
Acces PDF Man S No Nonsense Guide To Women How To Succeed In Romance On Planet Earth

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JOGGG1 - LEE MILLS

The ending of the Cold War was supposed to increase global security and divert expenditure previously earmarked for arms purchases to more constructive ends. Instead, the arms trade has flourished. Not only conventional arms, but also police and surveillance equipment, have been provided by Western countries seeking to make a profit from conflict in unstable parts of the world. Foreign debt has remained high, development has been held back, and human rights have been systematically abused, all with the connivance of an arms trade prepared to turn a blind eye to the uses to which increasingly sophisticated weaponry is put, so long as hefty profits can be reaped. This disturbing book names the players in the arms trade and charts the impact that it has had on war, human rights, and development. The financial and trade mechanisms that permit the arms trade to continue are revealed, amid sordid tales of bribery and

corruption. Gideon Burrows concludes his examination by reviewing the ways in which this trade can be controlled or even abolished.

"Benny Lewis rocks!" - Tim Ferriss, author, the Four Hour Working Week "Benny was enormously helpful in planning my year without English." - Scott Young, Rapid Learner Benny's destiny was to never speak Spanish, or any other language. At school he spent years studying Irish and German. Even after all this study, he still couldn't speak them. By the time he reached his 20's he could only speak English. Yet he ignored the call of destiny, and decided to learn Spanish anyway. These days, Benny speaks over 10 languages - all self-taught - and runs the world's most popular language learning blog, Fluent in 3 Months. How has he achieved this? He's devoted his adult life to discovering "language hacks" - faster and smarter ways to learn a new language. Inside The No-Nonsense Guide to Language Learning, you'll discover: Why Benny's destiny was to never speak

Spanish - and how he did it anyway The smartest decision you can ever make for your language learning How to learn a new language fluently How beginners can outsmart "expert" language learners Why the CIA wrong and it doesn't take 1,000+ hours to learn a language The 7 most common mistakes language learners make - and how to fix them How to practise speaking a foreign language without travelling overseas If you want to learn how to speak a new language, pick up your copy of The No-Nonsense Guide to Language Learning today.

This is a book for any man who is struggling to understand the woman in his life ... some of the time, most of the time or all of the time. An entertaining, no-nonsense guide, it is full of relationship-saving advice, delivered with warmth, as well as the

This book could save your life! The No-Nonsense Guide To Heat Wave, Drought, & Hot Weather Safety--Enhanced Edition is the re-edited guide focusing on preparation and planning for natural (and man-made) disasters. This guide is designed to provide a comprehensive source for the latest research related to hot-weather safety. Subjects covered include: providing a basic understanding of hot weather and its effects on the human body; addressing long-held myths on what helps to stay cool (and what doesn't); the effects of droughts and heat waves; how to be proactive in preparing for hot weather; water-saving strategies; providing sound advice by government & weather professionals/researchers on the best courses of action during hot-weather events. This manual also contains several updated appendices that include: a list of useful weather-warning smartphone and computer apps, a guide to specific types of sunburns, and several other relevant

hot-weather topics, and a larger size.

This book could save your life! The Enhanced Edition (larger sized) of the No-Nonsense Guide To Tornado Safety has been updated. This re-edited guide is designed to provide a comprehensive source for the latest research related to tornado safety. Updated subjects covered include: supplemental information on the understanding of tornadoes; addressing tornado myths; how to be proactive in preparing for a tornado event; providing sound advice by government and weather professionals/researchers on the best courses of action during a tornado; increased shelter information regarding tornadoes; and how to remain safe after a tornado event has occurred. This manual also contains several useful appendices that include a listing of government and charitable resources (for those affected by tornado disasters), a list of useful weather-warning smartphone & computer apps, and an updated list of local and privately-operated designated tornado shelters across the country for those without access to their own shelters.

Full of sensible advice and focused on techniques rather than just recipes, this book is about teaching people how to cook absolutely anything, rather than just a set of predetermined dishes. It shows the short-cuts and straight-forward skills that will make cooking a simple, enjoyable activity instead of a terrifying mystery.

Green issues and politics are no longer separate entities, and as environmental issues will only become more pertinent in the future, it will dominate the political spectrum. From climate chaos to consumerism, the crisis facing human civilisation is clear. Yet the response from politicians at present is still inadequate

and environmental activists focus on single campaigns rather than electoral politics. The new addition to the No-Nonsense Guides measures the rising tide of eco-activism and awareness and explains why it heralds a new political era worldwide.

