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Risk Management for Health/fitness Professionals

In this volume, Matthew L. Jockers introduces readers to large-scale literary computing and the revolutionary potential of macroanalysis--a new approach to the study of the literary record designed for probing the digital-textual world as it exists today, in digital form and in large quantities. Using computational analysis to retrieve key words, phrases, and linguistic patterns across thousands of texts in digital libraries, researchers can draw conclusions based on quantifiable evidence regarding how literary trends are employed over time, across periods, within regions, or within demographic groups, as well as how cultural, historical, and societal linkages may bind individual authors, texts, and genres into an aggregate literary culture. Moving beyond the limitations of literary interpretation based on the "close-reading" of individual works, Jockers describes how this new method of studying large collections of digital material can help us to better understand and contextualize the individual works within those collections.

The Andy Cohen Diaries

The CrossFit Level 1 Training Guide is an essential resource for anyone seeking to understand the CrossFit methodology and foundational movements. This compendium of articles, written over the last two decades primarily by Coach Greg Glassman, may be used to support any successful training venture that seeks to forge a broad, general, and inclusive fitness. Readers will find proven teaching progressions, detailed programming guidance, and precise coaching and nutritional strategies. The content prepares the reader for the application of the CrossFit methodology with clients of any level. Readers will become familiar with functional movements and essential skills that will help prepare them for any of life's demands. CrossFit's nine foundational movements - the squat, front squat, overhead squat, press, push press, jerk, deadlift, sumo deadlift high pull, and medicine-ball clean - are covered in detail with full-color photos and learning

progressions. Progressions for the snatch, GHD sit-up, hip and back extension, pull-up, thruster, and muscle-up are also included, as are recommendations for improving CrossFit's 10 general physical skills: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. This guide is designed for use in conjunction with the two-day CrossFit Level 1 Certificate Course that is a prerequisite to opening a CrossFit affiliate, but the guide can also be used as a standalone resource for coaches, fitness enthusiasts, and individuals seeking to improve their own health. The CrossFit Level 1 Training Guide is the key to a lifetime of health and fitness.

The Borders of Dominicanidad

Firebreather Fitness is Greg Amundson's program to help you get into the best shape of your life—physically, mentally, and spiritually. Former SWAT officer, DEA Special Agent, U.S. Army Captain, and founding CrossFit athlete and coach, Greg Amundson is a globally recognized leader in functional fitness conditioning and anti-inflammatory foods and diet. Known as CrossFit's "original firebreather", Amundson shares his secrets, advice, and the experiences that helped him forge his Firebreather Fitness—a fitness of body, mind, and spirit. Amundson's Firebreather Fitness program will help you align your physical, mental, and spiritual training so you can gain strength, unlock potential, and live a high-performance, super-healthy life. Firebreather Fitness includes · Integrated 21-day training programs that include innovative workouts, key mental drills, and warrior yoga to get you into top condition · Performance standards that keep your workouts challenging—and let you compete with athletes on your level · More than 40 exercises with clear technique photographs and advice · Scaling options to make workouts easier or harder, depending on your level of fitness It takes more than a hard body to excel at work, in the gym, and in life. Firebreather Fitness folds in the cutting-edge mental toughness training and time-tested spiritual practices that guide Amundson and the athletes he coaches. Amundson's smart and effective guides to goal-setting, pain tolerance, honing purpose and focus, and exerting control over your mental state offer invaluable tools to help meet any challenge. Packed with practical advice, vetted training methods, and Amundson's guided workout programs, Firebreather Fitness is a must-have resource for athletes, coaches, law enforcement and military professionals, and anyone interested in pursuing the high-performance life.

Grimm

It's estimated that U.S. companies spend over \$14 billion annually on leadership development --Match that number to the abundant and growing research that finds most leadership development to be ineffective, and the conclusion is a phenomenal amount of waste. The remedy for this situation is to have business strategy drive leadership development instead of creating programs that match a one-size-fits-all approach to leadership. This book's approach, called Strategy-Driven Leadership Development (SDLD), puts business strategy first. It maintains an emphasis on building leadership programs around what it will take to make the business successful as opposed to implementing a program in the hopes that it will benefit the strategy. The result is a differentiated and targeted approach called Intentional Leadership Development, which provides the structure for transforming

how leadership development is undertaken. At the heart of this book, however, is the explanation of how small, incremental changes in action and perspective create meaningful changes in the way leadership is developed. The focus is on the leadership behaviors associated with success for any company. Some companies may need leaders with better financial acumen while others may require better teamwork for success. These skills are learnable and when the energy of an organization is behind it, then leadership development can be transformational. The authors method "retools" prior leadership efforts - the emphasis is not on previous failures and restarting with new programs. There are many effective ideas and actions that are currently embedded in leadership programs, but they miss the critical element of tying their efforts to the business strategy. Strategy-Driven Leadership changes the way organizations think about and drive their leadership talent initiatives among their current and upcoming leaders. The book is filled with research, science-based information, case studies, and practical hands-on tools on why and how this Strategy-Driven Leadership Development model will transform company leadership approaches.

