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T2KFYG - PATRICIA JAMIE

Start your music career off right with this fun guide to the music industry Music Business For Dummies explains the ins and outs of the music industry for artists and business people just starting out. You'll learn how file-sharing, streaming, and iTunes have transformed the industry, and how to navigate your way through the new distribution models to capitalize on your work. It all begins with the right team, and this practical guide explains who you need to have on your side as you begin to grow and get more exposure. Coverage includes rehearsing, performing, recording, publishing, copyrights, royalties, and much more, giving you the information you need to start your career off smart. Music industry success has never been easy to achieve, and recent transformations and disruptions to the business side have made the whole idea even more daunting than before. This guide gives you a roadmap around the landmines, and provides expert advice for starting out on the right foot. Find the right players, agents, and business managers Make more money from your work with smart distribution Build your brand and get people talking about you Get gigs, go on tour, and keep on growing If music is your calling, you need to plan your career in a way that sets you up for success from the very beginning. Put the right people in place, get the most out of your investments, and learn how to work the crowd both virtually and in person. Music Business For Dummies is your companion on your journey to the music career you want. Coding For Dummies (9781118951309) is now being published as Coding For Dummies (9781119293323). While this version features an older Dummies cover and design, the content is the same as the new release and should not be considered a different product. Hands-on exercises help you learn to code like a pro No coding experience is required for Coding For Dummies, your one-stop guide to building a foundation of knowledge in writing computer code for web, application, and software development. It doesn't matter if you've dabbled in coding or never written a line of code, this book guides you through the basics. Using foundational web development languages like HTML, CSS, and JavaScript, it explains in plain English how coding works and why it's needed. Online exercises developed by Codecademy, a leading online code training site, help hone coding skills and demonstrate results as you practice. The site provides an environment where you can try out tutorials built into the text and see the actual output from your coding. You'll also gain access to end-of-chapter challenges to apply newly acquired skills to a less-defined assignment. So what are you waiting for? The current demand for workers with coding and computer science skills far exceeds the supply Teaches the foundations of web development languages in an easy-to-understand format Offers unprecedented opportunities to practice basic coding languages Readers can access online hands-on exercises and end-of-chapter assessments that develop and test their new-found skills If you're a student looking for an introduction to the basic concepts of coding or a professional looking to add new skills, Coding For Dummies has you covered.

Take an inward journey for a happier, healthier life Meditation has

been used for centuries to reduce stress, increase energy, and enhance overall health and well-being—so it's no wonder more and more people in today's fast-paced and stress-centric world are adopting this age-old practice. If you want to achieve a greater state of calmness, physical relaxation, and psychological balance, Meditation For Dummies is your life raft. Covering the latest research on the health benefits of meditation, this new edition explains in plain English how you can put meditation into practice today and start reaping the benefits of living a more mindful life. Whether you're new to meditation or a seasoned practitioner coming back for a refresher course, this plain-English guide provides a wealth of tips and techniques for sitting (or lying) down with your mind to meditate successfully. From preparing your body for meditation to focusing your awareness and being open to the present moment, it covers everything you need to put distractions to rest and open yourself up to a meditation practice that works for you. Provides the latest research on the causes of happiness and how meditation can improve your mood Includes a new chapter on the growing trend of meditation in the workplace Explains how meditation and other mindfulness practices have made their way into hospitals, schools, prison, and military groups Illustrates the benefits of taking time to consciously cultivate mindfulness through meditation If you're ready to find some zen and benefit from all meditation has to offer, this friendly guide sets you up for success.

An easy-to-follow Nikon D5600 photography class—in a book! Your Nikon D5600 is a powerful tool equipped to take top-notch photos. But unless you know how to use it to its full potential, your professional-grade camera will produce underwhelming amateur-grade photos. And that's where Nikon D5600 For Dummies comes in! Packed with all the expert tips and tricks you need to get your Nikon to live up to its name, this guide shows you how to use it to get truly striking shots—in a flash. Written by an expert on all things Nikon—and brimming with inspiring full-color photos—the step-by-step instruction offered inside arms shutterbugs of all skill levels with the know-how to turn any scene into a beautiful work of art. Whether you're looking to capture a cozy low-light shot or forever memorialize an awesome action scene, Nikon D5600 For Dummies will take your photography skills to picturesque new heights. Discover all your camera's features and capabilities Get better photos in auto or manual mode Adjust focus on the fly Start speaking photography lingo like a pro Even Leonardo da Vinci had to learn to work with paints and brushes before he could create the Mona Lisa. Before you let your frustration get the best of you, take heed in the friendly guidance in Nikon D5600 For Dummies.

