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InfoWorld- 1986-04-28 InfoWorld is targeted to Senior IT professionals. Content is segmented into Channels and Topic Centers. InfoWorld also celebrates people, companies, and projects.

Codes & Cheats Fall 2008-Kate Abbott 2008-09-09 Containing more than 18,000 codes, cheats, and unlockables for more than 1,500 of the most popular current and next-gen games on the biggest platforms, including PS3, Wii, and Xbox 360, this guide is a must-have for all gamers. Original.

Ouya Unity Game Development-Gary Riches 2013-10-23 A clear, concise, and practical guide that will teach you how to build your own console game and become an indie developer.This book is for game developers who are interested in developing games for the Ouya console on the Unity game engine. It is assumed that you have a basic understanding of Unity.

Programming Robots with ROS-Morgan Quigley 2015-11-16 Want to develop novel robot applications, but don't know how to write a mapping or object-recognition system? You're not alone, but you're certainly not without help. By combining real-world examples with valuable knowledge from the Robot Operating System (ROS) community, this practical book provides a set of motivating recipes for solving specific robotics use cases. Ideal for enthusiasts, from students in robotics clubs to professional robotics scientists and engineers, each recipe describes a complete solution using ROS open source libraries and tools. You'll learn how to complete tasks described in the recipes, as well as how to configure and recombine components for other tasks. If you're familiar with Python, you're ready to go. Learn fundamentals, including key ROS concepts, tools, and patterns Program robots that perform an increasingly complex set of behaviors, using the powerful packages in ROS See how to easily add perception and navigation abilities to your robots Integrate your own sensors, actuators, software libraries, and even a whole robot into the ROS ecosystem Learn tips and tricks for using ROS tools and community resources, debugging robot behavior, and using C++ in ROS

Raising Digital Families For Dummies-Amy Lupold Bair 2013-04-10 Get on the same online playing field as your children with this helpful resource The youngest generation will never know life without iPhones, iPods, and Facebook, and while their parents have witnessed the evolution of technology, it is still a challenge to keep up with the pace at which things change. This easy-to-understand guide helps you get up to speed on everything you need to know NOW in order to keep up with your children's online and gadget activity. The book offers invaluable guidance for managing mobile devices, social media, and the Internet before it manages you! Also featured are tips and advice for establishing family rules for technology use and how to best handle situations when rules are broken. Covers monitoring software for computers and mobile devices Offers advice for handling cyberbullies and introduces safe social networks for children Addresses how to guide children who want to blog or podcast Provides information on helpful sites that you may want to explore for more issues on various issues that relate to the future of technology Whether you want to control mobile device usage or monitor social network activity, Raising Digital Families For Dummies will guide you through acquiring a better handle on this important part of your children's lives.

The Car Hacker's Handbook-Craig Smith 2016-03-01 Modern cars are more computerized than ever. Infotainment and navigation systems, Wi-Fi, automatic software updates, and other innovations aim to make driving more convenient. But vehicle technologies haven't kept pace with today's more hostile security environment, leaving millions vulnerable to attack. The Car Hacker's Handbook will give you a deeper understanding of the computer systems and embedded software in modern vehicles. It begins by examining vulnerabilities and providing detailed explanations of communications over the CAN bus and between devices and systems. Then, once you have an understanding of a vehicle's communication network, you'll learn how to intercept data and perform specific hacks to track vehicles, unlock doors, glitch engines, flood communication, and more. With a focus on low-cost, open source hacking tools such as Metasploit, Wireshark, Kayak, can-utils, and ChipWhisperer, The Car Hacker's Handbook will show you how to: –Build an accurate threat model for your vehicle –Reverse engineer the CAN bus to fake engine signals –Exploit vulnerabilities in diagnostic and data-logging systems –Hack the ECU and other firmware and embedded systems –Feed exploits through infotainment and vehicle-to-vehicle communication systems –Override factory settings with performance-tuning techniques –Build physical and virtual test benches to try out exploits safely If you're curious about automotive security and have the urge to hack a two-ton computer, make The Car Hacker's Handbook your first stop.

