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Crochet Patterns For Dummies-Susan Brittain 2011-02-09

Would you like to learn to crochet? Already know the basics, but would like to stretch your crocheting skills? From scarves and sweaters to hats and handbags, you can create beautiful, useful designs with ease using Crochet Patterns For Dummies. From choosing the right hooks and yarn and crocheting basic stitches to joining pieces together, this easy-to-follow guide will have you hooked in no time. Our hands-on workbook gets you crocheting fashionable, fun designs in a focused, step-by-step manner. You get a review of the basic stitches and stitch combinations, along with a concise appendix containing easy-to-follow instructions for working these stitches. You'll find plenty of tips on changing colors and adding shape to your projects. Plus, you get full-color photos of every project—from potholders to afghans, belts to table runners, skirts to vests, and much more. You'll also discover how to: Decipher crochet lingo Make a gauge swatch, read a pattern, and understand garment sizing Work with the most common stitches and stitch patterns Crochet in the round or with color Shape a design through increasing or decreasing stitches Use new techniques like felting and working with wire Crochet pictures and words using the filet crochet technique There are also quick-and-easy designs that are great for kids to make, as well as handy hints on caring for your finished items. Featuring more than 50 fantastic patterns perfect for beginners or those wanting to take their skills to the next level, Crochet Patterns For Dummies is your one-stop guide to crocheting success!

Cut the Clutter and Stow the Stuff-Lori Baird 2002-08-24

Describes how to bring all kinds of clutter under control, offering advice on how to stow, organize, clean, and categorize to avoid a messy household space.

Metal Industry- 1912

Metal Finishing- 1912

Japanese Stitches Unraveled-Wendy Bernard 2018-05-15

Japanese stitch patterns are eye-catching and much sought after by devotees, but before now, they often seemed out of reach, whether locked behind Japanese-only instructions or tangled up in difficult-to-decipher illustrations. Japanese Stitches Unraveled offers 150 rare patterns inspired by these elusive and intricate Japanese stitch designs, along with fully illustrated charts, familiar symbols, and clear instructions for every single stitch. Each stitch pattern receives Bernard's unique four-direction makeover—topdown, bottom-up, back-and-forth, and in-the-round. To showcase the knitting in action, Bernard also includes instructions for six garments as well as her famous formulas for knitting without a pattern.

Preparing for Weight Loss Surgery-Robin F. Apple 2006-09-07

Weight loss surgery is becoming more and more popular as a long-term solution for people to regain control of their bodies and their health. Once you make the decision to undergo surgery, it is up to you to ensure the best possible outcome. This will entail radical changes in both your lifestyle and eating habits. To reap the maximum benefits of your weight loss surgery, you must learn new methods for dealing with unhealthy attitudes about food. When used in conjunction with therapy, this workbook provides practical tools that have been scientifically tested and shown to help people successfully prepare for, and overcome the post-operative challenges of creating new and healthy eating and lifestyle habits. This treatment program does more than teach you how to guarantee yourself a successful recovery after surgery; it teaches you the skills to manage your health and weight for the rest of your life. This workbook includes user-friendly devices to help you learn these new skills, including food records and checklists, body image journals, weight graphs, problem-solving exercises, and interactive homework assignments. Written by professionals in the area of eating disorders and obesity, this book will help you take control of your health as you begin your new life after weight loss surgery. TreatmentsThatWorkTM represents the gold standard of behavioral healthcare interventions! ? All programs have been rigorously tested in clinical trials and are backed by years of research ? A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date ? Our books are reliable and effective and make it easy for you to provide your clients with the best care available ? Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated ? A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources ? Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

PHP Objects, Patterns, and Practice-Matt Zandstra 2014-01-21

PHP Objects Patterns and Practice, Fourth Edition is revised and updated throughout. The book begins by covering PHP's object-oriented features. It introduces key topics including class declaration, inheritance, reflection and much more. These provide the fundamentals of the PHP's support for objects. It also introduces some principles of design. This edition introduces new object relevant features such as traits, reflection extension additions, callable type hinting, improvements to exception handling, and many smaller language enhancements. The next section is devoted to design patterns. These describe common problems and their solutions. The section describes the design principles that make patterns powerful. It covers many of the classic design patterns and includes chapters on enterprise and database patterns. The last segment of the book covers the tools and practices that can help turn great code into a successful project. The section shows how to manage multiple developers and releases with git, how to build and install using Phing and PEAR. It also explores strategies for automated testing and build. In addition to discussing the latest developments in build, test, and continuous integration, this section keeps pace with best practice in version control by focusing on Git, increasingly the developer's system of choice. Taken together these three elements: object fundamentals, design principles, and best practice will help the reader develop elegant and rock solid systems. PHP Objects and Patterns: Describes and demonstrates PHP's built-in object-oriented features Breaks down the principles of object-oriented design, explaining key design patterns using practical examples. Discusses the tools and practices necessary for developing, testing and deploying exemplary applications.

