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RJQVWL - ATKINSON MOODY

Limiting Beliefs, Self-Doubt & Anxiety still make you a Hero. Do you want to start a new adventure but feel like there's something stopping you? Do you know you've got more inside of you that the world hasn't seen yet? If so - this is the book for you. Through an early age battle with self-acceptance and failure, Leonard tells us how he went from being an intern and generating clients for an estate agency to running an international business in South Asia recruiting nurses to the UK. Taking his experience into the Tech Industry, he is now on the forefront of a new community-driven platform - developing the mindset of a new generation of creative, talented and disruptive entrepreneurs. His journey of entrepreneurial success shows how embracing isolation and self-doubt led him to rediscover his confidence. Join Leonard Sekyonda, CEO of MYCOMEUP.COM, as he teaches you how to re-create and re-discover yourself so you can progress, succeed and get back in the driver's seat of your own journey. "Your life is your party - but only if you control the invitation list" - Leonard Sekyonda

By putting people at the centre of interactive design, user experience (UX) techniques are now right at the heart of digital media design and development. As a designer, you need to create work that will impact positively on everyone who is exposed to it. Whether it's passive and immutable or interactive and dynamic, the success of your design will depend largely on how well the user experience is constructed. User Experience Design shows how researching and understanding users' expectations and motivations can help you develop effective, targeted designs. The authors explore the use of scenarios, personas and prototyping in idea development, and will help you get the most out of the latest tools and techniques to produce interactive designs that users will love. With practical projects to get you started, and stunning exam-

ples from some of today's most innovative studios, this is an essential introduction to modern UXD.

With My Game Guide you will learn exactly what you need to know in order to become an expert player and beat levels! This is a complete guide with everything you need to know about the game PLUS you will also be able to download your free copy of the game with this purchase. - Overview & Basic Information. - Professional Tips and Strategies. - Detailed Easy to Follow Instructions. - Beat Levels. - Hacking the Game. - Secrets, Tips, Cheats, Unlockables, and Tricks Used By Pro Players! - PLUS MUCH MORE! Purchase now and crush your opponents! Become a Pro Player Today! Disclaimer: This product is not associated, affiliated, endorsed, certified, or sponsored by Pretty Simple. This guide is to be used as a reference and as such does not modify the game in any way. This is a written guide and not a software program.

Protect your time. Prioritize relationships. Restore your spirit. Technology teaches us to crave the hum and buzz of activity and the dopamine hit of notifications. Yet social media and technology have shortened our attention spans, disrupted our connections with others, and even muddled our spirituality. In Reconnect, contemplative author and retreat leader Ed Cyzewski investigates the crisis of attention that is leading to mental health challenges and extending to our souls. Yet the Christian contemplative tradition—deeply rooted in the spiritual traditions and practices of the church—offers a way forward, grinding the gears of this frenetic activity and thinking to an unspectacular halt. For all its benefits and promises, technology trains its users to pursue the exact opposite of contemplative prayer practices every day, claims Cyzewski. Grounded in current research into the impact of technology, Reconnect helps Christians rewire their technology addictions and train themselves to be present and aware of God rather than tuned into the constant distractions and deceptions of this

digital age. When phones go dark and social media feeds stop scrolling, can we step into a deeper stillness and presence with an always present God?

CAMRA's Good Beer Guide is fully revised and updated each year and features pubs across the United Kingdom that serve the best real ale. Now in its 46th edition, the guide is completely independent, with listings based entirely on evaluation and nomination by CAMRA members. The unique Breweries section contains a full listing of Britain's breweries - from national to micro - with information about their core beers.

With film studies taking the centre stage and becoming a significant paper within the discipline 'Journalism and Mass communication', there is a rising demand and need for a comprehensive book that will deal with basic concepts of film theories and production. Keeping this need in mind, the book is an edited volume which will introduce the basic concepts of film production and theories to the beginners. The highlight of this book is a detailed overview of key foreign film movements and important landmarks in the journey of Indian films with special reference to notable directors and their contributions. The book attempts to throw light on the basic technical aspects of film making as well. A section of the book has also been devoted to emerging concepts in the discipline like focus on film marketing and new technologies, convergence, and the rise of OTT. This book will serve as an introductory guide for any student of media studies interested in film. Table of Contents