Advanced Bash Scripting Guide-Mendel Cooper

Rules for Writers with 2009 MLA and 2010 APA Updates-Diana Hacker 2010-06-08 Click here to find out more about the 2009 MLA Updates and the 2010 APA Updates. Rules for Writers succeeds because it has always been grounded in classroom experience. By looking at her own students' needs, Diana Hacker created an affordable and practical classroom tool that doubles as a quick reference. Developed with the help of instructors from two- and four-year schools, the sixth edition gives students quick access to the information they need to solve writing problems in any college course. In the Hacker tradition, the new contributing authors — Nancy Sommers, Tom Jehn, Jane Rosenzweig, and Marcy Carbajal Van Horn — have crafted solutions for the writing problems of today's college students. Together they give us a new edition that provides more help with academic writing and research and one that works better for a wider range of multilingual students. Flexible content options — in print and online — allow students to get more than they pay for.

Internet Addiction-Caesar Lincoln 2014-01-26 Discover How To Finally Overcome Your Internet Addiction!Read on your PC, Mac, smart phone, tablet or Kindle device!You're about to discover a proven strategy on how to overcome your internet addiction and take back your life. Millions of people suffer from internet addictions and throw away hours a day of productive time and turn it into patterns of constantly checking the updates on their social media accounts or other online communities. Most people realize how much of a problem this is, but are unable to change their situation, simply because it's been a part of their mindset for so long.The truth is, if you are suffering from wasting time because of your internet addiction and haven't been able to change, it's because you are lacking an effective strategy and understanding of where these addictions come from and why they are there. This book goes into how the internet has changed our lives, signs that will tell you whether you are addicted or not, and a step-by-step strategy that will help you free yourself from internet dependency and help you take control of your life.Here Is A Preview Of What You'll Learn... Understanding How The Internet Has Changed Our Lives Signs That Will Tell You If You Are Addicted How To Overcome Your Internet Addiction For Life Take action right away to overcome your internet addiction by downloading this book, "Internet Addiction: The Ultimate Guide for How to Overcome An Internet Addiction For Life", for a limited time discount!

Consumer Health & Nutrition Index- 1986

A Practical Guide to Ubuntu Linux-Mark G. Sobell 2011 The Most Complete, Easy-to-Follow Guide to Ubuntu Linux The #1 Ubuntu server resource, fully updated for Ubuntu 10.4 (Lucid Lynx)-the Long Term Support (LTS) release many companies will rely on for years! Updated JumpStarts help you set up Samba, Apache, Mail, FTP, NIS, OpenSSH, DNS, and other complex servers in minutes Hundreds of up-to-date examples, plus comprehensive indexes that deliver instant access to answers you can trust Mark Sobell's A Practical Guide to Ubuntu Linux®, Third Edition, is the most thorough and up-to-date reference to installing, configuring, and working with Ubuntu, and also offers comprehensive coverage of servers--critical for anybody interested in unleashing the full power of Ubuntu. This edition has been fully updated for Ubuntu 10.04 (Lucid Lynx), a milestone Long Term Support (LTS) release, which Canonical will support on desktops until 2013 and on servers until 2015, Sobell walks you through every essential feature and technique, from installing Ubuntu to working with GNOME, Samba, exim4, Apache, DNS, NIS, LDAP, g ufw, firestarter, iptables, even Perl scripting. His exceptionally clear explanations demystify everything from networking to security. You'll find full chapters on running Ubuntu from the command line and desktop (GUI), administering systems, setting up networks and Internet servers, and much more. Fully updated JumpStart sections help you get complex servers running--often in as little as five minutes. Sobell draws on his immense Linux knowledge to explain both the "hows" and the "whys" of Ubuntu. He's taught hundreds of thousands of readers and never forgets what it's like to be new to Linux. Whether you're a user, administrator, or programmer, you'll find everything you need here--now, and for many years to come. The world's most practical Ubuntu Linux book is now even more useful! This book delivers Hundreds of easy-to-use Ubuntu examples Important networking coverage, including DNS, NFS, and Cacti Coverage of crucial Ubuntu topics such as sudo and the Upstart init daemon More detailed, usable coverage of Internet server configuration, including Apache (Web) and exim4 (email) servers State-of-the-art security techniques, including up-to-date firewall setup techniques using gufw and iptables, and a full chapter on OpenSSH A complete introduction to Perl scripting for automated administration Deeper coverage of essential admin tasks-from managing users to CUPS printing, configuring LANs to building a kernel Complete instructions on keeping Ubuntu systems up-to-date using aptitude, Synaptic, and the Software Sources window And much more...including a 500+ term glossary Includes DVD! Get the full version of Lucid Lynx, the latest Ubuntu LTS release!

