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Covering a wide range of popular alternative medicine and health issues, User's Guides are written by leading experts and science writers and are designed to answer the consumer's basic questions about disease, conventional and alternative therapies, and individual dietary supplements. "The Direct Path" offers readers the missing manual to understanding non-duality. Inside, author Greg Goode provides forty user-friendly experiments and investigations designed to help readers come to their own conclusions about the nature of the body, mind, and perception. Readers will be taken, step by step, from the simple discernment of a physical object through the collapse of the witness into pure consciousness, leaving no doubt they are one with all things, and leading to a sense of lightness, freedom, and joy. " " This fun and insightful book is the perfect owner ' s manual."—Rick Steves This hands-

on and hilarious guide to the world of weed is “ required reading for longtime potheads and new users alike (Dan Savage) ” The United States is in the midst of a weed renaissance. Recreational marijuana is greenlit in a growing number of states, with medical marijuana legal in many more. The Stranger writer and performer David Schmader is your witty and well-baked tour guide to this brave new world of legal marijuana. You ’ ll learn:

- Which presidents were potheads
- Hemp vs. cannabis
- Dealing with dealers
- What is the difference between a blunt and a spliff
- How to make an apple into a pipe
- How to clean a bong
- How to make the world's best pot brownies
- What to do if you are high and you don't like it
- How to maximize your high with food (chilled grapes and a cheese platter, or \$10 worth of whatever you want from 7-Eleven), entertainment (from abstract expressionism to buddy comedies) and nature (dog parks are a stoner's paradise).

Packed with history, ways to enjoy, recipes, safety and legality tips, and medical-use information, this little manual is the perfect addition to your stash! Provides background information and instruction on creating efficient, ecologically-safe permaculture landscapes suitable for everything from an apartment balcony to a multi-acre farm. Explains how these supplements can help you overcome the pain of arthritis. The Emulation User's Guide has everything you need to know about getting started with computer, console and arcade emulation on the Apple Macintosh computer and PC. This guide includes the history of emulation on the Internet and covers some of the legalities involving emulation of these systems. * Provides a "real world" view and best practices around using SharePoint 2003 technologies to meet business needs. * Seth Bates was the technical reviewer for both of Scot Hillier ’ s books. * Lists the most common deployment scenarios of SharePoint technologies and the ways to best leverage SharePoint features for these scenarios. Guides to the FIDIC contract traditionally have been geared towards highlighting the legal aspects of claims arising from the contract. This text focuses on the practical administration of the contract recognizing the growing tendency for projects to be administered by local employers, consultants and contractors, rather than by international organizations. A Comprehensive Guide to Mastering Your 2020 iPad Air" (4th Generation) and iPadOS 14. Apple has introduced an all-new iPad Air - the most powerful, versatile, and colorful iPad Air ever. Now available in five gorgeous finishes, iPad Air features an all-screen design with a larger

10.9-inch Liquid Retina display, camera and audio upgrades, a new integrated Touch ID sensor in the top button, and the powerful A14 Bionic for a massive boost in performance, making this by far the most powerful and capable iPad Air ever made. This book is a detailed in DEPTH guide that will help you to maximize your iPad experience. It has ACTIONABLE tips, tricks and hacks. It contains specific step-by-step instructions that are well organized and easy to read. Here is a preview of what you will learn:

- How to set up your iPad
- How to Multitask on Your iPad
- New iPadOS 14 Features for iPad
- Open Apps and Find Music and Quickly Using Spotlight Search
- How to identify and remove unnecessary apps
- Accessing the Control Center, iPadOS 14 and iPad new gestures
- Send and receive sms messages on iPad via Text Message Forwarding
- Use Apple Pencil To Take Notes on Lock Screen
- Use The Smart Keyboard and Master The Keyboard Shortcuts
- Learn to create and use Memoji in iPadOS 14
- Learn the changes to notifications in iPadOS 14
- Apple Pay Cash
- How to use Siri
- How to perform quick website search in Safari
- How to play FLAC files on an iPad
- Download Free Books on Your iPad
- How to Use iCloud Keychain on Your iPad Devices
- How to use Favorites in Apple Maps... and much more!

Additional value for this book.