"Watch your marriage get better! Do you long to be adored, treasured, valued, and held dear by your husband? It's not too late! This book will help you change the way you're treated by the man you love. You'll start by hitting the RESET button on your relationship. I will give you strategies and practical ways to tap into and maximize your own feminine energy for the good of your marriage. You deserve the love you've always desired. This is a must read for every wife and bride-to-be! Being his wife is only the beginning. Every woman wants to be cherished by her husband...this book shows you how to create this reality in your own marriage"--Back cover.

Meditation Without Bullshit: A Guide for Rational Men is a practical no-nonsense guide to meditation.

This guide integrates concisely the conventional narratives of history with the stories of the continents and communities of Asia, Africa and Latin America.

Demystifies all the colors of the sexual rainbow, tracking the campaigns for rights and equality worldwide.

Provides an analysis of the causes behind terrorism, its history, and responses to terror.

Get tested and proven advice on how to navigate risk and succeed in all phases of business ownership from a successful entrepreneur who turned a small startup into a billion-dollar company. Self-made billionaire and Paychex founder Tom Golisano understands the fears, risks, and challenges small-business owners

face every day. He has launched and grown his own highly successful business and mentored dozens of entrepreneurs, helping them build their own fruitful companies. Golisano knows how nervous aspiring business owners are about the risks of entrepreneurship. Now, he's sharing the startup-to-exit secrets to success and how he turned \$3,000 into \$28 billion dollars. *Built, Not Born* shows you: How going against the grain can be a great strategy for finding business opportunities and why it pays to question conventional wisdom. Why the pregnant pause can be an effective weapon in negotiations and when interviewing potential employees. Why a prenuptial or even a postnuptial agreement is critical to any business owner. What potential buyers and funding sources look for, and the best way to present a business plan. And finally, the key growth and leadership strategies that have helped Paychex sustain its incredible level of growth and profitability. *Built, Not Born* provides a direct and practical approach on how to overcome everyday challenges. This essential handbook is a key resource for current and aspiring entrepreneurs on how to start, grow, and operate a successful business. Expert hands-on advice on getting the most out of Web 2.0 and cloud computing. Applications like YouTube, Facebook, Flickr and Slideshare all raise legal problems for the information professional. Whether you're working with, managing or using Web 2.0 or cloud computing applications you will need to be able to assess and manage risk effectively. This no-nonsense practical working tool will make the relevant legal principles simple to understand for those with little or no experience and make common problems quick to solve when you're struggling with daily deadlines. Each chapter starts

with an accessible introduction to the key areas of relevant law and the implications for Web 2.0 and cloud computing. Cross-sectoral case studies illustrate real world problems and exercises with easy-to-follow, pragmatic solutions allow you to quickly develop good practice. The relevant practice is discussed in relation to these key topics: • the major legal issues raised by Web 2.0 • an overview of copyright • other intellectual property rights and related rights • data protection including UK and EU law • freedom of information • defamation and global differences in defamation law • cloud computing issues • liability issues. This is an essential toolkit for all information professionals working in public, academic or special libraries, archives or museums, who are working with, using or managing Web 2.0 or cloud computing applications. It also provides a practical introduction to the law on these topics for LIS students and academics.

Globalisation has become one of the most used and encompassing words over the past decade, of undeniable influence in economics, politics and activism. Globalisation is literally all around; every aspect of life is affected by a global structure of communication and economy. This fully revised and updated guide condenses this complex subject into clear, concise commentary. It examines the debt trap, the acceleration of neoliberalism, competition for energy resources, the links between the war on terror, the arms trade and the alternatives to corporate control.

Looking beyond the common perceptions and polemical debates.

INTERNATIONAL BESTSELLER Rigorously researched and deeply illuminating, world-leading neurologist Dr Steven Laureys collaborates with the personal assis-

tant to the Dalai Lama to scientifically prove the positive impact meditation has on our brains.