The Adventure of Black Peter-Arthur Conan Doyle 2020-09-28 Captain Peter, called also "Black Peter" because of his dark moods, is found dead. The police inspector Hopkins tries to find the murderer but without any success. He then contacts Holmes asking him for help with the case. Holmes and Hopkins are at the crime scene where they decide to hide and see if the guilty one will show up again. And then a young man enters the room. What happened afterwards? Did they catch the murderer or there is something more to the story? Will Holmes solve the case or this one will be harder than expected? Sir Arthur Conan Doyle (1859-1930) was born in Scotland and studied medicine at the University of Edinburgh. After his studies, he worked as a ship's surgeon on various boats. During the Second Boer War, he was an army doctor in South Africa. When he came back to the United Kingdom, he opened his own practice and started writing crime books. He is best known for his thrilling stories about the adventures of Sherlock Holmes. He published four novels and more than 50 short-stories starring the detective and Dr Watson, and they play an important role in the history of crime fiction. Other than the Sherlock Holmes series, Doyle wrote around thirty more books, in genres such as science-fiction, fantasy, historical novels, but also poetry, plays, and non-fiction.

Guide to UNIX Using Linux-Michael Palmer 2007-08-16 Written with a clear, straightforward writing style and packed with step-by-step projects for direct, hands-on learning, Guide to UNIX Using Linux, 4E is the perfect resource for learning UNIX and Linux from the ground up. Through the use of practical examples, end-of-chapter reviews, and interactive exercises, novice users are transformed into confident UNIX/Linux users who can employ utilities, master files, manage and query data, create scripts, access a network or the Internet, and navigate popular user interfaces and software. The updated 4th edition incorporates coverage of the latest versions of UNIX and Linux, including new versions of Red Hat, Fedora, SUSE, and Ubuntu Linux. A new chapter has also been added to cover basic networking utilities, and several other chapters have been expanded to include additional information on the KDE and GNOME desktops, as well as coverage of the popular OpenOffice.org office suite. With a strong focus on universal UNIX and Linux commands that are transferable to all versions of Linux, this book is a must-have for anyone seeking to develop their knowledge of these systems. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Home Networking Do-It-Yourself For Dummies-Lawrence C. Miller 2011-04-19 Step by step guide to connecting all your electronic devices into one network A home network allows you to share Internet connections, photos, video, music, game consoles, printers, and other electronic gadgets. This do-it-yourself guide shows you step by step how to create a wired or wireless network in your home. In the For Dummies tradition of making technology less intimidating, Home Networking Do-It-Yourself For Dummies breaks down the process into easy steps with clear instructions. Increasing broadband speeds, cellular technology, the explosive growth of iPhone sales, and the new Home Group feature in Windows 7 all contribute to a booming interest in home networking This step-by-step guide walks do-it-yourselfers through the process of setting up a wired or wireless network with Windows 7 and Windows Vista Demonstrates how to connect desktops or laptops, printers, a home server, a router, high-speed Internet access, a video game system, a telephone line, and entertainment peripherals Shows how to share files, music, and video, and connect to an iPhone Provides maintenance and troubleshooting tips Home Networking Do-It-Yourself For Dummies enables you to take advantage of everything a home network can offer without hiring a technology wizard.