- A well organized table of content and index that you can easily reference to get details quickly and more efficiently
- Step-by-step instructions with images that will help you operate your Apple iPad Air 4th generation in the simplest terms.
- Latest tips and tricks to help you maximize your latest iPad to the fullest

Scroll up and Click the "Buy Button" to add this book to your shelve.

Silence is essential for the health and well-being of humans and the environment in which they live. Yet silence has almost vanished from our lives and our world. Of all the books that claim to be about silence, this is the only one that addresses silence directly. *Silence: A User's Guide* is just what the title says: it is a guide to silence, which is both a vast interior spaciousness, and the condition of our being in the natural world. This book exposes the processes by which silence can transfigure our lives--what Maggie Ross calls "the work of silence"; it describes how lives steeped in silence can transfigure other lives unawares. It shows how the work of silence was once understood to be the foundation of the teaching of Jesus, and how this teaching was once an intrinsic part of Western Christianity; it describes some of the methods by which the institution suppressed the work of silence, and why religious institutions are afraid of silence. Above

all, this book shows that the work of silence gives us a way of being in the world that is more than we can ask for or imagine. Causation is at once familiar and mysterious—we can detect its presence in the world, but we cannot agree on the metaphysics of the causal relation. L. A. Paul and Ned Hall guide the reader through the most important philosophical treatments of causation, and develop a broad and sophisticated understanding of the issues under debate. How we can evade, protest, and sabotage today's pervasive digital surveillance by deploying more data, not less—and why we should. With *Obfuscation*, Finn Brunton and Helen Nissenbaum mean to start a revolution. They are calling us not to the barricades but to our computers, offering us ways to fight today's pervasive digital surveillance—the collection of our data by governments, corporations, advertisers, and hackers. To the toolkit of privacy protecting techniques and projects, they propose adding obfuscation: the deliberate use of ambiguous, confusing, or misleading information to interfere with surveillance and data collection projects. Brunton and Nissenbaum provide tools and a rationale for evasion, noncompliance, refusal, even sabotage—especially for average users, those of us not in a position to opt out or exert control over data about ourselves. *Obfuscation* will teach users to push back, software developers to keep their user data safe, and policy makers to gather data without misusing it. Brunton and Nissenbaum present a guide to the forms and formats that obfuscation has taken and explain how to craft its implementation to suit the goal and the adversary. They describe a series of historical and contemporary examples, including radar chaff deployed by World War II pilots, Twitter bots that hobbled the social media strategy of popular protest movements, and software that can camouflage users' search queries and stymie online advertising. They go on to consider obfuscation in more general terms, discussing why obfuscation is necessary, whether it is justified, how it works, and how it can be integrated with other privacy practices and technologies. The United States is in the midst of a new Golden Age of legal weed. Recreational marijuana is now legal in four states--Washington, Colorado, Oregon, and Alaska--and Washington, DC, while medical marijuana is legal in 25 states and counting. This definitive, hands-on, and experienced guide to the new world of decriminalized recreational marijuana, written by the lovingly blunt and unfailingly witty David Schmader, will educate and entertain the novice and experienced

user alike. Complete with history, ways to enjoy, recipes, safety and legality tips, and medical-use information, this witty guide is perfect for gift giving. In the decade and a half since the publication of the Second Edition of *A User's Guide to Vacuum Technology* there have been many important advances in the field, including spinning rotor gauges, dry mechanical pumps, magnetically levitated turbo pumps, and ultraclean system designs. These, along with improved cleaning and assembly techniques have made contamination-free manufacturing a reality. Designed to bridge the gap in both knowledge and training between designers and end users of vacuum equipment, the Third Edition offers a practical perspective on today's vacuum technology. With a focus on the operation, understanding, and selection of equipment for industrial processes used in semiconductor, optics, packaging, and related coating technologies, *A User's Guide to Vacuum Technology, Third Edition* provides a detailed treatment of this important field. While emphasizing the fundamentals and touching on significant topics not adequately covered elsewhere, the text avoids topics not relevant to the typical user.