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The HERO is GoPro's entry level camera, designed with simplicity for people who are new to using a GoPro camera. This book is written specifically for the GoPro HERO, explaining the unique features and quirks of this camera. With more than 100+ images, this book provides clear, step-by-step lessons to get you out there using your GoPro HERO camera to document your adventures. This book covers everything you need to know about using your GoPro HERO camera. The book teaches you: how choose your settings, tips for the most useful GoPro mounts, vital photography knowledge, simple photo, video and time lapse editing techniques and how to share your first edited video and photos. Through the SIX STEPS laid out in this book, you will understand your camera and learn how to use FREE software (you probably already have!) to finally do something with your results. This book is perfect for beginners, but also provides in depth knowledge that will be useful for intermediate camera users. Written specifically for the HERO camera.

In this new and expanded edition of The Art Direction Handbook, author Michael Rizzo now covers art direction for television, in addition to updated coverage of film design. This comprehensive, professional manual details the set-up of the art department and the day-to-day job duties: scouting for locations, research, executing the design concept, supervising scenery construction, and surviving production. Beyond that, there is an emphasis on not just how to do the job, but how to succeed and secure other jobs. Rounding out the text is an extensive collection of useful forms and checklists, as well as interviews with prominent art directors.

So you want to make a documentary, but think you don't have a lot of time, money, or experience? It's time to get down and dirty! Down and dirty is a filmmaking mindset. It's the mentality that forces you to be creative with your resources. It's about doing more with less. Get started NOW with this book and DVD set, a one-stop shop written by a guerrilla filmmaker, for guerrilla filmmakers. You will learn how to make your project better, faster, and cheaper. The pages are crammed with 500 full-color pictures, tips from the pros, resources, checklists and charts, making it easy to find what you need fast. The DVD includes: * Video and audio tutorials, useful forms, and interviews with leading documentary filmmakers like Albert Maysles (Grey Gardens), Sam Pollard (4 Little Girls), and others * 50+ Crazy Phat Bonus pages with jump start charts, online resources, releases, storyboards, checklists, equipment guides, and shooting procedures Here's just a small sampling of what's inside the book: * Putting together a crew * Choosing a camera * New HDV and 24P cameras * Shooting in rough neighborhoods * Interview skills and techniques * 10 ways to lower your budget * Common production forms

Get Some Action! For every woman who wants to be as tough as Lara Croft, as nimble as the Bionic Woman, and as babe-a-licious as Charlie's Angels, The Action Heroine's Handbook shows you the essential skills you'll need to conquer the bad guys and save the day without breaking a sweat. Find out how the real action heroines do it, directly from a host of experts, including stuntwomen, jujitsu instructors, helicopter pilots, detectives, forensic psychologists, survivalists, primatologists, and many others. Learn to:

- Profile a serial killer
- Outwit a band of home intruders
- Navigate white water rapids
- Go undercover as a beauty queen
- Out-run a fireball

And dozens of other Tough Chick Skills, Beauty Skills, Brain Skills, Brawn Skills, and Escape Skills. Special sections and appendices feature the top action heroine hairdos, handbag essentials, and the best footwear for every action situation. With step-by-step instructions and easy-to-follow illustrations, The Action Heroine's Handbook will prepare you to save the world, one baddie at a time.

The click guide to dementia has been developed to help people living with dementia, their family, carers and professionals working in this area to make use of the fantastic resources which are already available across the whole spectrum of needs today. We believe it is important to bring all of this information together in a

single place. The guide lists more than a hundred of these resources.

Alice doesn't like noise, smells or strangers. She does like rules. Lots of rules. Nobody at her new school knows she has Asperger's, so it doesn't take long for her odd behavior to get her into trouble. When she meets Megan in detention, she doesn't know what to make of her. Megan doesn't smell, she's not terribly noisy, and she's not exactly a stranger, but is she a friend? Megan seems fearless to Alice—but also angry or maybe sad. Alice isn't sure which. When Megan decides to run away, Alice resolves to help her friend, no matter how many rules she has to break or how bad it makes her feel.