Your guide to the new Samsung Galaxy Tab 4 NOOK Samsung Galaxy Tab 4 NOOK For Dummies provides you with all the information you need to get the most out of your NOOK tablet. You'll quickly get up to speed on the basics, like using the touchscreen technology, setting up wireless access, and performing software updates. Then you'll get introduced to the fun stuff: downloading and shopping for e-books, using the built-in web browser, stream-

ing videos from Netflix, Hulu, and other sources, and creating cool slideshows of photos from your digital camera. If that's not enough to pique your interest, you'll find out how to use the Android-based applications that come with the Samsung Galaxy Tab 4 NOOK, interact with the device using the built-in microphone, create your own e-books, archive your e-books, and so much more! Bringing together the absolute best of two worlds, the Samsung Galaxy Tab 4 Nook is a co-branded e-reader tablet produced by Samsung and Barnes & Noble. By teaming up with a thriving hardware brand, the creators of the NOOK have been able to focus on developing a more competitive device, giving you a better-performing and sleeker user-experience. With the help of this book, you'll get expert guidance on discovering everything this cool new tablet has to offer. Four-color design brings the information to life Offers clear instruction on navigating the touchscreen, browsing the web, and staying connected with email Covers the latest books, apps, magazines, and more Provides step-by-step guidance on streaming video, playing music, and reading e-books If you've just purchased this awesome new device and want to find out everything it can do for you, you'll find Samsung Galaxy Tab 4 NOOK For Dummies out of this world.

Get up to speed on Windows 10 With Windows 10 For Seniors For Dummies, getting familiar with Windows 10 is a painless process. If you're interested in learning the basics of this operating system without having to dig through confusing computer jargon, look no further. This book uses a step-by-step approach that is specifically designed to assist first-time Windows 10 users who are over-50, providing easy-to-understand language, large-print text, and an abundance of helpful images along the way! Work with Windows 10 on any device Upload, edit, and download pictures Play games and enjoy social media Keep your system secure Perform routine maintenance If you've just purchased your first computer or upgraded to a new model, Windows 10 For Seniors For Dummies offers everything you need to make the transition as smooth as possible!

Step-by-step instructions with callouts to Windows 8 that show you exactly what to do. Help when you run into Windows 8 problems or limitations. Tips and Notes to help you get the most from Windows 8. Full-color, step-by-step tasks walk you through getting and keeping Windows 8 working just the way you want. Learn how to Quickly master Windows 8's fluid, colorful interface--and leave yesterday's Windows behind! Get super-productive fast with the latest touch and mouse techniques Tweak your Start screen to get easy access to tasks you do every day Get up-to-this-instant information with Live Tiles Browse the web with the sleek, streamlined Internet Explorer 10 Use Windows 8's great built-in apps and get more at the new Windows Store Secure your computer with custom Lock screens, picture passwords, PIN logons, and location privacy Copy, move, and share files through the revamped File Explorer View, organize, and share all your photos on your PC, photo sites, and favorite social media accounts Work with Windows 7 programs through the Windows 8 desktop Keep your files safely backed up and Windows 8 safely updated Improve computer performance with Windows 8's updated system tools Stream media and share files easily with your PCs, your Xbox 360, tablets, and phones

Get healthy, lose weight, and feel great on a plant-based diet The benefits of a plant-based diet have been publicized far and wide, and you can no longer deny it—you're fully ready to experience the health benefits of this lifestyle. Plant-Based Diet For Dummies has been created to help even the most stubborn carnivores adapt to and even learn to find joy in a plant-based diet. Besides providing useful tips, delicious recipes, and meal ideas, this lively resource discusses all you have to gain from adopting healthier eating habits, including a decreased risk for cancer, a lower risk

of heart disease and stroke, a lower cholesterol count and blood pressure, and a lower risk, and prevention, of diabetes. A meat-free lifestyle has many benefits for your body, and author Marni Wasserman takes you on a journey of discovery into the exciting world of fruits, vegetables, and other nutrient-rich foods. A plant-based diet, while similar to vegetarian and vegan diets, is different in that it allows an individual to experience the benefits of vegetarianism without focusing on the politics of a meat-free lifestyle. This book takes the mystery out of adopting better food habits and making better meal choices. It shows you how to stock your kitchen, cook fantastic meals, and discover the wealth of delicious ingredients at your fingertips. Discusses how to improve energy, lower cholesterol, and protect the body's cells, all through better diet options Includes more than 40 mouthwatering recipes and sample menu plans Gives specific advice and instructions for athletes, those battling illnesses, expectant parents, seniors, and children Covers which plant foods are good sources of fat, protein, complex carbohydrates, and fiber Get healthy, lose weight, and feel great on a plant-based diet.

Straightforward, easy-to-use Windows 7 reference and guide for Spanish speakers. Microsoft's Windows 7, the long-awaited replacement for Windows Vista has arrived, and now you can learn the basics of this new operating system with this practical guide. Understand the new user interface, set up your desktop, cover basic applications, and much more with this easy-to-follow book. Whether you're upgrading or starting fresh, this is the perfect basic reference. Introduces the operating system and shows you how to navigate the user interface, set up your desktop, and manage files Covers basic management of applications and data and how to print Helps you get things done online by setting up a user account and build a home network Shows you how to have fun with your new system by editing audio, burning CDs, creating videos, and more Explores troubleshooting issues, such as warning notices, finding missing files, transferring data from one PC to another, and more This is the basic Windows 7 reference you'll want to keep on hand.