Blackballed

Active skills for reading is an exciting five-level reading series that develops learners reading comprehension and vocabulary skills.

Above All Else

The Brothers Grimm - legendary supernatural assassins - have escaped their prison, and their first day in St. Louis could be Nate Temple's last. Sharing a beer with Death - one of the Four Horsemen of the Apocalypse - really put a few things into perspective for this foul-mouthed, billionaire wizard. Like finally strapping on the boots to propose to his girlfriend. But assassination contracts have a way of putting wedding plans on hold. Perhaps permanently. And with the entire wedding party on the bloodthirsty Grimm's hit-list, and his family fortune in jeopardy, Nate realizes they can't run and they can't hide. So, time to do magic and stuff. But with every flavor of supernatural thug teaming up to help the Grimms, Nate realizes that friends have become enemies and enemies have become friends, and he's forced to cross lines that are better left uncrossed. When magic, claws, and teeth dance to the song of war, the only thing left to learn is who lives and who dies. And if Nate can live with the consequences. No wonder a guy is terrified to propose. If you like Jim Butcher, Kevin Hearne, or Patrick Rothfuss, you will LOVE the fourth installment of The Nate Temple Supernatural Thriller series.

Jesus, Fran and Thrusters

Whether you're a nurse, a police officer, working the register at a fast food restaurant, or whatever, your future can be bigger and brighter than you probably think. To reach your potential, however, you must know the formula to succeed and to discover that formula, you need the right mindset. Bill Clark and Trent Patterson, both elite-level athletes and certified strength and conditioning coaches, share life experiences and lessons to help you capitalize on opportunities. Learn how to turn failures and defeats into opportunities for victory; increase your level of

determination; handle stress that goes along with everyday life; and reject lifestyle changes that endanger success. They also explain the fundamental difference between a reaction and a response, share strategies on building an action plan, and reveal how to start over and find new purpose in life no matter how old you are. Whether they are writing about the Olympic Training Center, the philosophy of the University of Alabama football program, weightlifting adventures in different countries, or battles on the one-yard line, the authors share lessons that will jumpstart success.

Leadership for the Future Sustainable Development of Business and Education

The market leader in argumentative rhetorics, Writing Arguments has proven highly successful in teaching students to read arguments critically and to produce effective arguments of their own. With its student-friendly tone, clear explanations, high-interest readings and examples, and well-sequenced critical thinking and writing assignments, Writing Arguments offers a time-tested approach to argument that is interesting and accessible to students and eminently teachable for instructors.

Clerk

This handbook is the first to bring together the latest theory and research on critical approaches to social psychological challenges. Edited by a leading authority in the field, this volume further establishes critical social psychology as a discipline of study, distinct from mainstream social psychology. The handbook explains how critical approaches to social processes and phenomena are essential to fully understanding them, and covers the main research topics in basic and applied social psychology, including social cognition, identity and social relations, alongside overviews of the main theories and methodologies that underpin critical approaches. This volume features a range of leading authors working on key social psychological issues, and highlights a commitment to a social psychology which shuns psychologisation, reductionism and neutrality. It provides invaluable insight into many of the most pressing and distressing issues we face in modern society, including the migrant and refugee crises affecting Europe; the devaluing of black lives in the USA; and the poverty, ill-health, and poor mental well-being that has resulted from ever-increasing austerity efforts in the UK. Including sections on critical perspectives, critical methodologies, and critical applications, this volume also focuses on issues within social cognition, self and identity. This one-stop handbook is an indispensable resource for a range of academics, students and researchers in the fields of psychology and sociology, and particularly those with an interest in social identity, power relations, and critical interventions.

Firebreather Fitness

The Basics of New Testament Syntax provides concise, up-to-date guidance for intermediate Greek students to do accurate exegesis of biblical texts. Abridged from Greek Grammar Beyond the Basics: An Exegetical Syntax of the New Testament, the popular exegetical Greek grammar for studies in Greek by Daniel

B. Wallace, *The Basics of New Testament Syntax* offers a practical grammar for second-year students. The strengths of this abridgment will become quickly apparent to the user:

- It shows the relevance of syntax for exegesis and is thoroughly cross-referenced to *Exegetical Syntax*.
- It includes an exceptional number of categories useful for intermediate Greek studies.
- It is easy to use. Each semantic category is discussed, and a definition and key to identification are provided.
- Scores of charts and tables are included to enable the intermediate student to grasp the material quickly.