The Headspace Guide to... Mindfulness & Meditation-Andy Puddicombe 2011-05-26 'If you're thinking about trying mindfulness, this is the perfect introduction....I'm grateful to Andy for helping me on this journey.' BILL GATES 'It's kind of genius' EMMA WATSON Feeling stressed about Christmas/Brexit/everthing? Try this... Demystifying meditation for the modern world: an accessible and practical route to improved health, happiness and well being, in as little as 10 minutes. Andy Puddicombe, founder of the celebrated Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the now. Here he shares his simple to learn, but highly effective techniques of meditation. * Rest an anxious, busy mind * Find greater ease when faced with difficult emotions, thoughts, circumstances * Improve focus and concentration * Sleep better * Achieve new levels of calm and fulfilment. The benefits of mindfulness and meditation are well documented and here Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. First published as Get Some Headspace, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results.

Selected Errors-John Roberts 1992 No

A Practical Guide to Fedora and Red Hat Enterprise Linux-Mark G. Sobell 2010-02-11 Master All the Techniques You Need to Succeed with Fedora and Red Hat Enterprise Linux Set up key Internet servers, step by step, including Samba, Apache, sendmail, DNS, FTP, and other Internet servers Automate and streamline administration with this edition's outstanding new chapter on Perl scripting Master GUI-based admin tools and the powerful Linux command line (CLI) In this book, one of the world's leading Linux experts brings together all the knowledge you'll need to succeed with Fedora or Red Hat Enterprise Linux in any real-world environment. Best-selling author Mark Sobell explains Linux clearly and effectively, focusing on skills you'll actually use as an administrator, user, or programmer. Sobell assumes no prior Linux knowledge. He starts at the beginning and walks you through every topic and task that matters, using easy-to-understand examples. Step by step, you'll learn how to install and configure Linux from the accompanying DVD, navigate its graphical user interfaces, provide file/print sharing and Internet services, make sure Linux desktops and networks are as secure as possible, work with the powerful command line, administer Linux efficiently, and even automate administration with Perl scripts. Mark Sobell has taught hundreds of thousands of Linux and UNIX professionals. He knows every Linux nook and cranny-and he never forgets what it's like to be new to Linux. Whatever you'll want to do with Linux-now or in the future-this book gives you everything you'll need. Compared with the other Linux books out there, A Practical Guide to Fedora™ and Red Hat® Enterprise Linux®, Fifth Edition, delivers Complete, up-to-the-minute coverage of Fedora 12 and RHEL 5 Deeper coverage of the command line and the newest GUIs, including desktop customization More practical coverage of file sharing using Samba, NFS, and FTP More and better coverage of automating administration with Perl More usable, realistic coverage of Internet server configuration, including Apache, sendmail, NFS, DNS/BIND, and LDAP More state-of-the-art security techniques, including SELinux (Security Enhanced Linux), ACLs (Access Control Lists), firewall setup using both the Red Hat GUI and iptables, and a full chapter on OpenSSH More and better coverage of system/network administration tasks, including new coverage of network monitoring with Cacti Complete instructions on keeping Linux systems up-to-date using yum And much more, including a 500+ term glossary and a comprehensive index Includes DVD! Get the full version of the Fedora 12 release!