BOMM is a system of programs which causes an electronic computer to perform arithmetic operations on time series. In devising the system the main objectives were: (1) to enable a wide variety of data formats to be accepted without recoding; (2) to allow gross errors to be removed automatically from the data; (3) to provide a considerable variety of arithmetic operations and leave the user free to choose the order in which they are applied; and (4) to allow further processes to be incorporated into the system. The present User's Guide provides the information needed by the user in operating the system. More complete details, including flow diagrams of the programs, are given in a longer work entitled, *Manual of the BOMM System of Programs for the Reduction of Time Series*. John Ratey, bestselling author and clinical professor of psychiatry at Harvard Medical School, lucidly explains the human brain's workings, and paves the way for a better understanding of how the brain affects who we are. Ratey provides insight into the basic structure and chemistry of the brain, and demonstrates how its systems shape our perceptions, emotions, and behavior. By giving us a greater understanding of how the brain responds to the guidance of its user, he provides us with knowledge that can enable us to improve our lives. In *A User's Guide to the Brain*, Ratey clearly and succinctly surveys what

scientists now know about the brain and how we use it. He looks at the brain as a malleable organ capable of improvement and change, like any muscle, and examines the way specific motor functions might be applied to overcome neural disorders ranging from everyday shyness to autism. Drawing on examples from his practice and from everyday life, Ratey illustrates that the most important lesson we can learn about our brains is how to use them to their maximum potential.

Learn the Raspberry Pi 3 from the experts! Raspberry Pi User Guide, 4th Edition is the "unofficial official" guide to everything Raspberry Pi 3. Written by the Pi's creator and a leading Pi guru, this book goes straight to the source to bring you the ultimate Raspberry Pi 3 manual. This new fourth edition has been updated to cover the Raspberry Pi 3 board and software, with detailed discussion on its wide array of configurations, languages, and applications. You'll learn how to take full advantage of the mighty Pi's full capabilities, and then expand those capabilities even more with add-on technologies. You'll write productivity and multimedia programs, and learn flexible programming languages that allow you to shape your Raspberry Pi into whatever you want it to be. If you're ready to jump right in, this book gets you started with clear, step-by-step instruction from software installation to system customization. The Raspberry Pi's tremendous popularity has spawned an entire industry of add-ons, parts, hacks, ideas, and inventions. The movement is growing, and pushing the boundaries of possibility along with it—are you ready to be a part of it? This book is your ideal companion for claiming your piece of the Pi. Get all set up with software, and connect to other devices

Understand Linux System Admin nomenclature and conventions Write your own programs using Python and Scratch Extend the Pi's capabilities with add-ons like Wi-Fi dongles, a touch screen, and more

The credit-card sized Raspberry Pi has become a global phenomenon. Created by the Raspberry Pi Foundation to get kids interested in programming, this tiny computer kick-started a movement of tinkerers, thinkers, experimenters, and inventors. Where will your Raspberry Pi 3 take you? The Raspberry Pi User Guide, 3rd Edition is your ultimate roadmap to discovery. Covering a wide range of popular alternative medicine and health issues, User' are written by leading experts and science writers and are designed to answer the consumer's basic questions about disease, conventional and alternative therapies, and individual dietary supplements. For nearly 20 years, 'Users Guide to

Powder Coating' has been the leading hands-on guide to powder coating technology. Now in its 4th edition, the book addresses recent developments which have contributed to powder coating's ever-increasing favorability over liquid coating. Since the publication of the last edition, this process has been adapted to a wider range of applications, notably for high-temperature and temperature-sensitive products. Equipment has been greatly improved, achieving faster color change, increasing transfer efficiency, and reducing overall powder usage. Environmental requirements have prompted many companies to switch to powder coating. 'Users Guide to Powder Coating, Fourth Edition' combines information on the latest breakthroughs in the industry (notable ultraviolet-curable materials for plastic and wood products, and improved systems) and tried-and-true guidelines from the previous edition (including factors like material selection, design considerations, surface preparation, quality control and testing, trouble shooting and safety, and more), so you can achieve superior finishes with efficiency. This book will help you explore some features of your iPad Pro that you probably didn't know existed and also get you started on your device in no time. You can also buy it as a gift for that son or daughter of yours who already like fiddling with devices, this book will get him or her up to speed in no time.