Moctezuma's Mexico

Good legal writing wins court cases. In its first edition, *The Winning Brief* proved that the key to writing well is understanding the judicial readership. Now, in a revised and updated version of this modern classic, Bryan A. Garner explains the art of effective writing in 100 concise, practical, and easy-to-use sections. Covering everything from the rules for planning and organizing a brief to openers that can capture a judge's attention from the first few words, these tips add up to the most compelling, orderly, and visually appealing brief that an advocate can present. In Garner's view, good writing is good thinking put to paper. "Never write a sentence that you couldn't easily speak," he warns—and demonstrates how to do just that. Beginning each tip with a set of quotable quotes from experts, he then gives masterly advice on building sound paragraphs, drafting crisp sentences, choosing the best words ("Strike pursuant to from your vocabulary."), quoting authority, citing sources, and designing a document that looks as impressive as it reads. Throughout, he shows how to edit for maximal impact, using vivid before-and-after examples that apply the basics of rhetoric to persuasive writing. Filled with examples of good and bad writing from actual briefs filed in courts of all types, *The Winning Brief* also covers the new appellate rules for preparing federal briefs. Constantly collecting material from his seminars and polling judges for their preferences, the second edition delivers the same solid guidelines with even more supporting evidence. Including for the first time sections on the ever-changing rules of acceptable legal writing, Garner's new edition keeps even the most seasoned lawyers on their toes and writing briefs that win cases. An invaluable resource for attorneys, law clerks, judges, paralegals, law students and their teachers, *The Winning Brief* has the qualities that make all of Garner's books so popular: authority, accessibility, and page after page of techniques that work. If you're writing to win a case, this book shouldn't merely be on your shelf—it should be open on your desk.

Sport Management

Thinking Like a Writer

How women can “lean in” to entrepreneurship to create the life they want! Claudia Reuter left a promising corporate career to raise her two young children but realized, when re-entering the workforce, that the gap in her resume looked like a gap in ambition—not a purposeful plan. Instead of leaning into a corporate career and fighting the structures and systems designed by and for men decades ago, or

leaning out and giving up income, Claudia took a different path. That decision ultimately led to success in the corporate world and at home. In *Yes, You Can Do This!* Claudia shares her own reasons for starting a business, and makes a call to action for women to consider entrepreneurship so that they can create businesses with the rules they want and change the playing field for others, making a significant impact in the world. More than a "How-to book" on building a business, Claudia provides clear examples and practical resources to help others create the life they want through entrepreneurship. In *Yes, You Can Do This!* you'll learn: How to develop and share your vision How to deal with stereotypes and unconscious bias How to leverage perceived weaknesses and turn them into strengths How to balance life at high speeds and avoid burnout How to cultivate the confidence to move from idea to creating a company with the culture and rules you want In *Yes, You Can Do This!* women are provided with an electrifying third career option: it's not just "lean in" or "lean out," but startup and change the playing field for others in the process. Praise for *Yes, You Can Do This!* "Combining compelling storytelling with practical, tactical advice, Reuter has created a manifesto for the next generation of female founders. Rooted in the research around gender and work, this is a must read for women looking to launch the next new thing." - Jennifer McFadden, Associate Director of Entrepreneurial Programs, Yale School of Management "A must-read for any woman considering taking the leap into entrepreneurship, *You Can Do This* brings together today's best thinking about women in the workplace with practical advice for creating your dream career and life - by starting a company. Whether you are just curious or ready to take the leap, this book is a great read and a valuable resource." -Anna Barber, Managing Director, Techstars "Claudia helps not just the female entrepreneur, but all entrepreneurs, find their footing in what can be an overwhelming whirlwind of starting a business. This book is not only inspiring and uplifting, but positively necessary for any woman looking to find success in the startup space! -Shira Atkins, Co-founder & CMO Wonder Media Network "Stories of entrepreneurial success exist in abundance for men who receive 97.8% of venture funding and hold 95% of CEO roles. What is most inspiring about Claudia's book, making me want to shout from the rooftop, is that it is told from the perspective of an everyday woman who pushed hard through barriers, doubts, and setbacks that any entrepreneur would face. On top of all that, she overcame obstacles that are uniquely ours as women today. Claudia is now a standout among women, but with her book in hand, women who want to build a business to scale have a blueprint and path to do so. Here's to making dreams come true!" -Coco Brown, CEO and Founder, The Athena Alliance. "As I read through the book, there were multiple points where I thought, 'Every man in any startup or fast-growing business should read this.' As a man in technology, I took away a number of new ideas, along with examples that were explained in a way that I wouldn't have been able to do prior to reading Claudia's book" -Brad Feld, Managing Director, at Foundry Group, author of *Venture Deals* and *Do More*