The Enhanced Edition of the book could STILL save your life! The No-Nonsense Guide To Blizzard Safety (Enhanced Edition) has new material and more editing! This guide is designed to provide a comprehensive source for the latest research related to blizzard safety. Subjects covered include: providing a basic survey-level understanding of blizzards; how to be proactive in preparing for a blizzard; providing suggestions by government and weather professionals/researchers on the best courses of action before, during, & after a blizzard; what to do if trapped in a blizzard; what life-or-death issues remain after a blizzard. **WHAT'S NEW:** Larger book size, added information, greater editing, more images, and added appendices.

This accessible and highly practical book provides an introductory guide to the world of research support in the academic library. Academic libraries have seen huge changes in recent years thanks to the increasing availability of information online but they are now undergoing another shift. As libraries move away from providing access to existing information and towards helping users create new knowledge there is an opportunity for them to develop new services for the research community. To do this successfully libraries need to have a knowledgeable workforce who are equipped to provide the support that researchers need. Information professionals are increasingly being asked to advise their users on issues such as open access and research data management but are often doing so with little or no formal preparation. Outlining the reasons why library staff need to develop a knowledge of research support and guiding them through the key

information on each topic, *The No-nonsense Guide to Research Support and Scholarly Communication* provides an ideal primer for those who seek to work in this area or those who have acquired these responsibilities as part of a wider role. The practical nature of the book means readers can dip into it or read it from cover to cover as needed. It includes practical checklists of knowledge and skills, international case studies by practitioners from around the globe, end of chapter references, how-to sections, activities and links to freely available online training materials. The book covers: - scholarly communication, open research and the research lifecycle - research data management - open access - disseminating research - metrics and measuring impact including the Journal Impact Factor, H-Index and Altmetrics - career paths in research support - why and how library staff at all levels can get involved in the process of doing research and sharing their outputs. The book will be essential reading for academic librarians who have had research support duties added to their role with little or no formal training or those who have taken on a newly created role and are unsure of how best to use their existing skills or develop new ones suitable for a role in research support. The book will also be of interest to public librarians who may be dealing with supporting their own research communities and those who are considering taking on a career in this growing area but are unsure where to turn for guidance including students studying for postgraduate library qualifications and those who have undertaken qualifications in publishing. A wide-ranging exploration of why inequality persists and what can be done about it.

This book could save your life! The Enhanced Edition of the *No-Nonsense Guide To Hurricane Safety* is the latest re-edit of the comprehensive life-saving guide written as a source for the latest research related to hurricane safety. In addition to updated information on evacuation procedures, shelters, and hurricane forecasting research, the enhanced edition includes a larger-size, greater editing, and more of the information contained in the previous volume (a survey-level understanding of hurricanes; explanations of hurricane rating systems; being proactive in preparing for hurricane emergencies; listings for governmental and nonprofit disaster-relief resources, advice by weather professionals/researchers on the best courses of action before, during, & after a hurricane; and updated appendices). This guide, along with others in the series, is designed to be a 1-stop source-guide for proactive disaster-planning. Indigenous peoples have long suffered from exoticization. Outsiders elevate their beauty, remoteness and difference and do not see beyond this to the real problems they face. The *No-Nonsense Guide to Indigenous Peoples* looks beyond the exotic images, tracing the stories of different indigenous peoples from their first (and often fatal) contact with explorers and colonizers. Much of this history is told here by indigenous people themselves. They vividly describe why land and the natural world are so special to them; how it feels to be snatched from your family as a child because the government wants to "make you white"; why they are demanding that museums must return the bones of their ancestors; how can they retain their traditional culture while moving with the times; and what kinds of development are positive. This short guide discusses all this and

more, raising countless issues for debate.

This practical how-to-do-it guide is ideal for professionals involved in the management of archives and records, especially if they are just starting out or without formal training. The book covers all aspects of recordkeeping and archives management. It follows the records' journey from creation, through the application of classification and access techniques, evaluation for business, legal and historical value and finally to destruction or preservation and access in the archive. Based on the internationally renowned training days run by the author and her business partner, *The No-nonsense Guide to Archives and Recordkeeping* deals with records and archives in all formats. It utilizes checklists, practical exercises, sample documentation, case studies and helpful diagrams to ensure a very accessible and pragmatic approach, allowing anyone to get to grips with the basics quickly. The book is divided into four main work areas: - current records: including creation, filing, classification and security - records management: including aims, risks, planning, preparation and delivery - archives management: including collecting policies, intellectual property rights, appraisal, digitization and outreach - archival preservation: including policy, disaster prevention and repositories. This one-stop-shop will be essential for a wide readership including archives and records assistants, librarians, information managers and IT professionals responsible for archives and records and managers of archives staff.