A Comprehensive User Guide and Manual for New Users of the iPad Pros

Even though iPad Pros are great right out of the box, you are likely to get more from them if you know how to use them by reading a book like this one. So, if you are someone who has recently acquired the new iPad Pro and now needs guidance on how best to take advantage of its many features that are not immediately obvious to ordinary end users? Or you may even be someone who is not new to the Apple ecosystem, but only just made an upgrade from previous versions of the iPad and it is beginning to seem as if Apple has completely changed the interface and removed or relocated some of your previous favorite features, then this book was written with you in mind. We all know that the iPad Pro from Apple remains one of the world's most renowned flagships, when set up properly, it can become more than being just a phone. You can use it as a productivity tool in your business, you can make it an indispensable social media aide, e-book reader and a travel companion. All these can become possible once you learn how to better utilize the iPad Pro. This book has been written as a step-by-step guide for

you to go through what you need to navigate around the iPad Pro. It covers many of the important features that users need to know and allows users to jump to any section of the book that they feel they want to focus on. That means the guide is written in a way that even if you do not want to follow the order in which it was written, you are still able to make the most of it. Some of the included contents:

- Simple and easy to understand step by step instructions on how to first setup your device
- Latest tips and tricks to help you enjoy your device to the fullest.
- Using the Face ID
- Hidden features
- Organizing apps with the App Library
- Buying, removing, rearranging, and updating apps
- Taking, editing, organizing, and sharing photos
- Introducing some important Apple Services
- Using Siri
- And lots more

The first User's Guide to the National Electrical Code (R) explains basic principles of the NEC (R)! NFPA's 2002 Edition details and explains the basic NEC principles you must know to work effectively with the world's most widely used building code! Written by H. Brooke Stauffer, Director of Codes & Standards at the National Electrical Contractor's Association, User's Guide to the National Electric Code is the ideal starting point for electrical apprentices, and a useful reference for experienced pros. Launch your career in the electrical field- or get the NEC background you've been missing! Learn how to find your way around the 2002 NEC through text explaining: What's covered in each chapter of the NEC. Use it alongside your 2002 Code! How the National Electrical Code works with other NFPA electrical standards and building codes The NEC consensus development process and the significance of TIAs and Formal Interpretations The User's Guide offers expert analyses of technical requirements- the kind of information it can take years to acquire: The difference between GFPE and GFCI equipment Why terminals for ungrounded hot conductors must be color-distinguishable from the silver or white used for grounded conductors Reasons to use a multiwire branch circuit. The NEC tells you how to install it- only the User's Guide tells you why. Find examples of TVSS (transient voltage surge suppressors) and hundreds of other explanations. Take control of your personal finances with this concise, timely and indispensable guide, from acclaimed money expert Laura Whateley. Ten years on from the financial crash, and we are still bad with money. We press 'cash only' at ATMs, and accept that we'll be paying back our student loans with our pension savings. Money: A User's Guide cuts through all the panic of personal

finances. It will teach you how to get a great credit score, how to save hundreds on bills, and offer practical advice on every difficult conversation you've been avoiding including: * Housing (for renters and buyers) * Student Loans * Pensions * Paying off debt * Stocks and shares * Ethical investments * Money and Mental health * Money and Love This essential book will give you the confidence and clarity to take back control of your bank account, enabling you to thrive in all areas of your life. Circuit simulation is essential in integrated circuit design, and the accuracy of circuit simulation depends on the accuracy of the transistor model. BSIM3v3 (BSIM for Berkeley Short-channel IGFET Model) has been selected as the first MOSFET model for standardization by the Compact Model Council, a consortium of leading companies in semiconductor and design tools. In the next few years, many fabless and integrated semiconductor companies are expected to switch from dozens of other MOSFET models to BSIM3. This will require many device engineers and most circuit designers to learn the basics of BSIM3. MOSFET Modeling & BSIM3 User's Guide explains the detailed physical effects that are important in modeling MOSFETs, and presents the derivations of compact model expressions so that users can understand the physical meaning of the model equations and parameters. It is the first book devoted to BSIM3. It treats the BSIM3 model in detail as used in digital, analog and RF circuit design. It covers the complete set of models, i.e., I-V model, capacitance model, noise model, parasitics model, substrate current model, temperature effect model and non quasi-static model. MOSFET Modeling & BSIM3 User's Guide not only addresses the device modeling issues but also provides a user's guide to the device or circuit design engineers who use the BSIM3 model in digital/analog circuit design, RF modeling, statistical modeling, and technology prediction. This book is written for circuit designers and device engineers, as well as device scientists worldwide. It is also suitable as a reference for graduate courses and courses in circuit design or device modelling. Furthermore, it can be used as a textbook for industry courses devoted to BSIM3. MOSFET Modeling & BSIM3 User's Guide is comprehensive and practical. It is balanced between the background information and advanced discussion of BSIM3. It is helpful to experts and students alike. From the bestselling author of Team of Teams and My Share of the Task, an entirely new way to understand risk and master the unknown. Retired four-star general Stan McChrystal has