Russian Dada 1914--1924

A lavishly illustrated volume that views Russian avant-garde art through the lens of Dada. This is the first book to approach Russian avant-garde art from the perspective of the anti-art canons associated with the international Dada movement. The works described and documented in *Russian Dada* were produced

at the height of Dada's flourishing, between World War I and the death of Vladimir Lenin--who, incidentally, was a frequent visitor to Cabaret Voltaire in Zurich, the founding site of Dada. Like the Dadaists, the Russian avant-gardists whose works appear in this volume strove for internationalism, fused the verbal and visual, and engaged in eccentric practices and pacifist actions, including outrageous performances and anti-war campaigns. The works featured in this lavishly illustrated volume thrive on negation, irony, and absurdity, with the goal of constructing a new aesthetic paradigm that is an alternative to both positivist and rationalist Constructivism as well as metaphysical and cosmic Suprematism. The text and images show that, while not neglecting the serious project of public agitation for Marxist ideology, the artists often pushed the Dadaesque into Russian mass culture, in the form of absurdist and chance-based collages and designs. In such works, Russian "da, da (yes, yes)" was converted into a defiant "nyet, nyet (no, no)". Russian Dada, which accompanies a major exhibition at the Museo Reina Sofia, Madrid, includes 250 images, almost all in color, and essays by leading art historians. An appendix provides a wide selection of primary texts--historical writings by such key figures as Nikolai Punin, Kazimir Malevich, Varvara Stepanova, and Aleksandr Rodchenko. Essays by Margarita Tupitsyn, Victor Tupitsyn, Natasha Kurchanova, Olga Burenina-Petrova Artists Natan Altman, Vasilii Ermilov, 41°, Ivan Kluin, Gustav Klutss, Aleksei Kruchenykh, Valentina Kulagina, Vladimir Lebedev, Kazimir Malevich, Aleksei Morgunov, the Nothingdoers, Ivan Puni, Aleksandr Rodchenko, Olga Rozanova, Sergei Sharshun, Varvara Stepanova, Wladyslaw Strzeminski, Vladimir Tatlin, Igor Terentiev, Nadezhda Udaltsova, Ilya Zdanevich, Kirill Zdanevich

Thunderbolt

God In Me Former SWAT Officer, DEA Special Agent, U.S. Army Captain, and founding CrossFit athlete and coach, Greg Amundson, shares his love for God in this groundbreaking yearlong daily devotional to achieve a heart like Christ. In a unique and powerful new voice, Amundson merges Biblical truth with modern day lessons on leadership, positive thinking, and the warrior spirit. Each day of the year, you will be guided scripturally through the key principles and teachings from the Bible, resulting in a more intimate relationship with God and understanding of His Word.

Meshless Methods in Biomechanics

The Ethical Warrior concept was developed and is practiced by the United States Marine Corps. It is transmitted to the Marines through the Marine Corps Martial Arts Program (MCMAP). The concept has been adapted for Law Enforcement and is referred to as the Ethical Protector concept. This book is adapted from a series of articles written originally for LEOs on PoliceOne.com, but be assured, the lessons herein are timeless and immutable. They can, have, and will grant us clarity. Clarity for the protector in all of us. The authors' wisdom and talent to deliver these lessons is unsurpassed. Bruce Gourlie is a Federal Supervisory Special Agent, certified in firearms and Police instruction. He is a leadership instructor, a published author, a former US Army infantry officer and a long-time practitioner of martial arts. Jack Hoban is a Subject Matter Expert for the Marine Corps Martial Arts Program and president of Resolution Group International (RGI). He had the

privilege of being mentored by Dr. Robert “Bob” Humphrey, a Natural Law sage and Cold War conflict resolution expert, who first articulated the Dual Life Value Theory. Jack also is a long-time student of Japanese martial arts master Masaaki Hatsumi, and under Dr. Hatsumi's tutelage, has become a true adept of the martial ways."The concept of the Ethical Warrior — or Ethical Protector, if you prefer — as proffered by Jack Hoban and Bruce Gourlie in their PoliceOne column of the same name has been very highly regarded by law enforcement officers visiting the website. Their adaptation of the United States Marine Corps Martial Arts Program (MCMAP) model for use in police work has the potential to make a wonderful profession even more remarkable. If you're a cop — or aspire to be one — this book can be an invaluable resource."Doug WylliePoliceOne Editor in Chief

The Zurau Aphorisms

This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, *Strong Curves* offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In *Strong Curves*, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. *Strong Curves* is the cure.