Finally available, a high quality book of the original classic edition of The Hero of Panama - A Tale of the Great Canal. It was previously published by other bona fide publishers, and is now, after many years, back in print. This is a new and freshly published edition of this culturally important work by F. S. (Frederick Sadleir) Brereton, which is now, at last, again available to you. Get the PDF and EPUB NOW as well. Included in your purchase you have The Hero of Panama - A Tale of the Great Canal in EPUB AND PDF format to read on any tablet, eReader, desktop, laptop or smartphone simultaneous - Get it NOW. Enjoy this classic work today. These selected paragraphs distill the contents and give you a quick look inside The Hero of Panama - A Tale of the Great Canal: Look inside the book: She rolled in a manner that was sickening to behold, until at times her scupper ports took in water, then a surge of the ocean would take her in a different direction; she would dive forward, dipping her nose in the oily sea till the hawser which had been passed out over her stern, secured to a large anchor, brought her up with a jerk and tumbled her backwards with her stern rail awash. ...Little did Jim guess that the ruffian staring in upon him was one of those who had fought for the boats in the waist of the foundering ship on which he had been voyaging to New York, and that he himself had incurred the man's hatred by a blow which, now that the matter was over, he could not remember having given.

A straightforward guide to the principles of effective fundraising operations An Executive Guide to Fundraising Operations provides fundraisers with easy-to-understand approaches to evaluate and address fundraising operations needs and opportunities. This guide simplifies and focuses on the analysis of problems and

needs, allowing a quick return to fundraising. Provides the essential framework to improve and innovate development operations. Includes dozens of practical tools, including sample policies for data, database, reporting, and business processes. Offers sample workflow illustrations for gift processing and acknowledgment, report specification, and other processes. Features sample reports for campaign management, performance management, and exception management. Delivers effective calculators for operational rules of thumb. No matter what the department is called, most fundraisers struggle with evaluating operational issues. This guide leads you through principles of effective fundraising operations, simplifies complicated topics, and offers solutions to some of the most vexing operations dilemmas.

Honest and Outspoken Advice from the Unofficial Experts The Unofficial Guide to Universal Orlando 2022 by Seth Kubersky is packed with detailed, specific information on every ride, show, and restaurant in the resort. The guide includes info on where to find the cheapest Universal Orlando admission tickets, how to save big on Universal on-site hotel rooms and skip the regular lines in the parks, when to visit Universal Orlando for the lightest crowds, and everything else you need to know for a stress-free Universal Orlando experience. What's NEW in the 2022 edition of The Unofficial Guide to Universal Orlando: The full scoop on the new Jurassic World VelociCoaster. New advice on taking advantage of Virtual Line, Mobile Ordering, and other technological tricks. An up-close look at each Universal resort hotel, including the new Endless Summer Surfside Inn and Suites. Ratings and reviews of new menu options and dining venues in the parks and CityWalk, like Bend the Bao. Updated tips for taking advantage of Early Park Admission at the Wizarding World of Harry Potter and experiencing Hagrid's Magical Creatures Motorbike Adventure. The latest information on how Universal Orlando has recovered from COVID-19. Sneak peeks: Learn about the upcoming Epic Universe theme park.

"Offers valuable life-saving guidelines for ordinary people who find themselves suddenly caught in the middle of a horrible ongoing deadly situation." —J. Wayne Fears, author of The Scouting Guide to Survival. It's never going to be you. Then one day you hear the clatter of automatic fire at the mall. You have been drawn into the chaos and terror of an active shooter event. What do you do? Who do you turn to? Be a Hero is the essential guide

to terrorist attacks that will help you survive. Former Special Air Service terror expert John Geddes will explain how to cope with a life-threatening event. He shows you how to make clear decisions and beat the odds by: Dealing with fear through simple and effective techniques to bring the chemical urges generated by terror at least partially under control. Escaping and evading when possible, using everyday objects and landmarks for protection. Fighting back if needed, with methods to disarm an active shooter and to use items at hand as weapons. Using a weapon if you are licensed to carry, shooting to kill without collateral damage or being mistaken for a perpetrator. Providing medical assistance to deal with traumatic battlefield injury and save lives. This is not a book primarily for survivalists and "preppers." Be a Hero is a book for ordinary men and women who could find themselves in the middle of an extraordinary moment. It will help them find the hero inside—and live to tell the tale. "Your immediate response may mean saving you, your family, your friends, innocent bystanders. Learn how to react, recover, respond, retaliate. Be prepared. Read this book." —Jim Hawes, former Navy SEAL officer