Seniors, here's what you need to get up and running on Windows 8.1 Microsoft, now a little older and wiser, is back with Windows 8.1, the revamped version that brings fresh changes and welcome improvements to the Windows 8 operating system. And now you savvy seniors can get the very most out of this easier-to-use Windows 8.1 with our friendly new guide. Using large print that makes the book easier to read plus magnified screen shots to help make Windows less intimidating, this book walks you through common tasks and show you how to get things done in fine style. Helps you get to know Windows 8.1, including the basics of PC hardware, the return of the Start screen, the desktop interface, Windows 8.1 applications, customizing, and more Explores how you can best use the Web, including directions on connecting to the Internet, using the e-mail app, connecting with social networks, and messaging Puts the fun in the fundamentals of how to find and install new apps, work with digital photos, and play music and videos Offers practical steps on troubleshooting and maintenance, connecting other devices, storing and organizing files, and backing up your computer Uses straightforward explanations, minimal chit-chat, and easy-to-read large print - perfect for seniors Work faster and smarter - and enjoy yourself, too - with Windows 8.1 and Windows 8.1 For Seniors For Dummies.

Get a real feel for Windows 8 with a wealth of tips in this step-by-step guide. After using Windows 7 or XP, learning Microsoft's latest operating system takes some adjustment. Never fear. Windows expert Mike Halsey starts with the basics and then takes you through the trickier parts of Microsoft's latest operating system. You'll quickly learn how to make the most of Windows 8 for

work and entertainment, whether you use a touchscreen tablet, a laptop, or a PC with a keyboard and mouse. Easily navigate the intuitive Windows 8 interface Use email and the Internet—and keep your family safe Share files online or with other devices in your home Download and use all kinds of apps and programs Watch movies and listen to music Import, view, and edit your own photos and videos Learn how to use extra hardware and older software Use expert tips to keep your computer running smoothly Discover cool stuff that makes computer use really easy

Learn to: Navigate the Windows 8 Start screen Create user accounts and set passwords Use Word, Excel, PowerPoint, and Outlook Master the basics of Windows 8 and Office 2013! Windows and Office work together to turn your PC into a productivity tool. The unique Windows 8 interface combines with updates to Office 2013 to create a new computing experience. This book offers quick answers for when you get stuck. Learn your way around the Windows 8 Start screen and Charms bar as well as Office 2013 applications. The new Windows — see how to launch programs, customize Windows 8, and create user accounts Apps and more — install and update apps, locate missing ones, and identify which ones are running Get social — add your social networking and e-mail accounts to Windows 8 for quicker updating Welcome to Office 2013 — navigate the Ribbon and create and format Word documents and Excel spreadsheets Get organized — manage your e-mail and contacts and track your appointments Open the book and find: A tour of the Windows 8 Start screen How to password-protect your user account Tips for adding or removing Start screen items Advice on customizing Office 2013 Ways to punch up your PowerPoint presentations Hints for analyzing data with Excel

Make Microsoft's Surface work—and play—just the way you want it to Microsoft's Surface tablet has the features and personality you're looking for, with a robust environment for business computing that doesn't skimp on fun. Surface for Dummies, 2nd Edition explains how Windows 8.1 Pro and Windows RT differ, and helps you decide which Surface model is best for you. Step by step, this book walks you through both the hardware and software features of the Surface, including the touch cover and type cover, Windows RT and Windows 8.1 Pro operating systems, and the coveted Office Home & Student 2013 software suite that's bundled with the Surface. Written by bestselling author Andy Rathbone, this easy-to-access book is filled with information on how to use the tablet, figure out the operating system, navigate the app environment, and take advantage of your exciting new Surface. The book is your personal guide to one the fastest, sleekest, and most powerful tablets on the market. Surface is designed to be thin, light, and with hours of battery life so you can power through your day with ease. With this handy reference, you'll be able to make quick work of your to-do list and have fun all at the same time! Create: release your inner artist with Fresh Paint, a touch-based art app Share: Multiple accounts offer privacy and security so you can share your Surface, but not your stuff Enjoy: Snap apps side by side to multi-task on the vivid HD screen Discover: New apps in the Windows Store so you can work efficiently and get more done With Surface For Dummies, 2nd Edition you can navigate and enhance your entire Surface experience!

A smart value — the complete book plus three hours of video training! Windows 8.1 brings some welcome tweaks to the Windows operating system, including more ways to customize the interface and boot operations, a new start button that reveals apps, greater integration between the two interfaces, and app updates. This bargain bundle includes the complete Windows 8.1 For Dummies book plus a DVD that walks you visually through the most common Windows tasks. Whether you're just getting started with

Windows or are upgrading to 8.1, you can learn everything you need to know, see how things are done, and start using Windows 8.1 with confidence. Includes the complete Windows 8.1 For Dummies plus three hours of video training on DVD Covers all the upgrades that make up Window 8.1, including new opportunities to customize the interface, the new start button, and greater integration between the two interface options Features complete information on using a Windows computer for those new to the system The DVD provides basic overviews and step-by-step instruction covering the essentials of Windows 8.1, such as getting started, using the start screen and the desktop, getting things done online, managing photos, playing music, customizing Windows, and much more Windows 8.1 For Dummies Book + DVD Bundle is a value-priced crash course for anyone wanting to understand and use Windows 8.1.