Introduction to Mechatronic Design

In *The Borders of Dominicanidad* Lorgia García-Peña explores the ways official narratives and histories have been projected onto racialized Dominican bodies as a means of sustaining the nation's borders. García-Peña constructs a genealogy of dominicanidad that highlights how Afro-Dominicans, ethnic Haitians, and Dominicans living abroad have contested these dominant narratives and their violent, silencing, and exclusionary effects. Centering the role of U.S. imperialism in drawing racial borders between Haiti, the Dominican Republic, and the United States, she analyzes musical, visual, artistic, and literary representations of foundational moments in the history of the Dominican Republic: the murder of three girls and their father in 1822; the criminalization of Afro-religious practice during the U.S. occupation between 1916 and 1924; the massacre of more than 20,000 people on the Dominican-Haitian border in 1937; and the 2010 earthquake in Haiti. García-Peña also considers the contemporary emergence of a broader Dominican consciousness among artists and intellectuals that offers alternative perspectives to questions of identity as well as the means to make audible the voices of long-silenced Dominicans.

Beyond Grammar

Thinking Like a Writer: A Lawyer's Guide to Effective Writing and Editing gives you the specialized knowledge and techniques to draft clear and compelling legal documents, no matter how complicated the issues involved.

Pearson Passport Access Card - for World History / Western Civilization

Profiles the history, people, culture, artwork, beliefs, and daily life of Moctezuma's Mexico.

Macroanalysis

The host of Bravo's Watch What Happens Live and executive producer of The Real Housewives franchise, chronicles a year of his whirlwind life in his own cheeky, candid and irreverent words.

Patton's Way

Now available in a fully revised and updated third edition, Sport Management: Principles and Applications examines the nature of the sport industry and the role of the state, non-profit and professional sectors in sport. It focuses on core management principles and their application in a sporting context, highlighting the unique challenges faced in a career in sport management. Written in highly accessible style, each chapter has a coherent structure designed to make key information and concepts simple to find and to utilize. Chapters contain a conceptual overview, references, further reading, relevant websites, study questions and up-to-date case studies from around the world to show how theory works in the professional world. Topics covered include: strategic planning organizational culture organizational structures human resource management leadership governance financial management marketing performance management. This book provides a comprehensive introduction to the practical application of management principles within sport organizations. It is ideal for first and second year students studying sport management related courses, as well as those studying business focused and human movement/physical education courses who are seeking an overview of sport management principles. Visit the companion website at www.routledge.com/textbooks/hoye

Strategy-Driven Leadership

Human Resources used to be about recruiting good people, preparing them for assignments, motivating them to perform, and retaining them. Do these things well and your well-oiled machine will operate as planned. But in today's turbulent and increasingly broadening economy, HR must go beyond its traditional focus if a company is to also expand and become as far-reaching as the times are trying to take it. While the core plan of recruit, prepare, motivate, and retain is still essential, High-Impact Human Capital Strategy examines 12 critical forces that must also be evaluated and maximized if a company is to continue its success,

including: globalization, changes in workforce demographics, skill shortages and mismatches in labor markets, environmental matters, and more. Readers will learn how to design human capital programs that:

- Incorporate each of the 12 critical forces into an effective overall plan
- Connect with business measures
- Achieve positive ROI
- Ensure critical talent is in place
- Boost engagement
- Address work/life balance and other social issues
- Reduce the need to outsource

Complete with case studies and step-by-step guidelines to help you move beyond the traditional focus of Human Resources, the indispensable plans of attack found in High-Impact Human Capital deliver measurable value in the face of ongoing challenges that are not going away.