lived a life associated with the deadly risks of combat. From his first day at West Point, to his years in Afghanistan, to his efforts helping business leaders navigate a global pandemic, McChrystal has seen how individuals and organizations fail to mitigate risk. Why? Because they focus on the probability of something happening instead of the interface by which it can be managed. In this new book, General McChrystal offers a battle-tested system for detecting and responding to risk. Instead of defining risk as a force to predict, McChrystal and coauthor Anna Butrico show that there are in fact ten dimensions of control we can adjust at any given time. By closely monitoring these controls, we can maintain a healthy Risk Immune System that allows us to effectively anticipate, identify, analyze, and act upon the ever-present possibility that things will not go as planned. Drawing on examples ranging from military history to the business world, and offering practical exercises to improve preparedness, McChrystal illustrates how these ten factors are always in effect, and how by considering them, individuals and organizations can exert mastery over every conceivable sort of risk that they might face. We may not be able to see the future, but with McChrystal's hard-won guidance, we can improve our resistance and build a strong defense against what we know—and what we don't.

The Ultimate SAP® User Guide is the essential handbook for all aspiring SAP professionals. SAP master and experienced author Rehan Zaidi has put out an easy-to-follow, illustrated guide that will help you take your SAP skills to the next level. At a time when SAP jobs are competitive, it's important to exceed expectations. This book will help you to do just that - with up-to-date content on the latest ERP 6.0 screens across modules. Whether you need help getting started on SAP, personalizing your SAP system, or creating your own reports, this book will guide you. Polished by a review panel of SAP experts, The Ultimate SAP User Guide is an affordable alternative to costly training. You can use the book as step-by-step training, or simply use it as a reference when your job calls for a new task or SAP skills. With The Ultimate SAP User Guide, you are on the way to SAP mastery.

In this Users Guide, fitness professional and nutrition author RoseMarie Gionta Alfieri describes the most important supplements for improving mood, reducing irritability, and preventing depression. Among these supplements are the B-complex vitamins, GABA, and St. Johns wort. These and other nutrients have been shown scientifically to help people deal effectively with stress. How Can I

Use Essbase to Analyze Data? With millions of users world-wide, Essbase seems to be everywhere these days and now it's a part of your life. You want to slice and dice data, analyze information, and make highly formatted spreadsheet retrievals. You're sure Essbase is the answer and thank goodness your boss bought copies of this book for your entire department! This book is your key to unlocking the world of analysis through Essbase. You will learn: [How to connect to Essbase databases and retrieve data [What is multi-dimensionality and why should you care? [The basics of Essbases end-user add-ins for adhoc analysis [Steps to creating highly formatted reports and templates that you can use month after month [Creation and saving of advanced analytic queries using the query designers This guide provides step-by-step guidance on administering and scoring the questionnaires, setting up a screening system, working with families effectively, and using ASQ-3™ across a range of settings. The MicroStrategy Office User Guide covers the instructions for using MicroStrategy Office to work with MicroStrategy reports and documents in Microsoft? Excel, PowerPoint, Word, and Outlook, to analyze, format, and distribute business data. The Express User Guide provides instructions to get started with MicroStrategy Express. It includes an introduction to dashboard analysis, creation, sharing, and management, as well as creating and managing users and teams. What is economics? What can - and can't - it explain about the world? Why does it matter? Ha-Joon Chang teaches economics at Cambridge University, and writes a column for the Guardian. The Observer called his book 23 Things They Don't Tell You About Capitalism, which was a no.1 bestseller, 'a witty and timely debunking of some of the biggest myths surrounding the global economy.' He won the Wassily Leontief Prize for advancing the frontiers of economic thought, and is a vocal critic of the failures of our current economic system. A lighthearted examination of the inner workings of the human mind makes recommendations for quick techniques for reestablishing psychological balance in the face of stress, anxiety and other mood disorders, outlining specific strategies for goal-setting, prioritizing and tracking personal progress. Original.

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