Windows 8 In Depth Do more in less time! Experienced with Windows? Don't let Windows 8 make you feel like a beginner again! This book is packed with intensely useful Windows 8 knowledge you won't find anywhere else. Full of new tips and shortcuts, it's the fastest, best way to master Windows 8's full power, get comfortable with its radically different interface, and leverage its new tools for everything from business to video, security to social networking!

- Take a quick guided tour of everything that's new in Windows 8
- Survive without the Start menu
- Navigate the new Windows 8 interface (and customize it to make yourself more comfortable)
- Learn hidden shortcuts you'd never find on your own
- Quickly locate and use files, media, apps, websites, and management tools
- Set up your Web connection, and discover Internet Explorer 10's latest improvements
- Get comfortable with Windows 8's built-in apps, from Calendar and Finance to Weather and Windows Store
- Save time by monitoring Facebook, Twitter, and LinkedIn through one unified app
- Make the most of Windows 8's supercharged media and imaging tools
- Profit from Windows 8's built-in support for business presentations
- Maximize the performance and efficiency of hardware, storage, and software
- Protect yourself from viruses, spyware, data theft, fraud, spam, hackers, and snoops
- Use SkyDrive to access your data from anywhere—and use Remote Desktop to access your computer, too
- Get even more power with Windows 8's command-line interface
- Use Hyper-V to run other operating systems alongside Windows 8
- Troubleshoot the most common Windows 8 problems—and the toughest ones In Depth offers:
 - Comprehensive coverage, with detailed solutions
 - Breakthrough techniques and shortcuts that are unavailable elsewhere
 - Practical, real-world examples with nothing glossed over or left out
 - Troubleshooting help for tough problems you can't fix on your own
 - Outstanding authors recognized worldwide for their expertise and teaching style
 - Quick information via sidebars, tips, reminders, notes, and warnings

In Depth is the only tool you need to get more done in less time! CATEGORY: Windows Operating System COVERS: Microsoft® Windows 8

Discover how brands are created, managed, differentiated, leveraged, and licensed Whether your business is large or small, global or local, this new edition of Branding For Dummies gives you the nuts and bolts to create, improve, and maintain a successful brand. It'll help you define your company's mission, the benefits and features of your products or services, what your customers and prospects already think of your brand, what qualities you want them to associate with your company, and so much more. Packed with plain-English advice and step-by-step instructions, Branding For Dummies covers assembling a top-notch branding team, positioning your brand, handling advertising and promotions, avoiding blunders, and keeping your brand viable, visible, and healthy. Whether you're looking to develop a logo and tagline, manage and protect your brand, launch a brand marketing

plan, fix a broken brand, make customers loyal brand champions—or anything in between—*Branding For Dummies* makes it fast and easy. Includes tips and cautionary advice on social media and its impact on personal and business branding programs Covers balancing personal and business brand development References some of the major brand crises—and how to avoid making the same mistakes Shows brand marketers how to create brands that match their employers' objectives while launching their own careers If you're a business leader looking to set your brand up for the ultimate success, *Branding For Dummies* has you covered.

Need Windows help? Find the latest tips and tricks in this perennial favorite on Windows Windows 11 promises to be the fastest, most secure, and most flexible version of the Microsoft operating system yet. With a promise like that, of course you want to start using it, as quickly as possible! *Windows 11 For Dummies* gives you that speed, security, and flexibility by getting you up to date with the latest in Windows. Windows expert and bestselling author Andy Rathbone gives you a helping hand by showing you how to get around the newly updated Windows 11 interface, how to use the new Windows tools like Teams and widgets, and how to use Android apps. Your tour of Windows 11 starts with the Start menu and ends with how to troubleshoot when things go wrong. In between you find out how to find files on your hard drive, connect with friends and colleagues on Microsoft Teams, transfer photos from your phone to your hard drive, or switch between your desktop and laptop. Additional topics include: Navigating the Start menu Finding where your files are hiding Adding separate user accounts to keep your kids out of your business Connecting to a WiFi network Customizing your widgets Switching to a laptop or tablet You know what you want to get done. Keep *Windows 11 For Dummies* by your desktop, laptop, and tablet, and you can open it at any time to find out how to get your Windows computer to do what you need.

Your all-access guide to reaping the benefits of Salesforce.com Salesforce.com has a rapidly expanding influence over the way companies across the globe interact with their clientele. Written by Salesforce.com insiders with years of experience in customer relationship management (CRM) solutions, *Salesforce.com For Dummies* gives you an edge in building relationships and managing your company's sales, marketing, customer service, and support operations. You'll discover how to organize contacts, schedule business appointments, use forecasting tools to predict upcoming sales, create accurate projects based on past performance, and so much more. A customizable, on-demand CRM solution, Salesforce.com allows businesses to organize and manage all of their customer information—leads, opportunities, contacts, accounts, cases, and solutions—in one place. Whether you're a Windows or Mac user, this down-to-earth, friendly guide shows you how to maximize Salesforce.com's capabilities to close deals faster, gain real-time visibility into sales, and collaborate instantly. Customize the new user interface with apps, widgets, and tools Prospect leads, drive sales, and provide outstanding customer service Manage contacts, identify opportunities, and analyze your results Collaborate with colleagues using Chatter If you're new to Salesforce.com or an existing user looking for the latest tips and tricks to maximize its potential, this friendly guide has you covered.