Network Programming with Go

Patton's Way is a unique approach to the legend of General George S. Patton, Jr. and his development and application of a unique approach to modern warfare. Unlike Carlo D'Este's Patton: Genius for War or Stanley Hirshson's General Patton: A Soldier's Life, Patton's Way is not a biography. Instead, it argues that popular representations of Patton are built on misconceptions and incomplete understandings about his approach to warfare. Morningstar begins with the mystifying contradiction between the historiographical criticism of Patton's methods and popular appreciation for his successes. He identifies several schools of thought offering explanations ranging from Patton's bull headed leadership to his gambling cavalry style. Yet, the author notes, they all fail to fully comprehend the real Patton. It is the contention of this book that the secret to Patton's success was a truly radical and purposely-crafted doctrine he developed over several decades of careful thought and practice. Morningstar identifies four core principals in Patton's doctrine: targeting the enemy's morale through shock; utilizing highly practiced combined arms mechanized columns; relying on mission tactics and flexible command and control; and employing multi-layered and synthesized intelligence systems to identify enemy capabilities and weak spots. These principals directly contradicted official U.S. Army doctrine in that they rejected the focus on tactical battle, the primacy of infantry, top-down command and control and detailed orders processes, and intelligence limited to supporting preconceived plans. Because Patton's methods did not conform to doctrine, they were not well understood by his peers, resulting in misconceptions both then and now -- misconceptions that led higher command to truncate Patton's operations in Tunisia, Sicily, and France. The author uses separate chapters to detail how Patton developed and applied each principal, before using the breakout from Normandy as a case study to illustrate Patton's Way in application. The comparison of Patton's success to the many instances of stagnation in the European Theater without Patton is startling but the author also recognizes other campaigns and how they related to Patton's concepts. In the Chapter 6 the author illustrates the 'death and resurrection' of Patton's ideas in the US Army. Following World War II both Patton's teachings and adherents were systematically removed from the Army operations. Political constraints led to a resurgence of attrition based doctrine and heavy firepower tactics in Korea and Vietnam. Only at the Armor School at Fort Knox, Kentucky, did Patton's ideas take root only to blossom in the form of AirLand Battle doctrine towards the end of the century after a long and interesting route. The author ends by briefly describing the status of Patton's ideas in the Army today.

Yes, You Can Do This! How Women Start Up, Scale Up, and Build The Life They Want

This book presents the complete formulation of a new advanced discretization meshless technique: the Natural Neighbour Radial Point Interpolation Method (NNRPIM). In addition, two of the most popular meshless methods, the EFGM and the RPIM, are fully presented. Being a truly meshless method, the major advantages of the NNRPIM over the FEM and other meshless methods, are the remeshing flexibility and the higher accuracy of the obtained variable field. Using the natural neighbour concept, the NNRPIM permits to determine organically the influence-domain, resembling the cellulae natural behaviour. This innovation permits the analysis of convex boundaries and extremely irregular meshes, which is an advantage in the biomechanical analysis, with no extra computational effort associated. This volume shows how to extend the NNRPIM to the bone tissue remodelling analysis, expecting to contribute with new numerical tools and strategies in order to permit a more efficient numerical biomechanical analysis.

CrossFit Level 1 Training Guide

In a unique and groundbreaking new voice, GREG AMUNDSON merges Biblical truth with modern day lessons on leadership, positive psychology, and the warrior spirit. Each day of the year, you will be scripturally guided through the key principles and teachings from the Bible, resulting in a more intimate relationship with God and greater understanding of His Word. Greg's message will help you internalize disciplined practices and ways of thinking that are central to developing your full potential, and achieving your greatest dreams and goals. Greg's integration of the Mind, Body, and Spirit offers a unique perspective to keep you thriving in all aspects of your life.

The Winning Brief: 100 Tips for Persuasive Briefing in Trial and Appellate Courts

Notebook Large Size 8.5 x 11 Ruled 150 Pages Softcover

High-Impact Human Capital Strategy

This proceedings volume examines leadership from the perspectives of business, economics, social sciences, cross-cultural management, and education as a means to establish a future of sustainable development. Featuring contributions from the 2017 Prague Institute for Qualification Enhancement (PRIZK) and International Research Centre (IRC) "Scientific Cooperation" International Conference held in the Czech Republic, this volume focuses particularly on business models and higher education schemes from BRICS nations and examines topics such as social and educational practices, academic policies and business development. Leadership is becoming a key element for the future sustainable development of business and education in the quickly globalizing world. In this regard, a special emphasis should be made on the formation of high-quality human resources—the leading experts in their field who will create innovations and introduce breakthrough technologies. The development of a creative economy and knowledge economy requires highly-

educated human capital, thus education becomes a key element of this process. Education must keep pace with time, be competitive, and stay in touch with the process of technology. The enclosed papers identify the key steps for sustainable growth and development in business and education. Featuring contributions on theory and practice, this book is appropriate for academics, researchers, policy-makers and practitioners in the areas of business, leadership management, entrepreneurship, innovation and education.

A Little SPOT of Kindness!