Trade the Patterns-Ken Wood 2009

More than 30 years ago, Ken "Woodie" Wood discovered patterns forming on the CCI, a little-known moving average index. These patterns reveal how the market moves. The CCI is a leading indicator, and Woodie figured out how it could help him get into a trade ahead of standard trend lines. This is the only book where Woodie shares his time-tested methods. He does so, because his personal philosophy and the motto of Woodie¿s CCI Club has always been ¿Traders Helping Traders.¿ In Trade the Patterns, he reveals the steps that led to his discovery of the CCI, including the original materials that inspired him. He walks readers through the process of learning to trade on the CCI, using easy to follow steps. Woodie shows you how to recognize and trade patterns on the CCI, starting with basic trend patterns like the ¿Zero Line Reject¿ to more advanced patterns like the ¿Ghost¿ or ¿Vegas Trade.¿

The Diabetes 2-Month Turnaround-Laura Hieronymus 2017-04-11

Most people who have just been diagnosed with diabetes, or who are suffering complications for the first time, are motivated to start taking better care of themselves. The problem is that change can be overwhelming or hard to maintain. What they need is a course correction that's simple, straightforward, and achievable. The Diabetes 2-Month Turnaround, is the blueprint they need for getting their self-management back in shape safely, quickly, and effectively. Using years of behavioral research, Dr. Laura Hieronymus has created a complete 2-month program for people with diabetes who need to get their glucose under control, now and for the long term. Using a week-by-week approach, the books is a total health overhaul that covers everything from medications and supplies to nutrition and exercise. Perfect for those who were just diagnosed or those who have had diabetes for a number of years and simply need to tighten self-care, this simple, effective program is the perfect way to get back in shape.

My Crochet Journal-Laurie Crooks 2019-12-06

My Crochet Journal This Crochet Journal for record your crochet patterns You can plan and organize your project and write all in this book Writing your projects, patterns, yarn, and ideas organized Record yarn, hook, supplies that you need for a projects Keeping track of projects and supplies The pages in this crochet journal contain sections for Crochet Project Journal, Yarn Inventory, Hook Inventory It's a perfect gift for Chistmas and New Year Festival. Book Details: 81 pages 7 x 10 inch White Matte Paper Paperback Cover

From Needles to Hook-Donna Scott 2002

Starting with the basics, From Needles to Hook provides the clues to solving the mystery of changing knit pattern stitches to crochet. Each chapter guides you from one step of the process to the next.

The Absolute Beginners Guide: Stitching Beaded Jewelry-Lesley Weiss 2010-09-07

The Absolute Beginners Guide: Stitching Beaded Jewelry is the introduction to bead stitching. This book helps beginners to have a successful start in stitching by answering questions like "What are the must-have supplies and tools?" and "How do I set up my workspace?" The projects introduce basic stitches starting with the easiest, such as cross-weave and right-angle weave, and moving into other more challenging techniques. Your confidence and skill set will grow as you work through the book, one project at a time.

Crochet Project Journal a Guide and Organizer for Keeping Track of Crochet Projects-Craftdrawer Crafts 2019-01-09

Crochet Project Journal Planner The Crochet Project Journal Planner for Keeping Organized and Tracking Your Patterns. Get creative and stay organized with the Crochet Project Planner! It's the perfect go-to reference guide and organizer for all of your crochet and designing projects and it's packed with useful tools and guides. The Crochet Project Planner is a valuable tool for both beginner and advanced crocheters. Specially designed for Crochet, the planner features pages to keep track of your projects the tools include..crochet project trackers, daily, weekly and monthly calendars, guides for laundry care, yarn cards, hook sizes, crochet terms and abbreviations, and lots of places to keep notes and track your pattern progress. Contents include the following plus additional note pages and trackers added throughout the planner Project Planner Graph Page Crochet Abbreviations Crochet Hook Sizes Crochet Symbols Yarn Weights and Label Information Laundry Care Symbols Yarn Hook and Weight Information Daily Planner - Weekly Planner Monthly Planner Pattern Notes Heart Labels Tags Pattern Guide Information Yarn Cards Pattern Tracker Customer Order Form Crochet Project Tracker Work in Progress Cards Row and Round Tracker Progress Note Pages Crochet Stickers Labels. Plus there are additional note pages and progress tracking pages, yarn cards and more throughout the planner.

Craft Wisdom & Know-How-The Editors of Lark Books 2013-09-19

The latest addition to the best-selling Wisdom & Know-How series is an all-in-one guide to mastering a variety of popular crafts, from knitting and quilting to ceramics and jewelry making. The fifth book in the popular Wisdom and Know-How series, CraftWisdom & Know-How covers dozens of the most popular crafts in one complete, all-encompassing resource. The book is organized by type of craft and includes Sewing, Knitting, and Other Needlework; Paper Crafts and Bookmaking; Glasswork; Jewelry Making; Pottery and Clay; Mosaics; Candle-making and Decorating; and Woodworking and Furniture Making. The sections are further broken down into chapters that cover specific crafts, each with step-by-step directions and tips for projects for all levels of skill and ability, from beginner to advanced. Hundreds of projects are included, such as Super Sock Monkeys, Crocheted Hats, Etched Glass, One-Afternoon Skirts, and Beading Vintage-Style Jewelry, to name a few. The material is hand-selected from dozens of publications from Lark Books, a leader in craft books. The information is tried, trusted, and true, and provides indispensable instruction and advice from the most accomplished crafters in the world. With hundreds of black-and-white illustrations and photographs, as well as essential resources

for materials and tools, Craft Wisdom & Know-How is a must-have book for the aspiring and experienced crafter alike.