Presents subject review, full-length practice tests with answer explanations, and test-taking strategies to help readers prepare for and score higher on the high school equivalency test.

Ten minibooks in one get you thoroughly caught up on Windows 8.1! With new improvements and changes, Windows 8.1 offers a refreshed user interface, better integration between the new and traditional Windows interfaces, and more. This updated top-

selling guide is what you need to get up to speed on everything Windows 8.1. Nine minibooks in one cover such essential topics as navigating the new Start Screen, understanding Windows 8.1 apps, securing Windows 8.1, and much more. Take the guesswork out of Windows 8.1 from day one with this complete, all-in-one resource. Helps you get up to speed on the Windows 8.1 operating system, including its Start Screen, which is a feature sure to please traditional Windows users Provides top-notch guidance from trusted and well-known Windows expert and author Woody Leonhard Covers Windows 8.1 inside and out, including how to customize the Start screen, manage apps, and control privacy Delves into core Windows 8.1 apps such as e-mail, people, and SkyDrive Shows you how to connect online, add hardware, back up and update, and secure Windows 8.1 Discover new improvements, old favorites, and everything in between with *Windows 8.1 All-in-One For Dummies*.

Microsoft Windows is the operating system that runs nearly 90 percent of the world's computers. Windows 8 will offer new interface updates, cloud-based services, and much more. This update of Andy Rathbone's bestselling Windows guide covers all the basics, plus the enhancements unique to Windows 8. Whether you're meeting Windows for the first time or upgrading from an earlier version, this book shows you how to navigate the interface, work with files, browse the Internet, set up e-mail, manage media, and more. Combined editions of this book, all by Microsoft MVP Andy Rathbone, have sold more than 15 million copies worldwide, making *Windows For Dummies* the #1 bestselling technology book of all time.

What's New in Windows 8.1 *For Dummies* Pocket Edition provides a brief, inexpensive, and focused guide for Windows 8 users upgrading to 8.1. Chapters include: It's all about you: An exploration of the customization features, from flexible sizing on icons to shared wallpaper to boot options. We can build it better: Review of the updates to applications with special emphasis on communications and media apps Shiny new toys: Walkthroughs of the new features added to Windows 8.1, including the start button and search function Ten reasons you were smart to upgrade: In the spirit of the *For Dummies* Part of Tens feature, a list of the reasons why Windows 8.1 is a superior experience to Windows 8.

Everything you need to know about WordPress! Take your WordPress experience to the next level with the information packed inside this All-in-One. From the basics of setting up your account, to choosing a host and theme, to keeping your site secure, the 8 books of expert information will help you take the WordPress community by storm. Inside: Build your site foundation Choose a server Become a site admin pro Use SEO and social media to extend your site Personalize your site with themes and plugins Read and understand site analytics

Drive your content marketing campaign toward success Blogs and social platforms are all the rage right now—especially for strategists looking to cultivate influence among target audience members through content marketing. *Content Marketing Strategies For Dummies* explains how you can use content marketing to gain an edge over your competition, even in the most crowded of marketplaces. This timely text introduces you to the Five C Cycle: Company Focus, Customer Experience, Content Creation, Channel Promotion, and Closed-Loop Analysis. The Five C Cycle drives the creation and documentation of a targeted content marketing strategy, and allows you to approach your content marketing campaign with confidence. By helping you determine your company's focus, uncover your customers' experience with data, develop channel promotions across social platforms, create actionable online content, and use closed-loop analysis to build on previous success, this will become your go-to content marketing

guide. Content marketing entails creating and curating content online via blog posts, social media platforms, and more. The goal is to acquire and retain customers by creating content that brings value to their lives, and that encourages them to engage with your brand. This easy-to-understand guide will help you do just that. Analyze customer data to better understand your target audience's journey Leverage social platforms, such as Facebook and Twitter, to develop channel promotions Create and curate intelligent, engaging content that leads to action Build upon your previous success with closed-loop analysis Whether you work for a large corporation, are part of a small business, are a solo thought leader, or are an educator, Content Marketing Strategies For Dummies tells you how to gain a critical, competitive advantage through targeted content marketing strategies.

