thing remains true: There is an ever-growing number of people attempting to design pages with no formal training. This book is the one place they can turn to find quick, non-intimidating, excellent design help from trusted design instructor Robin Williams. This revised classic--now in full color--includes a new section on the hot topic of Color itself. In The Non-Designer's Design Book, 3rd Editio n, Robin turns her attention to the basic principles that govern good design. Readers who follow her clearly explained concepts will produce more sophisticated and professional pages immediately. Humor-infused, jargon-free prose interspersed with design exercises, quizzes, and illustrations make learning a snap--which is just what audiences have come to expect from this best-selling author.

Free Software, Free Society-Richard Stallman 2002 Essay Collection covering the point where software, law and social justice meet. Deep Learning with PyTorch-Eli Stevens 2020-08-04 Every other day we hear about new ways to put deep learning to good use: improved medical imaging, accurate credit card fraud detection, long range weather forecasting, and more. PyTorch puts these superpowers in your hands, providing a comfortable Python experience that gets you started quickly and then grows with you as you—and your deep learning skills—become more sophisticated. Deep Learning with PyTorch will make that journey engaging and fun. Summary Every other day we hear about new ways to put deep learning to good use: improved medical imaging, accurate credit card fraud detection, long range weather forecasting, and more. PyTorch puts these superpowers in your hands, providing a comfortable Python experience that gets you started quickly and then grows with you as you—and your deep learning skills—become more sophisticated. Deep Learning with PyTorch will make that journey engaging and fun. Foreword by Soumith Chintala, Cocreator of PyTorch. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the technology Although many deep learning tools use Python, the PyTorch library is truly Pythonic. Instantly familiar to anyone who knows PyData tools like NumPy and scikit-learn, PyTorch simplifies deep learning without sacrificing advanced features. It's excellent for building quick models, and it scales smoothly from laptop to enterprise. Because companies like Apple, Facebook, and JPMorgan Chase rely on PyTorch, it's a great skill to have as you expand your career options. It's easy to get started with PyTorch. It minimizes cognitive overhead without sacrificing the access to advanced features, meaning you can focus on what matters the most - building and training the latest and greatest deep learning models and contribute to making a dent in the world. PyTorch is also a snap to scale and extend, and it partners well with other Python tooling. PyTorch has been adopted by hundreds of deep learning practitioners and several first-class players like FAIR, OpenAI, FastAI and Purdue. About the book Deep Learning with PyTorch teaches you to create neural networks and deep learning systems with PyTorch. This practical book quickly gets you to work building a real-world example from scratch: a tumor image classifier. Along the way, it covers best practices for the entire DL pipeline, including the PyTorch Tensor API, loading data in Python, monitoring training, and visualizing results. After covering the basics, the book will take you on a journey through larger projects. The centerpiece of the book is a neural network designed for cancer detection. You'll discover ways for training networks with limited inputs and start processing data to get some results. You'll sift through the unreliable initial results and focus on how to diagnose and fix the problems in your neural network. Finally, you'll look at ways to improve your results by training with augmented data, make improvements to the model architecture, and perform other fine tuning. What's inside Training deep neural networks Implementing modules and loss functions Utilizing pretrained models from PyTorch Hub Exploring code samples in Jupyter Notebooks About the reader For Python programmers with an interest in machine learning. About the