Since 2017, the global cyber arena has been occasionally hit by unprecedented cyber-crimes, with many data breaches, ransomware attacks, and even sophisticated state-sponsored cyber-attacks. The pace of cybersecurity growth is likely to continue in the upcoming years as industries invest heavily in security solutions to meet the ever-expanding range of threats and requirements. Nearly 68 per cent of business leaders agree global cybersecurity threats are on the rise. Cybercrimes are now an everyday concern for businesses. Cybersecurity statistics indicate a significant rise in data breaches and hacking, most of which involve workplace devices. Many organizations have poor security practices, making them vulnerable to cyber threats. And this is exacerbated by the presence of a global pandemic. Look at some cybersecurity industry statistics, so you'll know the state of today's cybersecurity and why you need to gear up your efforts to protect your systems: The global cybersecurity market is expected to be worth \$352.25 billion, with an annual growth rate of 14.5%, by 2026 (Mordor Intelligence, 2020). Losses from cybercrime damages are expected to reach \$6 trillion by 2021 (Cybercrime Magazine, 2020). Cybercrimes cost the world nearly \$600 billion each year, equivalent to 0.8% of the global GDP (Mordor Intelligence, 2020). Ransomware damage worldwide is expected to reach \$21

billion by 2021 (Cybersecurity Ventures, 2021). The Cisco Cyber Security Reports show that 50 percent of large organizations with a workforce of more than 10,000 spend at least \$1 million on security every year. The report also found that 43 percent spend between \$250,000 and \$999,999, while 7 percent spend less than \$250,000. The volume of cybersecurity data involving cyber-crimes worldwide will continue to grow exponentially. Cybercriminals will continue with their shadowy ways of coming up with novel and more sophisticated ways of attacking the vulnerabilities of digital systems, including typical business software applications. Everyone should proactively always protect his or her information. So, here we are with our Awesome course - Cyber Security Mastery Training Guide. This guide will educate you about the system and data security in the COVID era, the different types of hacking, phishing attacks, malware, ransomware, and tips to prevent them. Further, it also educates on creating the perfect Cyber Security budget post-pandemic and how to deal with the increasing scope of threats and a lot more tips and tricks. Using the strategy and information provided in our Mastery Guide, you will ensure fool-proof protection and create a culture of safety and cyber security excellence in your organization. This guide is jampacked with intelligent information you can implement to help you improve your cyber security efforts against common threats allowing you to set up a robust protection system.

In this lively and practical book, seasoned educator Jonathan Cassie shines a spotlight on gamification, an instructional approach that's revolutionizing K-12 education. Games are well known for their ability to inspire persistence. The best ones feature meaningful choices that have lasting consequences, reward experimentation, provide a like-minded community of players, and gently punish failure and encourage risk-taking behavior. Players feel challenged, but not overwhelmed. A gamified lesson bears these same hallmarks. It is explicitly gamelike in its design and fosters perseverance, creativity, and resilience. Students build knowledge through experimentation and then apply what they've learned to fuel further exploration at higher levels of understanding. In this book, Cassie covers what happens to student learning when it is gamified. Why you might want to gamify instruction for your students. The process for gamifying both your classroom and your lessons. If you want to see your students engaged, motivated, and excited about learning, join Jonathan

Cassie on a journey that will add a powerful new set of ideas and practices to your teaching toolkit. The gamified classroom—an exciting new frontier of 21st century learning—awaits you and your students. Will you answer the call?

How to Win Every Argument is a no-filter guide to the 15 biggest topics shaping Australia and the world. Each chapter breaks down one hot button issue that young people actually care about, summarising the essential information in easy-to-understand language, so you can make a well-informed argument on: astrology, climate change, free speech, the gender pay gap, first home ownership, immigration, the January 26 debate, kombucha and health fads, festival pill testing, recycling, renewable energy and fossil fuels, robots and job automation, social media, vaccination science and veganism.

Offering a radical new toolbox for digital storytellers, this key text contains everything today's media practitioners need to know about conceptualising, editing and producing stories for online platforms and audiences. This book teaches readers practical skills for increasing their reach online, strengthening their personal brand and improving follower counts across the social web, including main platforms such as Twitter, Snapchat, TikTok, Instagram and Facebook. Encouraging a DIY approach, the authors guide readers through various platforms and reveal which are best suited to their users and how to customise stories for different channels. Topics covered include storytelling with smartphones (iOS and Android), storyboarding, framing, sequencing, shooting and editing high-quality content, and evaluating the success of content and campaigns. Contributions from five industry experts expand on privacy, community building and collaboration. The book concludes by looking to the future of social media storytelling, with industry professionals offering predictions for trends to watch out for. Social Media Storytelling is an essential resource for students of mobile and multimedia journalism, digital media and media marketing, as well as for professionals who want to learn how to create compelling content and tell impactful brand stories. The book also features accompanying online exercises.