Ubiquitous Computing Fundamentals-John Krumm 2018-10-08 "...a must-read text that provides a historical lens to see how ubicomp has matured into a multidisciplinary endeavor. It will be an essential reference to researchers and those who want to learn more about this evolving field." -From the Foreword, Professor Gregory D. Abowd, Georgia Institute of Technology First introduced two decades ago, the term ubiquitous computing is now part of the common vernacular. Ubicomp, as it is commonly called, has grown not just quickly but broadly so as to encompass a wealth of concepts and technology that serves any number of purposes across all of human endeavor. While such growth is positive, the newest generation of ubicomp practitioners and researchers, isolated to specific tasks, are in danger of losing their sense of history and the broader perspective that has been so essential to the field's creativity and brilliance. Under the guidance of John Krumm, an original ubicomp pioneer, Ubiquitous Computing Fundamentals brings together eleven ubiquitous computing trailblazers who each report on his or her area of expertise. Starting with a historical introduction, the book moves on to summarize a number of self-contained topics. Taking a decidedly human perspective, the book includes discussion on how to observe people in their natural environments and evaluate the critical points where ubiquitous computing technologies can improve their lives. Among a range of topics this book examines: How to build an infrastructure that supports ubiquitous computing applications Privacy protection in systems that connect personal devices and personal information Moving from the graphical to the ubiquitous computing user interface Techniques that are revolutionizing the way we determine a person's location and understand other sensor measurements While we needn't become expert in every sub-discipline of ubicomp, it is necessary that we appreciate all the perspectives that make up the field and understand how our work can influence and be influenced by those perspectives. This is important, if we are to encourage future generations to be as successfully innovative as the field's originators.

Building an Information Security Awareness Program-Bill Gardner 2014-08-12 The best defense against the increasing threat of social engineering attacks is Security Awareness Training to warn your organization's staff of the risk and educate them on how to protect your organization's data. Social engineering is not a new tactic, but Building an Security Awareness Program is the first book that shows you how to build a successful security awareness training program from the ground up. Building an Security Awareness Program provides you with a sound technical basis for developing a new training program. The book also tells you the best ways to garner management support for implementing the program. Author Bill Gardner is one of the founding members of the Security Awareness Training Framework. Here, he walks you through the process of developing an engaging and successful training program for your organization that will help you and your staff defend your systems, networks, mobile devices, and data. Forewords written by Dave Kennedy and Kevin Mitnick! The most practical guide to setting up a Security Awareness training program in your organization Real world examples show you how cyber criminals commit their crimes, and what you can do to keep you and your data safe Learn how to propose a new program to management, and what the benefits are to staff and your company Find out about various types of training, the best training cycle to use, metrics for success, and methods for building an engaging and successful program

Business Model Generation-Alexander Osterwalder 2013-02-01 Business Model Generation is a handbook for visionaries, game changers, and challengers striving to defy outmoded business models and design tomorrow's enterprises. If your organization needs to adapt to harsh new realities, but you don't yet have a strategy that will get you out in front of your competitors, you need Business Model Generation. Co-created by 470 "Business Model Canvas" practitioners from 45 countries, the book features a beautiful, highly visual, 4-color design that takes powerful strategic ideas and tools, and makes them easy to implement in your organization. It explains the most common Business Model patterns, based on concepts from leading business thinkers, and helps you reinterpret them for your own context. You will learn how to systematically understand, design, and implement a game-changing business model--or analyze and renovate an old one. Along the way, you'll understand at a much deeper level your customers, distribution channels, partners, revenue streams, costs, and your core value proposition. Business Model Generation features practical innovation techniques used today by leading consultants and companies worldwide, including 3M, Ericsson, Capgemini, Deloitte, and others. Designed for doers, it is for those ready to abandon outmoded thinking and embrace new models of value creation: for executives, consultants, entrepreneurs, and leaders of all organizations. If you're ready to change the rules, you belong to "the business model generation!"

Ultra Street Fighter IV Official Bible-Joe Epstein 2014-08 Offers hitboxes and hurtboxes for every move in the game, full frame data on the entire cast, comprehensive character strategy, and reliable and situational combos for every character.