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Free Software, Free Society-Richard Stallman 2002 Essay Collection covering the point where software, law and social justice meet. Deep Learning with PyTorch-Eli Stevens 2020-08-04 Every other day we hear about new ways to put deep learning to good use: improved medical imaging, accurate credit card fraud detection, long range weather forecasting, and more. PyTorch puts these superpowers in your hands, providing a comfortable Python experience that gets you started quickly and then grows with you as you—and your deep learning skills—become more sophisticated. Deep Learning with PyTorch will make that journey engaging and fun. Foreword by Soumith Chintala, Cocreator of PyTorch. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the technology Although many deep learning tools use Python, the PyTorch library is truly Pythonic. Instantly familiar to anyone who knows PyData tools like NumPy and scikit-learn, PyTorch simplifies deep learning without sacrificing advanced features. It's excellent for building quick models, and it scales smoothly from laptop to enterprise. Because companies like Apple, Facebook, and JPMorgan Chase rely on PyTorch, it's a great skill to have as you expand your career options. It's easy to get started with PyTorch. It minimizes cognitive overhead without sacrificing the access to advanced features, meaning you can focus on what matters the most - building and training the latest and greatest deep learning models and contribute to making a dent in the world. PyTorch is also a snap to scale and extend, and it partners well with other Python tooling. PyTorch has been adopted by hundreds of deep learning practitioners and several first-class players like FAIR, OpenAI, FastAI and Purdue. About the book Deep Learning with PyTorch teaches you to create neural networks and deep learning systems with PyTorch. This practical book quickly gets you to work building a real-world example from scratch: a tumor image classifier. Along the way, it covers best practices for the entire DL pipeline, including the PyTorch Tensor API, loading data in Python, monitoring training, and visualizing results. After covering the basics, the book will take you on a journey through larger projects. The centerpiece of the book is a neural network designed for cancer detection. You'll discover ways for training networks with limited inputs and start processing data to get some results. You'll sift through the unreliable initial results and focus on how to diagnose and fix the problems in your neural network. Finally, you'll look at ways to improve your results by training with augmented data, make improvements to the model architecture, and perform other fine tuning. What's inside Training deep neural networks Implementing modules and loss functions Utilizing pretrained models from PyTorch Hub Exploring code samples in Jupyter Notebooks About the reader For Python programmers with an interest in machine learning. About the

author Eli Stevens had roles from software engineer to CTO, and is currently working on machine learning in the self-driving-car industry. Luca Antiga is cofounder of an AI engineering company and an AI tech startup, as well as a former PyTorch contributor. Thomas Viehmann is a PyTorch core developer and machine learning trainer and consultant. consultant based in Munich, Germany and a PyTorch core developer. Table of Contents PART 1 - CORE PYTORCH 1 Introducing deep learning and the PyTorch Library 2 Pretrained networks 3 It starts with a tensor 4 Real-world data representation using tensors 5 The mechanics of learning 6 Using a neural network to fit the data 7 Telling birds from airplanes: Learning from images 8 Using convolutions to generalize PART 2 - LEARNING FROM IMAGES IN THE REAL WORLD: EARLY DETECTION OF LUNG CANCER 9 Using PyTorch to fight cancer 10 Combining data sources into a unified dataset 11 Training a classification model to detect suspected tumors 12 Improving training with metrics and augmentation 13 Using segmentation to find suspected nodules 14 End-to-end nodules analysis, and where to go next PART 3 - DEPLOYMENT 15 Deploying to production Relationship Goals-Michael Todd 2020 A candid, inspiring guide to finding lasting love by getting real about your relationship goals–based on the viral sermon series about dating, marriage, and sex. Realer than the most real conversation you've ever heard in church on the topic, Michael Todd's honest, heartfelt, and powerful teaching on relationships has already impacted millions. Michael believes that relationships are the epicenter of human thriving. All too often, though, we lack the tools or vision to build our relationships on the wisdom and power of God. In other words, it's good to have a goal, but you can't get there without proper aim By charting a course that candidly examines our most common pitfalls, and by unpacking explosive truths from God's Word, Michael's debut book will transform a trendy hashtag into a future where your most cherished relationships thrive in relational life, hope, and abundance. Now those are real #relationshipgoals.

The Headspace Guide to... Mindfulness & Meditation-Andy Puddicombe 2011-05-26 '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.

Applied Biopharmaceutics and Pharmacokinetics-Leon Shargel 1993 The third edition of this introductory text covers the factors which influence the release of the drug from the drug product and how the body handles the drug. A stronger focus has been placed on the basics with clear explanations and illustrated examples. There is also more information on statistics and population pharmacokinetics and new chapters on drug distribution, computer applications, enzyme kinetics and pharmacokinetics models.