A breakout training and fitness book by Hollywood trainer and former Navy SEAL, Duffy Gaver, featuring the tried and true workouts used by movie stars like Chris Pratt and Brad Pitt. Former Marine sniper and ex-navy Seal, Duffy Gaver is the unsung hero of Hollywood. As a master trainer to the stars, he has transformed

the bodies of actors such as Chris Hemsworth, Chris Pratt, Scarlett Johanson, Brad Pitt and many others. He is a Hero-Maker. He gets the most out of his clients by making them rethink their lives. For Duffy, the fitness industry sells a myth: it's all about the latest and greatest fads. Back in 1965, Larry Scott won the first Mr. Olympia. There was no Nike. No thermogenic products. No supplement industry. How did he do it then? With his will, his discipline, his desire. The things that big businesses can't manufacture. The first four minute mile, the first iron man triathlon, and the first world's strongest man all took place before 99% of today's companies even existed. What does this prove? None of this stuff is necessary. Inside Hero Maker, Duffy Gaver shares the knowledge and motivational sit-downs that get his stars to take hold of their own bodies. None of these stars bought their way to their impressive physiques; they earned it with old fashioned work and dedication. He will tell you what you need to do to look super heroic, and he will show you how you too can do this if you put yourself to the task. Inside, you will also find some of his game-changing workouts to help get you there.

Get under the armour of the Iron Man and find out everything you want to know about this billionaire, genius, super-hero. Discover every thrilling twist and turn in the Iron Man story- Stark's scientific genius, the tragic death of his parents, his secret life as a crime-fighter, his personal struggles and demons, his involvement with the Avengers hero team, his lovers, allies and his enemies, such as Black Widow, Titanium Man and the Mandarin. Packed with incredible comic-book art, a fact-packed timeline detailing key events in Iron Man's life and a comprehensive index - this is what every Iron Man fan has been waiting for.

Yes, it's true: you can learn how to be a verbal wizard! Ever hear someone utter an unforgettable phrase and feel yourself reacting with with...well, awe? Ever read a great quote and think I could never come up with anything that clever? Daunting as it may seem, there's nothing mystical about witcraft. Crafting memorable lines doesn't require DNA-encoded brilliance. What it does require is some knowledge of the tricks and techniques that make words stick. In Word Hero, Jay Heinrichs rescues the how-to of verbal artistry from cobwebbed textbooks and makes it entirely fresh- even a little mischievous. Fear not: on offer here are not dry, abstract ideas couched in academic jargon. Rather, Heinrichs takes you on an amusing - and amazingly helpful - tour of the

mechanisms that make powerful language work. You'll learn how to slyly plant your words in people's heads and draw indelible verbal pictures by employing such tools as "crashing symbols," "rapid repeaters," "Russian Dolls" and even the powers of Mr. Potato Head. With those tools and others tucked in your utility belt, you might not immediately achieve "wordsmith immortality" but you will become a better speaker, writer, and raconteur...and long after people have forgotten everything else, they'll remember your priceless lines.

Ten true stories about puppy power for animal lovers of all ages! - pub. website.

A practical, intuitive guide to learning how to take beautiful, eye-catching photos of your short-term rental and increase your bookings using your smartphone. Do you own or manage a short-term rental property? Do you work with touristic rentals or home-sharing? Or maybe you have a bed and breakfast or small hotel and would love to step-up your game, crush your competitors, and increase your bookings and revenue? Then this book is for you! My name is Vick Fichtner, and I'm an architect and professional photographer. I've worked with Airbnb for ten years, where I've helped to style and photographed over 3,000 properties worldwide. In this book, a practical, step-by-step illustrated guide, I'll show you how to prepare your space (including amazing, easy home-decor tips), how to style it for the shooting and how to photograph it applying professional techniques using your smartphone only! I'll also teach you how to use your smartphone, mastering all its features so you can take amazing photos of your properties and upgrade your listings! Are you ready to begin?