The Second Machine Age: Work, Progress, and Prosperity in a Time of Brilliant Technologies-Erik Brynjolfsson 2014-01-20 A pair of technology experts describe how humans will have to keep pace with machines in order to become prosperous in the future and identify strategies and policies for business and individuals to use to combine digital processing power with human ingenuity.

Information Systems-John Gallaugher 2018

Monk and Mason on the Tigris Frontier-Andrew N. Palmer 1990-04-12 Tur Abdin is a plateau skirted by the Upper Tigris in Southeastern Turkey where Syrian Orthodox Christians of Aramaic tongue still worship in Late Antique churches. Monks converted the region and the most powerful monastery, founded in the fourth century, is still flourishing today. Documenting more fully the early history of this abbey, the author aims to rediscover the practical and symbolic function of the monuments of Tur Abdin and place them in their original social context.

Learning JavaScript Design Patterns-Addy Osmani 2012-07-08 With Learning JavaScript Design Patterns, you'll learn how to write beautiful, structured, and maintainable JavaScript by applying classical and modern design patterns to the language. If you want to keep your code efficient, more manageable, and up-to-date with the latest best practices, this book is for you. Explore many popular design patterns, including Modules, Observers, Facades, and Mediators. Learn how modern architectural patterns—such as MVC, MVP, and MVVM—are useful from the perspective of a modern web application developer. This book also walks experienced JavaScript developers through modern module formats, how to namespace code effectively, and other essential topics. Learn the structure of design patterns and how they are written Understand different pattern categories, including creational, structural, and behavioral Walk through more than 20 classical and modern design patterns in JavaScript Use several options for writing modular code—including the Module pattern, Asyncronous Module Definition (AMD), and CommonJS Discover design patterns implemented in the jQuery library Learn popular design patterns for writing maintainable jQuery plug-ins "This book should be in every JavaScript developer's hands. It's the go-to book on JavaScript patterns that will be read and referenced many times in the future."—Andrée Hansson, Lead Front-End Developer, presis!

The ChemSep Book-Harry A. Kooijman 2000

Lost at Sea-Bryan Lee O'Malley 2014-01-22 Raleigh doesn't have a soul. A cat stole it – at least that's what she tells people – at least that's what she would tell people if she told people anything. But that would mean talking to people, and the mere thought of social interaction is terrifying. How did such a shy teenage girl end up in a car with three of her hooligan classmates on a cross-country road trip? Being forced to interact with kids her own age is a new and alarming proposition for Raleigh, but maybe it's just what she needs – or maybe it can help her find what she needs – or maybe it can help her to realize that what she needs has been with her all along. This special hardcover edition of Bryan Lee O'Malley's classic coming-of-age graphic novel includes previously uncollected shorts and extra bonus material.

Diasporas and Foreign Direct Investment in China and India-Min Ye 2014-08-18 A comparative and historical analysis of foreign direct investment liberalization in China and India, explaining how the return of these countries' diasporas affects such liberalization.

Ubuntu Certified Professional Study Guide (Exam LPI 199)-Michael Jang 2008-07-15 Ubuntu is becoming the preferred distribution in the Linux community with more than 8 million users The exam is available worldwide through both Prometric and VUE testing centers

Domain-driven Design-Eric Evans 2004 Describes ways to incorporate domain modeling into software development.

Learning Big Data with Amazon Elastic MapReduce-Amarkant Singh 2014-10-30 This book is aimed at developers and system administrators who want to learn about Big Data analysis using Amazon Elastic MapReduce. Basic Java programming knowledge is required. You should be comfortable with using command-line tools. Prior knowledge of AWS, API, and CLI tools is not assumed. Also, no exposure to Hadoop and MapReduce is expected.