SuperBetter-Jane McGonigal 2015-09-15 An innovative guide to living gamefully, based on the program that has already helped nearly half a million people achieve remarkable personal growth In 2009, internationally renowned game designer Jane McGonigal suffered a severe concussion. Unable to think clearly or work or even get out of bed, she became anxious and depressed, even suicidal. But rather than let herself sink further, she decided to get better by doing what she does best: she turned her recovery process into a resilience-building game. What started as a simple motivational exercise quickly became a set of rules for “post-traumatic growth” that she shared on her blog. These rules led to a digital game and a major research study with the National Institutes of Health. Today nearly half a million people have played SuperBetter to get stronger, happier, and healthier. But the life-changing ideas behind SuperBetter are much bigger than just one game. In this book, McGonigal reveals a decade's worth of scientific research into the ways all games—including videogames, sports, and puzzles—change how we respond to stress, challenge, and pain. She explains how we can cultivate new powers of recovery and resilience in everyday life simply by adopting a more “gameful” mind-set. Being gameful means bringing the same psychological strengths we naturally display when we play games—such as optimism, creativity, courage, and determination—to real-world goals. Drawing on hundreds of studies, McGonigal shows that getting superbetter is as simple as tapping into the three core psychological strengths that games help you build: • Your ability to control your attention, and therefore your thoughts and feelings • Your power to turn anyone into a potential ally, and to strengthen your existing relationships • Your natural capacity to motivate yourself and super-charge your heroic qualities, like willpower, compassion, and determination SuperBetter contains nearly 100 playful challenges anyone can undertake in order to build these gameful strengths. It includes stories and data from people who have used the SuperBetter method to get stronger in the face of illness, injury, and other major setbacks, as well as to achieve goals like losing weight, running a marathon, and finding a new job. As inspiring as it is down to earth, and grounded in rigorous research, SuperBetter is a proven game plan for a better life. You'll never say that something is “just a game” again. From the Hardcover edition.

Scarlet (The Lunar Chronicles Book 2)-Marissa Meyer 2013-02-07 The second book in The Lunar Chronicles series by Marissa Meyer. This is not the fairytale you remember. But it's one you won't forget. SCARLET BENOIT'S grandmother is missing. The police have closed her case. The only person Scarlet can turn to is Wolf, a street fighter she does not trust, but they are drawn to each other. Meanwhile, in New Beijing, Cinder will become the Commonwealth's most wanted fugitive - when she breaks out of prison to stay one step ahead of vicious Queen Levana. As Scarlet and Wolf expose one mystery, they encounter Cinder and a new one unravels. Together they must challenge the evil queen, who will stop at nothing to make Prince Kai her husband, her king, her prisoner . . .***Red Riding Hood-meets-Percy Jackson in a thrilling new spin on Grimm by Marissa Meyer, the author of Cinder.***

The End of Policing-Alex S. Vitale 2017-10-10 LOS ANGELES TIMES BESTSELLER The problem is not overpolicing, it is policing itself. Why we need to defund the police and how we get there. Recent weeks have seen an explosion of protest against police brutality and repression. Among activists, journalists and politicians, the conversation about how to respond and improve policing has focused on accountability, diversity, training, and community relations. Unfortunately, these reforms will not produce results, either alone or in combination. The core of the problem must be addressed: the nature of modern policing itself. This book attempts to spark public discussion by revealing the tainted origins of modern policing as a tool of social control. It shows how the expansion of police authority is inconsistent with community empowerment, social justice— even public safety. Drawing on groundbreaking research from across the world, and covering virtually every area in the increasingly broad range of police work, Alex Vitale demonstrates how law enforcement has come to exacerbate the very problems it is supposed to solve. In contrast, there are places where the robust implementation of policing alternatives—such as legalization, restorative justice, and harm reduction—has led to a decrease in crime, spending, and injustice. The best solution to bad policing may be an end to policing.

Holes-Louis Sachar 2011-06-01 Winner of the Newbery Medal and the National Book Award! This #1 New York Times bestselling, modern classic in which boys are forced to dig holes day in and day out is now available with a splashy new look. Stanley Yelnats is under a curse. A curse that began with his no-good-dirty-rotten-pig-stealing-great-great-grandfather and has since followed generations of Yelnatses. Now Stanley has been unjustly sent to a boys' detention center, Camp Green Lake, where the boys build character by spending all day, every day digging holes exactly five feet wide and five feet deep. There is no lake at Camp Green Lake. But there are an awful lot of holes. It doesn't take long for Stanley to realize there's more than character improvement going on at Camp Green Lake. The boys are digging holes because the warden is looking for something. But what could be buried under a dried-up lake? Stanley tries to dig up the truth in this inventive and darkly humorous tale of crime and punishment—and redemption. Includes a double bonus: an excerpt from Small Steps, the follow-up to Holes, as well as an excerpt from Louis Sachar's new middle-grade novel, Fuzzy Mud. "A smart jigsaw puzzle of a novel." --The New York Times WINNER OF THE BOSTON GLOBE-HORN BOOK AWARD A NEW YORK TIMES BOOK REVIEW NOTABLE CHILDREN'S BOOK SELECTED FOR NUMEROUS BEST BOOK OF THE YEAR AND ALA HONORS