Lower your blood pressure in just two weeks with the #1 rated diet When high blood pressure becomes chronic, it's called hypertension—a condition that affects 970 million people worldwide, and is classified by the World Health Organization as a leading cause of premature death. While medications can help, nothing beats dietary and lifestyle modifications in the fight against high blood pressure, and the DASH diet is a powerful tool in your arsenal. Focusing on lowering sodium intake and increasing fiber, vitamins, and minerals can help lower your blood pressure in as little as two weeks. It's no wonder that the DASH Diet is ranked as the number 1 diet for three years in a row and is endorsed by the American Heart Association, The National Heart, Blood, and Lung Institute, and The Mayo Clinic. DASH Diet for Dummies is your ultimate guide to taking control of your body once and for all. Originally conceived to alleviate hypertension, the DASH Diet has been proven effective against a number of conditions including Type 2 diabetes, metabolic syndrome, PCOS, weight loss, and more. DASH Diet for Dummies contains all the information you need to put the diet into practice, including: Over 40 DASH-approved recipes, including meals, snacks, and desserts 100+ DASH-approved foods, including meats, seafood, sweets, and more Tips for navigating the grocery store and choosing healthier fare A 14-day Menu Planner to help you get started today The DASH Diet is built upon the principles of healthy eating and getting the most nutritional bang for your buck. Doctors even recommend DASH to their healthy patients as an easy, stress-free way to adopt the food habits that will serve them for life. DASH Diet for Dummies is your roadmap on the journey to good health, so get ready to start feeling better every day.

Tone up, burn calories, stay strong Weight Training For Dummies makes it easy to get started with weight training by offering trusted and straightforward guidance on the latest circuit and resistance training, and all-new information on the highly popular bodyweight and High Intensity Interval Training (HIIT). Whether you're working with dumbbells, free weight sets, or machines, you'll find out how to combine weight training with other exercise to properly strength train and get in the best shape of your life. Along with aerobic exercise and flexibility, body weight training is an integral part of a complete physical activity program. But with all the different equipment and techniques available, getting started can feel overwhelming. Want to get pumped about weight training? Consider these facts: strength training, whether via free weights or a machine, builds muscle. And the more muscle you have, the higher your metabolism and the less prone you are to injuries—in and out of the gym. Plus, strength training promotes bone strength, which can significantly reduce your odds of developing osteoporosis. If that's not enough, strength training—unlike cardio workouts like running—reaps benefits almost immediately. So what are you waiting for? Weight Training For Dummies has everything you need to get started. Provides examples and direc-

tions for powerful 20-minute weight training routines for the time challenged Features advice to help you choose a weight training system that you enjoy and that fits into your lifestyle Includes new coverage devoted to warm-ups and the hottest and most beneficial stretches Introduces using weight training to address specific health or orthopedic conditions Whether you're already in the gym several times a week or are just starting out with a fitness routine, Weight Training For Dummies shows you how to use free weights or weight machines to get results—fast.

This is my fourth book and covers the latest operating system, Windows 8.1. It is again written in plain English with no jargon. It has clear illustrations to help you every step of the way. The opening chapters are aimed at people who are new to computers and cover the basics i.e. your computer, monitor, keyboard functions, how to use your mouse and the importance of anti-virus software. The following chapters show you how to use Windows 8.1, using the Internet, Email, Photos, Contacts and how to back up your work. There is also a chapter on files and folders. Although this book is aimed at beginners, I am confident it will also benefit those who are computer literate but who are not familiar with Windows 8.1

Learn to design professional and effective social media profiles! Whether you're trying to attract a new employer or get new fans to notice your brand, your social media profiles need to distinguish you from the masses. Packed with the secrets behind the hottest Facebook timelines, Twitter backgrounds, and LinkedIn profiles, this fun-but-straightforward guide shows you how to create eye-catching social media profiles with a professional, cohesive design. Includes online resources and downloadable templates that allow you to make your own profiles quick and easy Reveals techniques for making a memorable and unique Twitter background, Facebook profile and page, LinkedIn profile, Google+ profile, and more Details ways in which to use Pinterest boards and cover photos to showcase your brand Shows you how to make the most of Rebelmouse and YouTube. Social Media Design For Dummies is a must-have introductory guide to creating a professional, effective, and cohesive design that will better communicate your brand's story to future partners, employers, and customers.

The bestselling book on Windows, now updated for the new 8.1 features Microsoft has fine-tuned Windows 8 with some important new features, and veteran author Andy Rathbone explains every one in this all-new edition of a long-time bestseller. Whether you're using Windows for the first time, upgrading from an older version, or just moving from Windows 8 to 8.1, here's what you need to know. Learn about the dual interfaces, the new Start button, how to customize the interface and boot operations, and how to work with programs and files, use the web and social media, manage music and photos, and much more. You'll even find troubleshooting tips! This edition covers the upgrades in Windows 8.1, including the dual interfaces, basic mechanics, file storage, and how to get the free upgrade to Windows 8.1 Shows how to manipulate app tiles, give Windows the look you choose, set up boot-to-desktop capabilities, connect to a network, and create user accounts Covers working with programs, apps, and files; using the Internet and social media; new apps and capabilities for working with onboard and online media; and how to move files to a new PC Written by Andy Rathbone, author of every edition of the bestselling Windows For Dummies Windows 8.1 For Dummies is exactly what you need to get going and be productive with the newest Windows update.

Explains how to use the Web programming language to create interactive Web applications.