1948 -عشم רחל בית אדום

PostScript Language Tutorial and Cookbook-Adobe Systems 1985 Introduces the PostScript programming language, which is designed to describe and control the appearance of text, images, and graphic material for the printed page, and demonstrates useful techniques and procedures

The Evolution of Claire-Tess Sharpe 2018-06-26 Fans can discover the beginnings of one of "Jurassic World's" most beloved characters--Claire Dearing (played by Bryce Dallas Howard)--in this original action-packed novel that fills in the gaps of Claire's past.

Playing to Win-David Sirlin 2006-04-01 Winning at competitive games requires a results-oriented mindset that many players are simply not willing to adopt. This book walks players through the entire process: how to choose a game and learn basic proficiency, how to break through the mental barriers that hold most players back, and how to handle the issues that top players face. It also includes a complete analysis of Sun Tzu's book The Art of War and its applications to games of today. These foundational concepts apply to virtually all competitive games, and even have some application to "real life." Trade paperback. 142 pages.

The Life Recovery Devotional-Stephen Arterburn 2012-01-27 Inspired by the Life Recovery Bible, The Life Recovery Devotional takes readers on a devotional journey through the Twelve Steps, with thirty inspiring and encouraging meditations from Scripture for each step along the road to recovery. Opens with a complete listing of the Twelve Steps. Also features helpful and encouraging Bible verses from the New Living Translation.

Dragon's Dogma: Dark Arisen - Strategy Guide-GamerGuides.com 2016-01-19 You live the tranquil life of a fisherman in the small, quiet village of Cassardis, at the edge of the sleepy duchy of Gran Soren. This peaceful life of mundane obscurity is shattered one morning with the Dragon, Grigori, a beast of legend, attacks your town and you fall in its defense. Now reborn as an Arisen, you must lead the Pawn Legion into battle as you deal with court politics, combat apocalyptic cultists, and chase down the enigmatic Dragon. But beware, there could be more to the Dragon's challenge than it originally seems... - Full sequential walkthrough of all main quests, side quests and notice board quests. - Each area painstakingly described, including enemy encounters and notable loot drops. - How to get the best gear out of the Everfall and Bitterblack Isle. - Descriptions and tactics of every beast, large and small, that you'll face in the game. - Character creation information, so you can build the mightiest Arisen and Pawn possible. - New Game +, Hard Mode and Speed Run Mode fully explained. - Portcrystal and fast-travel system fully explained. - Romance information and affection-boosting guide: never accidentally romance the wrong NPC again!

One Breath at a Time-Kevin Griffin 2018-02-06 Merging Buddhist mindfulness practices with the Twelve Step program, this updated edition of the bestselling recovery guide One Breath at a Time will inspire and enlighten you to live a better, healthier life. Many in recovery turn to the Twelve Steps to overcome their addictions, but struggle with the spiritual program. But what they might not realize is that Buddhist teachings are intrinsically intertwined with the lessons of the Twelve Steps, and offer time-tested methods for addressing the challenges of sobriety. In what is considered the cornerstone of the most significant recovery movement of the 21st century, Kevin Griffin shares his own extraordinary journey to sobriety and how he integrated the Twelve Steps of recovery with Buddhist mindfulness practices. With a new foreword by William Alexander, the author of Ordinary Recovery, One Breath at a Time takes you on a journey through the Steps, examining critical ideas like Powerlessness, Higher Power, and Moral Inventory through the lens of the core concepts of Buddhism—the Four Noble Truths, the Eightfold Path, mindfulness, loving-kindness, and more. The result is a book that presents techniques and meditations for finding clarity and awareness in your life, just as it has for thousands of addicts and alcoholics.

A Gentle Path Through the Twelve Steps-Patrick Carnes 2012-04-13 A Gentle Path through the Twelve Steps Updated and Expanded

The Making of Northeast Asia-Kent Calder 2010-08-16 This book offers a detailed analysis of the domestic politics of regionalism in the three major nations of Northeast Asia (China, Japan, and Korea), as well as in the most important external actor, the United States.

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