Sustained-Emma Chase 2015-08-25 Emma Chase, New York Times bestselling author of the Tangled series, returns with a funny, romantic, sexy story! A knight in tarnished armor is still a knight. When you're a defense attorney in Washington, DC, you see firsthand how hard life can be, and that sometimes the only way to survive is to be harder. I, Jake Becker, have a reputation for being cold, callous, and intimidating—and that suits me just fine. In fact, it's necessary when I'm breaking down a witness on the stand. Complications don't work for me—I'm a “need-to-know” type of man. If you're my client, tell me the basic facts. If you're my date, stick to what will turn you on. I'm not a therapist or Prince Charming—and I don't pretend to be. Then Chelsea McQuaid and her six orphaned nieces and nephews came along and complicated the ever-loving hell out of my life. Now I'm going to Mommy and Me classes, One Direction concerts, the emergency room, and arguing cases in the principal's office. Chelsea's too sweet, too innocent, and too gorgeous for her own good. She tries to be tough, but she's not. She needs someone to help her, defend her...and the kids. And that—that, I know how to do.

A Treatise on the Social Compact, Or, The Principles of Political Law-Jean-Jacques Rousseau 1764

MONEY Master the Game-Tony Robbins 2016-03-29 "Bibliography found online at tonyrobbins.com/masterthegame"--Page [643].

Constructive Anatomy-George B. Bridgman 2014-05-20 George Brant Bridgman (1865–1943) was a Canadian-American painter, writer, and teacher in the fields of anatomy and figure drawing. Bridgman taught anatomy for artists at the Art Students League of New York for some 45 years. Constructive Anatomy: Illustrated by George B. Bridgman. Excellent book of anatomical drawing instruction. Ideal for beginning to intermediate artists, begins with instruction on drawing hands and works its way through the human body giving detailed instruction on how to draw realistic human figures. The drawings that are presented here show the conceptions that have proved simplest and most effective in constructing the human figure. The eye in drawing must follow a line or a plane or a mass. In the process of drawing, this may become a moving line, or a moving plane, or a moving mass. The line, in actual construction, must come first; but as mental construction must precede physical, so the concept of mass must come first, that of plane second, that of line last. Masses of about the same size or proportion are conceived not as masses, but as one mass; those of different proportions, in respect to their movement, are conceived as wedging into each other, or as morticed or interlocking.

Natural Language Processing with Python-Steven Bird 2009-06-12 This book offers a highly accessible introduction to natural language processing, the field that supports a variety of language technologies, from predictive text and email filtering to automatic summarization and translation. With it, you'll learn how to write Python programs that work with large collections of unstructured text. You'll access richly annotated datasets using a comprehensive range of linguistic data structures, and you'll understand the main algorithms for analyzing the content and structure of written communication. Packed with examples and exercises, Natural Language Processing with Python will help you: Extract information from unstructured text, either to guess the topic or identify "named entities" Analyze linguistic structure in text, including parsing and semantic analysis Access popular linguistic databases, including WordNet and treebanks Integrate techniques drawn from fields as diverse as linguistics and artificial intelligence This book will help you gain practical skills in natural language processing using the Python programming language and the Natural Language Toolkit (NLTK) open source library. If you're interested in developing web applications, analyzing multilingual news sources, or documenting endangered languages -- or if you're simply curious to have a programmer's perspective on how human language works -- you'll find Natural Language Processing with Python both fascinating and immensely useful.

Roll of Thunder, Hear My Cry-Mildred D. Taylor 2016 Endpapers display photographs of the author and her family with descriptive notes pertaining to the novels about the Logan family.