A steamy Hollywood romance with a playlist! Unrequited love is hell on earth. Personal assistant Wendy Davila is in love with her bad boy boss, Halden Armstrong, A-list star of the Apollo superhero film franchise. But she can't compete with the succession of stick-thin blond beauties he's caught and released. Or can she? When Halden asks Wendy to accompany him on a fishing trip to Muskoka, it's her chance to remake her dark-haired, curvy Latina self into his ideal woman and cast her hook for Halden. The movie star has been burned by love. The last thing he wants is a woman like his ex who faked it until she landed him. Wendy is special, and the private trip is an opportunity to explore his feelings for her. However, the Greek god has an Achilles' heel. Can he trust Wendy with a secret that could ruin his career? And will she still

care for him when she learns the truth? When Apollo falls off his pedestal, Wendy must decide if the man she adores is a keeper. Hollywood Hero is Book 3 in the Hollywood in Muskoka series. This star-crossed lovers story can be read as a standalone humorous romance.

Alain de Botton explores our relationship with 'the news' in this book full of his trademark wit and wisdom. Following on from his bestselling *Religion for Atheists*, Alain de Botton turns now to look at the manic and peculiar positions that 'the news' occupies in our lives. We invest it with an authority and importance which used to be the preserve of religion - but what does it do for us? Mixing current affairs with philosophical reflections, de Botton offers a brilliant illustrated guide to the precautions we should take before venturing anywhere near the news and the 'noise' it generates. Witty and global in reach, *The News* will ensure you'll never look at reports of a celebrity story or political scandal in quite the same way again. Praise for *Religion for Atheists*: 'Smart and stimulating . . . a sensitive analysis of the deeply human needs that faith meets' *Financial Times* 'A serious and optimistic set of practical ideas that could improve and alter the way we live . . . energetic and on the side of the angels' Jeanette Winterson, *The Times* 'Packed with tantalising goads to thought and playful prompts to action' *Independent* Alain de Botton's bestselling books include *Religion for Atheists*, *How Proust Can Change Your Life*, *The Art of Travel*, and *The Architecture of Happiness*. He lives in London and founded *The School of Life* (www.theschooloflife.com) and *Living Architecture* (www.living-architecture.co.uk). For more information, consult www.alaindebotton.com.

Compiled and written by a former Universal Orlando employee, and based upon decades of research from a team whose work has been cited by such diverse sources as *USA Today* and *Operations Research Forum*, *The Unofficial Guide to Universal Orlando* is packed with detailed, specific information on every ride, show, and restaurant in the resort, including insider insight on Harry Potter's Hogsmeade and Diagon Alley attractions. Step-by-step detailed touring plans allow you to make the most of every minute and dollar during your Universal Orlando vacation. Where to find the cheapest Universal Orlando admission tickets, how to save big on Universal on-site hotel rooms and skip the regular lines in the parks, when to visit Universal Orlando for the lightest crowds, and everything else you need to know for a stress-free Universal Orlan-

do experience.

The Ultimate Guide to Keeping Up with the Indiana Joneses For everyone who's ever wanted to be as smooth as James Bond, as clever as Captain Kirk, or as tough as Charlie's Angels, *The Action Hero's Handbook* is the ultimate guide to the essential skills every action hero needs to survive and thrive in this dangerous but exciting world. This book features dozens of real-life action hero techniques, directly from experts in the subjects at hand: FBI agents, sexologists, stuntmen, hypnotists, karate masters, criminologists, detectives, and many others. Learn how to: • Catch a great white shark • Deliver the Vulcan Nerve Pinch • Spyproof your hotel room • Win a fight when outnumbered • Climb down Mount Rushmore National Monument And dozens of other Good Guy Skills, Paranormal Skills, Fighting Skills, and Escape Skills. With meticulously researched step-by-step instructions and easy-to-follow illustrations, *The Action Hero's Handbook* will get you ready for anything. Good luck—we're all counting on you.