Drawing from his vast experience with women, the world-renowned seducer Aaron Sleazy wrote *Minimal Game* for regular guys who want to get laid more often, and without having to rely too

much on luck. This is a fairly modest goal, but it is a realistic one that is within reach for pretty much any man. The knowledge in this book will enable you to have a stable sex life, so that lack of sex will cease to be a source of frustration for you. However, by revealing the key aspects of seduction, *Minimal Game* provides such a strong foundation that you will greatly benefit from it even if you are already getting a lot of women. In this case, you will learn how to become much more efficient, which will get you more girls in less time, and girls you have more in common with.

A history of weapons of mass destruction from the First World War to the Gulf War - and beyond. When Tom Lehrer sang 'We'll all go together when we go', the world was gripped by fear of nuclear holocaust: the ultimate endgame of every Cold War powerplay. With the collapse of the Soviet Union, the threat was assumed to have gone away. But Libya, Iraq, Iran and North Korea are building weapons of mass destruction. The next live Scud missile launch could signal the next Hiroshima. Robert Hutchinson investigates the history of weapons of mass destruction, from biological warfare during World War I to the atomic weapons of World War II and the Cold War. He reveals that Russia did indeed build the 'Doomsday' nuclear missile system featured in *DR STRANGELOVE*, but not until the 1980s: and it is still switched on! Chemical weapons remain the 'poor man's nuke'. And as the attack on the Tokyo subway demonstrated, weapons of mass destruction are now available to terrorist organizations as well as 'rogue' nation states.

Ball and Gready review the development of today's assumptions about human rights and introduce readers to alterna-

tive models from history and from today's human rights debate. From the material rights of citizenship to the more abstract rights of the imagination, the authors present a clear overview of today's human rights debate and prompt discussion about alternative models for the future. Splendid series of pocketable guides to issue politics...rigorously clear.' - The Guardian'

Incorporating the most recent studies on hormone therapy, Seaman--a legendary figure in the women's health movement--and co-author Eldridge present an invaluable guide for women in need of information on menopause.

This book provides a 'no-nonsense' guide to project management which will enable library and information professionals to lead or take part in a wide range of projects from large-scale multi-organization complex projects through to relatively simple local ones. Barbara Allan has fully revised and updated her classic 2004 title, *Project Management*, to incorporate considerable developments during the past decade, including: the development and wide-scale acceptance of formal project management methodologies; the use of social media to communicate and disseminate information about projects and the large shift in the types of project library and information workers may be involved in. The text is supported by practical case studies drawn from a wide range of LIS organizations at local, regional, national and international levels. These examples provide an insight into good practice for the practitioner, from an individual working in a voluntary organization on an extremely limited budget, to someone involved in an international project. Content covered includes: an introduction to project management, project workers and the library and information profession different ap-

proaches to project management, the project cycle, the people side of projects and management of changediscussion of project methodologies, project management software, open source software, collaborative working software and use of social mediaproject initiation, communication, analysis and project briefsdeveloping project infra-structure, scheduling, working out the finances and carrying out a detailed risk analysisworking in partnerships, in diverse and virtual teams, and managing change. If you are an LIS professional involved in project work of any kind, whether on a managerial, practical, academic or research level, this is an invaluable resource for you.

The straight-talking guide to divorce by a seasoned family lawyer. The *No-Nonsense Guide to Divorce: Getting Through and Starting Over* is the straight-talking, reassuring book you need now if you find yourself facing divorce. Written by an experienced family law attorney, the book is an often blunt, sometimes funny, always empathetic look at one of the most challenging time in your life. The book begins with a list of rules to help you through the tough parts. They're reliable, time-tested, formulated from the author's 27 years in practice. In a clear, concise, and contemporary voice, author Lori Hellis offers step-by-step, start-to-finish advice on the many phases of divorce. She covers the full spectrum of divorce issues from beginning to end, from how to start and what temporary measures to take to deciding child custody and parenting time, calculating child and spousal support, and dividing property and debts. The book contains essential information for anyone during a divorce and includes specialized chapters for divorcing seniors, gay couples, and military mem-

bers. It's filled with concrete advice, sample documents, and hilarious and sometimes cringe-worthy examples from the author's years as a practicing divorce attorney. It's the perfect blend of how-to and what-not-to-do.