If you've got incredible iOS ideas, get this book and bring them to

life! iOS 7 represents the most significant update to Apple's mobile operating system since the first iPhone was released, and even the most seasoned app developers are looking for information on how to take advantage of the latest iOS 7 features in their app designs. That's where iOS App Development For Dummies comes in! Whether you're a programming hobbyist wanting to build an app for fun or a professional developer looking to expand into the iOS market, this book will walk you through the fundamentals of building a universal app that stands out in the iOS crowd. Walks you through joining Apple's developer program, downloading the latest SDK, and working with Apple's developer tools Explains the key differences between iPad and iPhone apps and how to use each device's features to your advantage Shows you how to design your app with the end user in mind and create a fantastic user experience Covers using nib files, views, view controllers, interface objects, gesture recognizers, and much more There's no time like now to tap into the power of iOS - start building the next big app today with help from iOS App Development For Dummies!

The fast and easy way to get up and running with Windows 10 Windows 10 For Dummies covers the latest version of Windows and gets you up and running with the changes and new features you'll find in this updated operating system. Packed with time-saving tips to help you get the most out of the software, this helpful Windows 10 guide shows you how to manage Windows tasks like navigating the interface with a mouse or touchscreen, connecting to the web, and troubleshooting problems and making quick fixes. Assuming no prior knowledge of the software, Windows 10 For Dummies addresses the updates to Windows and shows you how to get things accomplished. Focusing on the features you'll go to again and again, this new edition of this bestselling tech book will have you quickly finding files, connecting to the Web, gathering your email and social accounts in one spot, managing apps, creating and managing accounts, using online tools, customizing your settings, and so much more—making you a Windows whiz in no time. Helps you navigate the twists and turns of the updated Windows interface Provides easy-to-follow answers to all of your Windows questions Illustrates the new features of Windows 10 Quickly gets you up to speed on figuring out the changes to the latest version of Windows Whether you're new to Windows or just looking to get up to speed on what's changed in its latest release, this is the only resource you'll need.

Make your data work for you! Tableau For Dummies brings order to the chaotic world of data. Understanding your data and organizing it into formats and visualizations that make sense to you are crucial to making a real impact on your business with the information that's already at your fingertips. This easy-to-use reference explores the user interface, and guides you through the process of connecting your data sources to the software. Additionally, this approachable, yet comprehensive text shows you how to use graphs, charts, and other images to bring visual interest to your data, how to create dashboards from multiple data sources, and how to export the visualizations that you have developed into multiple formats that translate into positive change for your business. The mission of Tableau Software is to grant you access to data that, when put into action, will help you build your company. Learning to use the data available to you helps you make informed, grounded business decisions that can spell success for your company. Navigate the user interface to efficiently access the features you need Connect to various spreadsheets, databases, and other data sources to create a multi-dimensional snapshot of your business Develop visualizations with easy to use drag and drop features Start building your data with templates and sample workbooks to spark your creativity and help you or-

ganize your information Tableau For Dummies is a step-by-step resource that helps you make sense of the data landscape—and put your data to work in support of your business.

Windows 8.1 continues the evolution of the most radical redesign in Microsoft's history. It combines the familiar Windows desktop with a new, touchscreen-friendly world of tiles and full-screen apps. Luckily, David Pogue is back to help you make sense of it—with humor, authority, and 500 illustrations. The important stuff you need to know: What's new in 8.1. The update to 8.1 offers new apps, a universal Search, the return of the Start menu, and several zillion other nips and tucks. New features. Storage Spaces, Windows To Go, File Histories—if Microsoft wrote it, this book covers it. Security. Protect your PC from viruses, spyware, spam, sick hard drives, and out-of-control kids. The network. HomeGroups, connecting from the road, mail, Web, music streaming among PCs—this book has your network covered. The software. Media Center, Photo Gallery, Internet Explorer, speech recognition—this one authoritative, witty guide makes it all crystal clear. It's the book that should have been in the box.

"Windows 8.1 brings some welcome tweaks to the Windows operating system, including more ways to customize the interface and boot operations, a new start button that reveals apps, greater integration between the two interfaces, and app updates. Follow along through the 36 handy videos in this course for basic overviews and step-by-step instruction covering the essentials of Windows 8.1. You'll discover how to get started, use the start screen and the desktop, get things done online, manage photos, play music, customize Windows, and much more."--Resource description page.

Get the most out of your Google Chromebook Are you the proud new owner of a Google Chromebook and a little—or a lot—intimidated by the technology? You've come to the right place! Chromebook For Dummies walks you through setting up the device, transitioning from traditional computers and working in the cloud, customizing Chromebook to suit your needs, navigating the apps and their uses, and applying advanced settings and features. Fear not: with the step-by-step guidance and helpful information inside, there's no reason to break a sweat. Chromebooks are affordable, fast, and sleek—and with Google driving the initiative, they're impossible to ignore. So it's no wonder they're gaining popularity and enticing people from all walks of life to make the switch from a traditional PC or laptop. If you're one of those people and want to make the most of your experience, this book is a practical user's guide to all things Chromebook. Covers all Chromebooks on the market Provides coverage of all Chromebook features in an easy-to-follow manner Serves as the go-to reference for successfully using a Chromebook Includes step-by-step coverage of everything you'll encounter with your Chromebook If you're a new or inexperienced user who wants to maximize the performance of your Google Chromebook, you'll turn to this friendly guide time and again.