Are you an academic who struggles to know what to post on social media and how to disseminate your research effectively on different social media platforms? Social media serves as a powerful communication tool, yet while most academics are aware of the benefits of social media, many are unsure of what to post, and how to do it in a way that is authentic, engaging, and above all, comfortable! This user-friendly practical guide is designed for all academics who aim to engage in social media platforms in an effective and productive way. This book explains how academics can build their reputation, develop networks, and disseminate their research. It includes 365 useful post prompts applicable to all mainstream social media platforms which help guide academics on what to post on the platforms they choose to engage with. The book is designed for all academics at all levels and can be applied across various social media platforms including Facebook, LinkedIn, Twitter, and Instagram.

Annotation With the rise of Web 2.0, the need for a highly scalable database, capable of storing diverse user-generated content is increasing. MongoDB, an open-source, non-relational database has stepped up to meet this demand and is being used in some of the most popular websites in the world. MongoDB is one of the NoSQL databases which is gaining popularity for developing PHP Web 2.0 applications. *PHP and MongoDB Web Development Beginners Guide* is a fast-paced, hands-on guide to get started with

web application development using PHP and MongoDB. The book follows a Code first, explain later approach, using practical examples in PHP to demonstrate unique features of MongoDB. It does not overwhelm you with information (or starve you of it), but gives you enough to get a solid practical grasp on the concepts. The book starts by introducing the underlying concepts of MongoDB. Each chapter contains practical examples in PHP that teach specific features of the database. The book teaches you to build a blogging application, handle user sessions and authentication, and perform aggregation with MapReduce. You will learn unique MongoDB features and solve interesting problems like real-time analytics, location-aware web apps etc. You will be guided to use MongoDB alongside MySQL to build a diverse data backend. With its concise coverage of concepts and numerous practical examples, *PHP and MongoDB Web Development Beginners Guide* is the right choice for the PHP developer to get started with learning MongoDB.

The latest release from GoPro is the new Hero5 Black camera. This new device is the latest in the Hero line of cameras and was released to the public in October 2016 along with another Hero camera; the Hero5 Session. The Hero5 has received accolades for staying true to the GoPro standard of being rugged but savvy and modern. Since its release, the reviews refer to primary features that include the sealed rubberized chassis that enables its use in any climate or environment. Other notable features of the new camera include its Waterproof depth rating of up to 33 feet, voice control for giving instructions to the device, one button control, two (2) rear touchscreen display and wind-noise reduction. The camera also boasts automatic upload to the Cloud, Wi-Fi and Bluetooth connection capabilities, twelve (12) megapixels for still images, time lapse and Wide Dynamic Range modes and 30 frames per second video recording capabilities. The new camera also boasts built-in GPS and 12 times twelve (12) CMOS Sensor.

Winner of the American Sociological Association's Distinguished Book Award in 2012, Chandra Mukerji offers with this remarkable new book an explanation of the birth and subsequent proliferation of the many strands in the braid of modernity. The journey she takes us on is dedicated to teasing those strands apart, using forms of cultural analysis from the social sciences to approach history with fresh eyes. Faced with the problem of trying to understand what is hardest to see: the familiar, she gains analytic dis-

tance and clarity by juxtaposing cultural analysis with history, asking how modernity began and how people conjured into existence the world we now recognize as modern. Part I describes the genesis of key modern social forms: the modern self, communities of strangers, the modern state, and the industrial world economy. Part II focuses on modern social types: races, genders, and childhood. Part III focuses on some of the cultural artifacts and activities of the contemporary world that people have invented and used to cope with the burdens of self-making and to react against the broken promises of modern discourse and the silent injuries of material modernism. Beautifully illustrated with over 100 color photographs in its 10 chapters, MODERNITY REIMAGINED is not just an explanation, an analysis of how modern life came to be, it is also a model for how to do cultural thinking about today's world.

The GoPro brand of cameras are traditionally known as cameras that are used to capture extreme action video photography. They are compact, rugged and can be mounted to capture all possible moments from different angles. These cameras have several features that allow the user to capture continuous scenes efficiently in which you can choose which photos or videos you would like to accept or reject. Some moments are special and they should be captured in great quality and with ease. The GoPro cameras allows amateurs to capture the moments and have them looking professional. The content is captured in HD through a wide angle lens which gives the best quality available in the industry. The camera is designed to be user friendly in capturing the videos and photos and making it easy to share moments with friends.