Own your screw ups, get inspired and create the life you want. Sick of chasing the perfect relationship, career or bank balance? Tired of feeling like you're never quite 'enough'? You're not alone. And it's time to do something about it. *Smart Girls Screw Up Too*, is THE no-nonsense guide for a generation of women who secretly muse about what might be possible in their careers, health and relationships but don't know where to start or are too afraid to. When a clusterf**k of screw ups found author Bella Zanesco burnt out, depressed and with a broken soul, she knew something – perhaps everything – had to change. But what? Her first ports of call were the usual Band-Aids: Tinder, work and shopping. But soon, she realised those weren't going to work. If she wanted to fix this thing, she was going to need to take extreme measures. And so she began the journey that would transform her from 'Sad Girl' to 'Smart Girl'; a journey that meant taking up all the things that she'd been told were good for her but she had always been too afraid, too 'busy', or too lazy to try. Cue everything from green juices to setting boundaries to quitting her job to culling her friends. Delivered with no-holds-barred honesty, humour and compassion, *Smart Girls Screw Up Too* brings together: the latest research into gut science, neuroscience and epigenetics; ancient tribal wisdom; interviews with global game changers; and insights from the author's own two-year study of over 2000 women. Paired with a Personal Life Audit, you will get immediate clarity about where to start when seeking pur-

pose, vitality and love. And, together with Bella – the wise but ass-kicking bestie you wish you'd known earlier – you'll embark on a series of simple daily challenges that will not only get you to the root causes of why you think, feel and behave as you do, but see you making changes that stick. No matter what your starting point, you are capable of creating the life you want NOW.

This book could save your life! *The No-Nonsense Guide To Earthquake Safety (Enhanced Edition)* is re-edited edition of the original guide designed to provide a comprehensive source for the latest research related to earthquake safety. Now in a larger size, re-edited, and additional appendices, the subjects covered include: a basic survey-level understanding of earthquakes; addressing long-held earthquake myths; how to be proactive in preparing for an earthquake; advice by government and professionals in the geological sciences on the best courses of action during an earthquake; the best shelter/courses of action during an earthquake; and how to remain safe after an earthquake has occurred. The Enhanced Edition also contains updated appendices that include a listing of government and charitable resources (for those affected by earthquakes), and the latest research regarding animal behavior & earthquakes, as well as the latest advancements toward creating earthquake detection systems.

You have heard that men and women are from different planets. This book helps you: know, an hour after meeting her, whether she's right for you; know whether women are attracted to you - or to what you can do for them; understand how her socialisation drives you nuts; and how your socialisation drives her nuts.

'The book every middle-aged man who wants to look after their health should read' Max Pemberton, medical doctor, journalist and author 'Finally a book that tackles what men should be eating . . . Men of all ages will find this book incredibly beneficial' Dr Ellie Cannon, NHS doctor and resident GP for the Mail on Sunday ManFood is the definitive guide, tailored for men, on how to enhance their health easily and practically through their nutritional choices. If there was a way to eat that meant you could slow ageing, lose weight AND prevent illness, wouldn't you do it? Genetics and family history combine with our lifestyles and contribute to overall health, and the results show that men have significantly increased chances of experiencing various diseases. There are of course multiple factors that contribute to the development of disease, but we do know that nutrition is a powerful ally in reducing the risk. Now is your chance to make simple changes to your diet to ensure a longer, healthier, happier life. Drawing on the latest clinical research, award-winning nutritionist Ian Marber provides simple food swaps, myth-busting facts, and scientific evidence on how consuming certain foods can reduce your risk of prostate cancer, heart disease, diabetes, dementia and more. ManFood makes eating well easy, so you can boost your health and feel energised.