New from International #1 Bestselling author GREG AMUNDSON comes a practical guide to understanding and teaching the Holy Scriptures. In the first of a two-part series on doctrine and theology, Greg provides an in depth exegetical survey of selected historical, prophetic, wisdom, gospel, and Pauline books and epistles of the Bible. Complete with Greg's unique and thought provoking interpretation of the Prophetic Word, alongside a systematic approach to understanding the unified story of the Bible, this book will become a cherished addition to everyone seeking a transformational encounter with the Living Word of God. For athletes and gym owners who feel called to share the Gospel, this book will be equated with learning and teaching the 9 foundational movements of functional athletic movement. In other words, if the greatest adaptation to CrossFit(R) takes place between the ears, then proclaiming the good news of Jesus Christ between the four-walls of the Box provides the evangelist with inspiring new motivation and context for "making disciples of all the nations and teaching them to obey everything I have commanded you" (reference Matthew 28:19-20). "Greg Amundson is one of the most prolific author's and speaker's of our time, and his work will bless your life." DR. GABRIELLE LYON, DO, SPECIAL OPERATIONS, TASK FORCE DAGGER "Greg Amundson writes with magical simplicity, yet is rigorous in his research and reasoning." JASON REDMAN, NAVY SEAL (RET.) AND New York Times bestselling author of Overcome. "Greg Amundson is a true warrior leader and monk. His deep commitment to his faith, and ability to communicate that faith through his passion for the warrior mindset, is unparalleled. The Good Soldier is another lighted path that Greg has provided for those searching for Truth." MARK DIVINE, NAVY SEAL (RET.) New York Times bestselling author of The Way of the SEAL, Unbeatable Mind and Staring Down the Wolf "Greg Amundson's books encourage me to put God first, strive for self-mastery, and be of greater service to others." JAY DOBYNS, ATF SPECIAL AGENT (RET.) New York Times bestselling author of No Angel "Greg's ability to transcend boundaries and speak to the essence of spirituality is profound and encouraging." SCOTT McEWEN, #1 New York Times bestselling co-author of American Sniper

Lifting Spirits

Shows readers how to leverage the Go programming language's concurrency and rich standard library to write robust network programs. Readers learn how to write secure, network software in idiomatic Go using the language's latest features. In Network Programming with Go readers learn how to leverage Go's concurrency and rich standard library to write robust network programs to create and handle network connections. Readers learn how to craft custom HTTP/2 and SSH servers, build secure network connections with HTTPS, HTTP/2, SSH, TLS, encrypted port

forwarding, integrate TLS with free Let's Encrypt certificates, QUIC (HTTP/3), structured logging, and metrics. The author also connects network applications with corresponding cloud offerings such as AWS, Azure, and Google Cloud and shows how to programmatically interact with these providers using their software development kits. Difficult concepts are explained with analogies, diagrams, and examples as readers learn to solve common networking problems and write secure software. For professional developers and experienced Go programmers.

Active Skills for Reading

The Palgrave Handbook of Critical Social Psychology

Describes the psychological techniques cults use to indoctrinate their members and discusses deprogramming.

Combatting Cult Mind Control

This book takes a case-based approach to addressing the challenges psychiatrists and other clinicians face when working with American combat veterans after their return from a war zone. Written by experts, the book concentrates on a wide variety of concerns associated with posttraumatic stress disorder (PTSD), including different treatments of PTSD. The text also looks at PTSD comorbidities, such as depression and traumatic brain injury (TBI) and other conditions masquerading as PTSD. Finally, the authors touch on other subjects concerning returning veterans, including pain, disability, facing the end of a career, sleep problems, suicidal thoughts, violence, and mefloquine "toxidrome". Each case study includes a case presentation, diagnosis and assessment, treatment and management, outcome and case resolution, and clinical pearls and pitfalls. *Post-Traumatic Stress Disorder and Related Diseases in Combat Veterans* is a valuable resource for civilian and military mental health practitioners, and primary care physicians on how to treat patients returning from active war zones.

Strong Curves

Beyond Grammar: Language, Power, and the Classroom asks readers to think about the power of words, the power of language attitudes, and the power of language policies as they play out in communities, in educational institutions, and in their own lives as individuals, teachers, and participants in the larger community. Each chapter provides extended discussion of a set of critical language issues that directly affect students in classrooms: the political nature of language, the power of words, hate language and bullying, gender and language, dialects, and language policies. Written for pre-service and practicing teachers, this text addresses how teachers can alert students to the realities of language and power--removing language study from a "neutral" corner to situate it within the context of political, social, and cultural issues. Developing a critical pedagogy about language instruction can help educators understand that classrooms can either maintain existing inequity or address and diminish inequity through critical language study. A common framework structures the chapters of the text: * Each

chapter begins with an overview of the language issue in question, and includes references for further research and for classroom use, and provides applications for classroom teachers. * Numerous references to the popular press and the breadth of language issues found therein foreground current thought on socio-cultural language issues, attitudes, standards, and policies found in the culture(s) at large. * References to current and recent events illustrate the language issue's importance, cartoons address the issue, and brief "For Thought" activities illustrate the point being discussed and extend the reader's knowledge and awareness. * "Personal Explorations" ask readers to go beyond the text to develop further understanding; "Teaching Explorations" ask teachers to apply chapter content to teaching situations. Beyond Grammar: Language, Power, and the Classroom is intended for undergraduate and master's level courses that address literacy education, linguistics, and issues of language and culture.