This comprehensive text/reference presents an in-depth review of the state of the art of automotive connectivity and cybersecurity with regard to trends, technologies, innovations, and applications. The text describes the challenges of the global automotive market, clearly showing where the multitude of innovative activities fit within the overall effort of cutting-edge automotive innovations, and provides an ideal framework for understanding the complexity of automotive connectivity and cybersecurity. Topics and features: discusses the automotive market, automotive research and development, and automotive electrical/electronic and software technology; examines connected cars and autonomous vehicles, and methodological approaches to cybersecurity to avoid cy-

ber-attacks against vehicles; provides an overview on the automotive industry that introduces the trends driving the automotive industry towards smart mobility and autonomous driving; reviews automotive research and development, offering background on the complexity involved in developing new vehicle models; describes the technologies essential for the evolution of connected cars, such as cyber-physical systems and the Internet of Things; presents case studies on Car2Go and car sharing, car hailing and ridesharing, connected parking, and advanced driver assistance systems; includes review questions and exercises at the end of each chapter. The insights offered by this practical guide will be of great value to graduate students, academic researchers and professionals in industry seeking to learn about the advanced methodologies in automotive connectivity and cybersecurity.

Prince Liam. Prince Frederic. Prince Duncan. Prince Gustav. You've never heard of them, have you? These are the princes who saved Sleeping Beauty, Cinderella, Snow White, and Rapunzel, respectively, and yet, thanks to those lousy bards who wrote the tales, you likely know them only as Prince Charming. But all of this is about to change. Rejected by their princesses and cast out of their castles, the princes stumble upon an evil plot that could endanger each of their kingdoms. Now it's up to them to triumph over their various shortcomings, take on trolls, bandits, dragons, witches, and other assorted terrors, and become the heroes no one ever thought they could be. Christopher Healy's Hero's Guide to Saving Your Kingdom is a completely original take on the world of fairy tales, the truth about what happens after "happily ever after." It's a must-have for middle grade readers who enjoy their fantasy adventures mixed with the humor of the Diary of a Wimpy Kid books. Witty black-and-white drawings by Todd Harris add to the fun.

At Last! A Beginner's Guide to Newborn Baby Technology You've programmed your DVR, you've installed a wireless Internet connection, you can even check Facebook on your cell phone. But none of this experience will prepare you for the world's biggest technological marvel: a newborn baby. Through step-by-step instructions and helpful schematic diagrams, The Baby Owner's Manual explores hundreds of frequently asked questions: What's the best way to swaddle a baby? How can I make my newborn sleep through the night? When should I bring the baby to a doctor for servicing? Whatever your concerns, you'll find the answers

here—courtesy of celebrated pediatrician Dr. Louis Borgenicht and his son, Joe Borgenicht. Together, they provide plenty of useful advice for anyone who wants to learn the basics of childcare.

'My book of the year. Extraordinary' The Times A new history of counterculture in the UK, from the release of Heartbreak Hotel in 1956 to the passing of the Criminal Justice Act in 1994 Deep in a wood in the Marches of Wales, in an ancient school bus there lives an old man called Bob Rowberry. A Hero for High Times is the story of how he ended up in this broken-down bus. It's also the story of his times, and the ideas that shaped him. It's a story of why you know your birth sign, why you have friends called Willow, why sex and drugs and rock'n'roll once mattered more than money, why dance music stopped the New-Age Travellers from travelling, and why you need to think twice before taking the brown acid. It's also a story of friendship between two men, one who did things, and one who thought about things, between theory and practice, between a hippie and a punk, between two gentlemen, no longer in the first flush of youth, who still believe in love. 'This amiable and engaging blog-doc is an Odyssey for elective outsiders' Iain Sinclair, Guardian

Most transformations and large-scale change programs fail, but in a rapidly changing world change is becoming more and more critical for survival. The HERO Transformation Playbook is your step-by-step playbook of EXACTLY how to deliver successful transformations and large-scale change programs with the best chance of success using the HERO Transformation Framework: a clear method to help you design transformation for maximum enterprise value creation and then deliver the outcome in a repeatable fashion. We built our framework through trial and error, learning from our mistakes and successes and solving common issues we came across and pitfalls that we have seen time and again. We then spent many years honing the framework, removing the fluff, distilling the concepts until it contained everything you need to succeed in the challenging world of change. In this book we teach you everything we've learned - including all of the roles, processes, meetings, governance, and templates for you to follow and apply to your transformation today - so that you can crack the code of change and lead successful transformations on your own. The more successful transformations that are delivered, the better the world will be for everyone!