This book provides a straight forward and pragmatic guide to leadership, management and team working in contemporary library and information services. Contemporary managers and leaders in library and information services are working in a challenging context; dealing with multiple demands on their time, expertise and resources. This book translates theories in team work, management and leadership into practical guidance

backed up with examples and case studies from current library and information workers globally. There is a focus on attitudes, values and practices that make for good leadership and management. The book covers: -analysing your environment, understanding culture and developing strategies -working in the senior team and making an impact -confident leadership and management, decision making, problem solving and managing crises -leading, managing and supervising your team, establishing working practices and conflict management -delegation, dealing with overload and evaluating outcomes -managing large and small projects and the people side of projects -innovation and management of the change process -communications, managing e-mails and text messages and effective use of social media -recruitment and selection and performance management -managing and leading complex teams including collaborative, multi-professional, partnership and virtual teams -budgeting, managing finances, tendering, crowdfunding and taking part in audits -managing work/life balance, coaching and mentoring, emotional intelligence, resilience and mindfulness. The No-Nonsense Guide to Leadership, Management and Teamwork is a book that a new or aspiring manager or team leader will use to guide them through the first few years in their new role. It will also provide guidance and support to new or aspiring directors of library services and help them to navigate their way through decision making and problem solving at senior levels. In addition, individual practitioners who are struggling to understand the management and leadership practices that they are experiencing may find that it helps them to make sense of their current environment.

Are you looking forward to being a fa-

ther? No? Neither do many men but if no one had children then eventually the bins wouldn't get emptied, there wouldn't be people to brew beer and make television programmes. Civilisation would fall in a heap. Eventually most men recognise unfamiliar emotions which are a result of impending fatherhood. These could be anything from a mixture of incredulity at finding your wife or girlfriend in bed with the milkman, to amusement at trying to figure out why she has put on 3 stone in weight and pukes when you mention 'fish supper'. It might even be the confusion you feel when you receive this book as a present. Being faced with the prospect of having a baby in your life is serious. You have two options. First to retreat into the swamp of fatherhood misery, lurching from one slime filled pit of parenting hopelessness to the next. Second is READ THIS BOOK and make your resolve to survive as a dad. Notice that this book is different to other parent craft books because this is a MANUAL, a book for MEN written by a MAN. There is no meaningful theorising about alcohol intake and sperm count, phases of Saturn and fertility or 'how to look good in stirrups'. Men need advice on issues such as ensuring your new baby will be male and, yours. There is also some information on how pregnancy might affect your partner, wife or girlfriend. If you are the man who doesn't notice your wife shaving her head and sharing your flat with Hare Krishna devotees then this book is for you. Even if you aren't average this book will guide you through the murkiest water a man may ever have to navigate.

Details the ways women can effect a relationship change with their husbands through minor changes in their own actions.

With current trends concentrating on buyer-related representation and issues such as defects, disclosure, discount points and negotiations it is of paramount importance that the seller be well informed of responsibilities, practices and procedures. The market has a bounty of books promising to help the buyer get the best deal, help the buyer negotiate the price, help the buyer save on closing costs... Where is a handy reference tool designed with the SELLER in mind? Right here. Considering all of the materials available to the buyer--you really can't afford not to buy this book! Here's another thought... Property values are increasing in most metropolitan areas. Real estate commissions are typically based on the sales price of your home. Higher property value translates to higher commission! This book will teach you effective strategies for successfully marketing your home—with or without an agent.

How much has life really changed for women during the last decade? Has the women's movement affected women all over the world? Has it changed women's relationships with men? Nikki van der Gaag answers these questions with hard, sometimes disturbing, evidence. Many women have made huge leaps forward in legal rights, political representation, employment, education, health but beneath the surface the statistics are shocking. Vivid testimonies from women and men around the world explain why, especially in this post-feminist age, women's rights are still very much an issue for men and women alike. "She has made a special effort to correct many of the misconceptions and biases related to the feminist movement, to link the liberation of women who constitute half of society to the liberation of men and to the dispossessed majority living on earth." from

the introduction by Nawal El Saadawi

This book could save your life! The enhanced edition of The No-Nonsense Guide To Flood Safety has been updated, while continuing to provide a comprehensive source for the latest (updated) research related to flood safety. Subjects covered include: a basic survey-level understanding of floods; flood rating systems explanations, how to be proactive in preparing for flood emergencies; pro-

viding suggestions by government and weather professionals/researchers on the best courses of action before, during, & after a flood; and appendices that include regional contacts for federal assistance as well as instructions for sandbagging. This larger-sized guide has been updated with greater editing and more information, and continues its mission as a 1-stop source for contingency planning as it relates to disaster & flood-related emergencies.