God in Me

Franz Kafka spent eight months at his sister's house in Zürau between September 1917 and April 1918, enduring the onset of tuberculosis. Illness paradoxically set him free to write, in a series of philosophical fragments, his settling of accounts with life, marriage, his family, guilt and man's condition. These aphorisms have appeared with minor revisions in various posthumous works since his death in 1924. By chance, Roberto Calasso rediscovered Kafka's two original notebooks in Oxford's Bodleian Library. The notebooks, freshly translated and laid out as Kafka intended, are a distillation of Kafka at his most powerful and enigmatic. This lost jewel provides the reader with a fresh perspective on the work of a genius.

The Ethical Protector

"College" is a word that means many things to many people: a space for knowledge, a place to gain lifelong friends, and an opportunity to transcend one's socioeconomic station. Today, though, this word also recalls a slew of headlines that have revealed a dark and persistent world of racial politics on campus. Does this association disturb our idealized visions of what happens behind the ivied walls of higher learning? It should-because campus racism on college campuses is as American as college football on Fall Saturdays. From Lawrence Ross, author of *The Divine Nine* and the leading expert on sororities and fraternities, *Blackballed* is an explosive and controversial book that rips the veil off America's hidden secret: America's colleges have fostered a racist environment that makes them a hostile space for African American students. *Blackballed* exposes the white fraternity and sorority system, with traditions of racist parties, songs, and assaults on black students; and the universities themselves, who name campus buildings after racist men and women. It also takes a deep dive into anti-affirmative action policies, and how they effectively segregate predominately white universities, providing ample room for white privilege. A bold mix of history and the current climate, *Blackballed* is a call to action for universities to make radical changes to their policies and standards to foster a better legacy for all students.

The Basics of New Testament Syntax

Using path-breaking discoveries of cognitive science, Mark Johnson argues that humans are fundamentally imaginative moral animals, challenging the view that morality is simply a system of universal laws dictated by reason. According to the Western moral tradition, we make ethical decisions by applying universal laws to concrete situations. But Johnson shows how research in cognitive science undermines this view and reveals that imagination has an essential role in ethical deliberation. Expanding his innovative studies of human reason in *Metaphors We Live By* and *The Body in the Mind*, Johnson provides the tools for more practical, realistic, and constructive moral reflection.

Writing Arguments

This well-organized text provides a clear explanation of laws and legal issues in the health and fitness arena and presents invaluable risk management strategies to promote safer programs and environments. The authors address many legal concerns related to emergency procedures, employment, equipment, and facility issues, pre-activity health screening, fitness testing and prescription, and instruction and supervision. Real-life health/fitness case law examples provide practical illustrations of negligence to help professionals understand and minimize their legal liability. Online resources include an electronic version of the book and downloadable forms from the book.

Posttraumatic Stress Disorder and Related Diseases in Combat Veterans

He has been called the greatest American general since U.S. Grant (by Sir Robert Thompson) and the world's champion tank commander (by Gen. George S. Patton, Jr.). Yet the general public knows relatively little about this man who, for more than four decades, in three wars and in peacetime, demonstrated the skill, courage, integrity, and compassion that made him a legend in his profession. In *Thunderbolt*, Lewis Sorley brings us the definitive biography of Gen. Creighton Abrams, the man who commanded U.S. forces in Vietnam during the withdrawal stage and for whom the Army's main battle tank is named. This new Brassey's Five-Star Paperback places the complex and sophisticated Abrams and his many achievements within the context of the Army he served and ultimately led, and of the national and international events in which he played a vital role. It is a stirring portrait of the quintessential soldier and of the transformation of the U.S. Army from the horse brigades of the 1930s to the high-tech military force that ultimately emerged victorious in the Gulf War.

Moral Imagination

Introduction to Mechatronic Design is ideal for upper level and graduate Mechatronics courses in Electrical, Computing, or Mechanical & Aerospace Engineering. Unlike other texts on mechatronics that focus on derivations and calculations, *Introduction to Mechatronics, 1e*, takes a narrative approach, emphasizing the importance of building intuition and understanding before diving into the math. The authors believe that integration is the core of mechatronics and students must have a command of each of the domains to create the balance

necessary for successful mechatronic design and devote sections of the book to each area, including mechanical, electrical, and software disciplines, as well as a section on system design and engineering. A robust package of teaching and learning resources accompanies the book.

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