Hone your analytic talents and become part of the next big thing Getting a Big Data Job For Dummies is the ultimate guide to landing a position in one of the fastest-growing fields in the modern economy. Learn exactly what "big data" means, why it's so important across all industries, and how you can obtain one of the most sought-after skill sets of the decade. This book walks you through the process of identifying your ideal big data job, shaping the perfect resume, and nailing the interview, all in one easy-to-read guide. Companies from all industries, including finance, technology, medicine, and defense, are harnessing massive amounts of data to reap a competitive advantage. The demand for big data professionals is growing every year, and experts forecast an estimated 1.9 million additional U.S. jobs in big data by 2015.

Whether your niche is developing the technology, handling the data, or analyzing the results, turning your attention to a career in big data can lead to a more secure, more lucrative career path. *Getting a Big Data Job For Dummies* provides an overview of the big data career arc, and then shows you how to get your foot in the door with topics like: The education you need to succeed The range of big data career path options An overview of major big data employers A plan to develop your job-landing strategy Your analytic inclinations may be your ticket to long-lasting success. In a highly competitive job market, developing your data skills can create a situation where you pick your employer rather than the other way around. If you're ready to get in on the ground floor of the next big thing, *Getting a Big Data Job For Dummies* will teach you everything you need to know to get started today.

The perennial DSLR bestseller—now expanded with more photography tips *Digital SLR Cameras & Photography For Dummies* has remained the top-selling book on DSLR photography since the first edition was published. Now in its Fifth Edition, it covers the latest technologies in the world of DSLR cameras and photography to help you master the techniques that will take your digital photography skills to the next level. Written in plain English and complemented with full-color photos, this hands-on, friendly guide covers the mechanics of the camera; exposure, lenses, and composition; how to capture action, portrait, and low-light shots; editing and sharing images; tips for improving your digital photography skills; and much more. Digital SLR cameras offer the mechanisms and flexibility of traditional pro-level cameras with the instant results and output of digital cameras. If you're a proud owner of a DSLR camera and want to take stunning shots that were once only achievable by the pros, this is the guide you need. Written by one of the most recognized authors in digital photography, this accessible resource makes it fast and easy to start capturing professional-quality photos. Full-color format helps bring the information to life Includes coverage of the latest DSLR cameras to hit the market Provides a foundation on exposure settings, file formats, and editing photos Offers expanded content on capturing the portraits, action shots, nature shots, and night shots photographers love to take If you're interested in capturing more than just a "selfie" and truly want to hone the craft of digital SLR photography, *Digital SLR Cameras and Photography For Dummies* sets you up for success.

A lot is new in Windows 8! This quick guide gets you up and running right away New and experienced Windows users alike will need help navigating the features that set Windows 8 apart from previous versions. Let this quick-and-easy guide show you around

the Start screen, introduce you to the Charms bar, and help you set up your Microsoft account. Then you can install apps, add social accounts, browse the web, and more. It's different — learn to use the Start screen, launch programs, customize Windows 8, and find the old desktop Work with the apps — install and update apps, locate missing ones, and identify which apps are presently running Get social — add your social networking and e-mail accounts for quick access Stay safe — create user accounts and keep your personal files private Make it your own — customize Windows 8 with your own photos Open the book and find: Why Windows 8 looks and acts differently than previous versions Where to find the classic desktop interface Why you should password-protect your user account How to add or remove Start screen items Tips on locating an app that's AWOL Advice on updating apps Ten tips for troubleshooting common problems Learn to: Navigate and customize the Start screen Create user accounts and set passwords Use Windows 8 applications for e-mail and photos

Take your photos from "meh" to "wow!" with *Photoshop Elements 13* and this expert guide *Photoshop Elements 13 For Dummies* is your guide to picture perfection using Adobe's *Photoshop Elements*. This full-color manual walks you through the process of photo editing, from basic color corrections to advanced filter effects, drawing, and more. Work through from beginning to end for a complete lesson, or keep it handy as a quick reference for unfamiliar tools and techniques. Designed for beginner and intermediate *Photoshop Elements* users, this book provides straightforward instruction in a fun, richly illustrated, easy-to-read style that makes learning feel like play. Combining powerful tools with a user-friendly interface has made *Photoshop Elements* the number-one selling photo editing software. *Photoshop Elements 13 For Dummies* shows you how to take advantage of everything the software has to offer, helping you create high-quality images for print, e-mail, and the web. Even with no digital image editing experience at all, you'll learn how to take your photos from bland to beautiful and have a blast along the way. Adjust resolutions, color modes, and file formats to best suit the project Work with layers, filters, effects, styles, type, and more Correct color, contrast and clarity for a simple photo makeover Optimize for print, or share on Facebook, Flickr, and other social networks The power and simplicity of *Photoshop Elements* makes it the perfect solution for amateurs seeking an affordable digital editing platform. The quicker you learn the tools, the sooner you'll be turning out photos to brag about — and *Photoshop Elements 13 For Dummies* will get you there in a flash.