The Breadwinner-Deborah Ellis 2004-03-04 Because the Taliban rulers of Kabul, Afghanistan impose strict limitations on women's freedom and behavior, eleven-year-old Parvana must disguise herself as a boy so that her family can survive after her father's arrest.

Seven Surrenders-Ada Palmer 2017-02-21 “A cornucopia of dazzling, sharp ideas set in rich, wry prose that rewards rumination with layers of delight. Provocative, erudite, inventive, resplendent.”—Ken Liu, author ofThe Grace of Kings In a future of near-instantaneous global travel, of abundant provision for the needs of all, a future in which no one living can remember an actual war...a long era of stability threatens to come to an abrupt end. For known only to a few, the leaders of the great Hives, nations without fixed location, have long conspired to keep the world stable, at the cost of just a little blood. A few secret murders, mathematically planned. So that no faction can ever dominate, and the balance holds. And yet the balance is beginning to give way. Mycroft Canner, convict, sentenced to wander the globe in service to all, knows more about this conspiracy the than he can ever admit. Carlyle Foster, counselor, sensayer, has secrets as well, and they burden Carlyle beyond description. And both Mycroft and Carlyle are privy to the greatest secret of all: Bridger, the child who can bring inanimate objects to life. Shot through with astonishing invention,Seven Surrenders is the next movement in one of the great SF epics of our time. “Seven Surrenders veers expertly between love, murder, mayhem, parenthood, theology, and high politics. I haven't had this much fun with a book in a long time.” —Max Gladstone, author ofThree Parts Dead

Canadian Periodical Index- 1993

Eloquent JavaScript-Marijn Haverbeke 2011-01-15 JavaScript is at the heart of almost every modern Web application, whether it's Google Apps, Twitter, or the newest browser-based game. Though it's simple for beginners to pick up and play with, JavaScript is not a toy—it's a flexible and complex language that can be used to build full-scale applications. Eloquent JavaScript dives into this flourishing language and teaches you to write code that's beautiful and effective. By immersing you in example code and encouraging experimentation right from the start, the author quickly gives you the tools you need to build your own programs. As you follow along with examples like an artificial life simulation and a version of the classic game Sokoban, you'll learn to: -Understand the essential elements of programming: syntax, control, and data -Use object-oriented and functional programming techniques to organize and clarify your programs -Script the browser and make basic Web applications -Work with tools like regular expressions and XMLHttpRequest objects And since programming is an art that's best learned by doing, all example code is available online in an interactive sandbox for you to experiment with. With Eloquent JavaScript as your guide, you can tweak, expand, and modify the author's code, or throw it away and build your own creations from scratch. Before you know it, you'll be fluent in the language of the Web.

Fowler-Martin Fowler 2012-03-09 The practice of enterprise application development has benefited from the emergence of many new enabling technologies. Multi-tiered object-oriented platforms, such as Java and .NET, have become commonplace. These new tools and technologies are capable of building powerful applications, but they are not easily implemented. Common failures in enterprise applications often occur because their developers do not understand the architectural lessons that experienced object developers have learned. Patterns of Enterprise Application Architecture is written in direct response to the stiff challenges that face enterprise application developers. The author, noted object-oriented designer Martin Fowler, noticed that despite changes in technology—from Smalltalk to CORBA to Java to .NET—the same basic design ideas can be adapted and applied to solve common problems. With the help of an expert group of contributors, Martin distills over forty recurring solutions into patterns. The result is an indispensable handbook of solutions that are applicable to any enterprise application platform. This book is actually two books in one. The first section is a short tutorial on developing enterprise applications, which you can read from start to finish to understand the scope of the book's lessons. The next section, the bulk of the book, is a detailed reference to the patterns themselves. Each pattern provides usage and implementation information, as well as detailed code examples in Java or C#. The entire book is also richly illustrated with UML diagrams to further explain the concepts. Armed with this book, you will have the knowledge necessary to make important architectural decisions about building an enterprise application and the proven patterns for use when building them. The topics covered include · Dividing an enterprise application into layers · The major approaches to organizing business logic · An in-depth treatment of mapping between objects and relational databases · Using Model-View-Controller to organize a Web presentation · Handling concurrency for data that spans multiple transactions · Designing distributed object interfaces

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