Teaching Number-Robert J Wright 2006-08-30

The book lets teachers identify where their students are in terms of number skills, and sets out a strategy for developing their knowledge. The authors show how to advance children's learning across five stages of early arithmetical learning - emergent, perceptual, figurative, initial number, and facile number. This provides for increasingly sophisticated number strategies across addition, subtraction, multiplication and division, as well as developing children's number word and numeral knowledge, and their ability to structure number and have grouping strategies. The approach used nine guiding principles for teaching. Each chapter has clearly defined teaching procedures which show how to take the children onto the next more sophisticated stage. The teaching procedures are organized into key teaching topics, and each includes: o a clearly defined purpose o detailed instructions, activities, learning tasks and reinforcing games o lists of responses which children may make o application in whole class, small group and individualised settings o a link to the Learning Framework in Number (see Early Numeracy- second edition, 2005) o how the guiding principles for teaching can be used to allow teachers to evaluate and reflect upon their practice Primary practitioners in Australia, the United States, the United Kingdom and Canada have tested the teaching procedures which can be used in conjunction with each country's numeracy strategy. Primary teachers, especially of the early years, mathematics co-ordinators, heads of school, mathematics advisers, special educationalists, learning support personnel, teacher assistants, lecturers in initial teacher training and educational psychologists will all find this book invaluable.

Turn It Loose-Diane Swanson 2004

Describes techniques and traits characteristic of science, relates them to everyday life, gives biographical examples of young people--nonscientists as well as scientists--who have used the techniques, and suggests activities for personal development.

Overcoming Night Eating Syndrome-Kelly C. Allison 2004-05-01

The statistics are powerful and alarming: Perhaps as many as 6 million Americans suffer from night eating syndrome, or NES, a newly identified eating disorder which describes behavior patterns in which an individual obsessively consumes more than half of his or her daily caloric intake after eight o'clock in the evening. More significant is the further finding that more than 33 percent of morbidly obese individuals, persons who are 100 or more pounds overweight, are affected by this disorder. Experts agree that NES shares characteristics of not only eating disorders but also sleep and mood disorders. Sufferers tend to exhibit symptoms such as feelings of anxiety and guilt, insomnia, or interrupted sleep. Typical NES behaviors include absent appetite during the day, a consistent pattern of eating more food after dinner than during the meal itself, and recurrent episodes of waking and eating throughout the night. This book offers a step-by-step strategy for managing and overcoming this disorder. From this book, you will first learn to identify the signs of NES, and then use journaling exercises to discover what automatic thoughts surround your night eating. Having identified the problematic behaviors, you'll find out how to break theses patterns with healthier food choices, more structured mealtimes, and a series of relaxation and visualization techniques.

Easy Lace Knits-Anniken Allis 2018-06-30

Love the look of lace but think it's too complicated for the average knitter? Think again! With this book, Anniken Allis throws wide the door to lace for all knitters. Utilizing simple, easy-to-learn lace patterns that fool the eye into thinking they are far more complex than they actually are, the patterns in this book are accessible to any knitter. Go ahead, give lace knitting a try! 20 gorgeous lace patterns any knitter can do Lace knitting tips and techniques Instructions on how to work all of the basic lace stitches Beautiful shawls, tops, scarves, mittens, and more How to read and use lace charts

Studies in Conversational UX Design-Robert J. Moore 2018-09-03

As voice interfaces and virtual assistants have moved out of the industry research labs and into the pockets, desktops and living rooms of the general public, a demand for a new kind of user experience (UX) design is emerging. Although the people are becoming familiar with Siri, Alexa, Cortana and others, their user experience is still characterized by short, command- or query-oriented exchanges, rather than longer, conversational ones. Limitations of the microphone and natural language processing technologies are only part of the problem. Current conventions of UX design apply mostly to visual user interfaces, such as web or mobile; they are less useful for deciding how to organize utterances, by the user and the virtual agent, into sequences that work like those of natural human conversation. This edited book explores the intersection of UX design, of both text- or voice-based virtual agents, and the analysis of naturally occurring human conversation (e.g., the Conversation Analysis, Discourse Analysis and Interactional Sociolinguistics literatures). It contains contributions from researchers, from academia and industry, with varied backgrounds working in the area of human-computer interaction. Each chapter explores some aspect of conversational UX design. Some describe the design challenges faced in creating a particular virtual agent. Others discuss how the findings from the literatures of the social sciences can inform a new kind of UX design that starts with conversation.

J2EE Design Patterns-William Crawford 2003-09-24

Architects of buildings and architects of software have more in common than most people think. Both professions require attention to detail, and both practitioners will see their work collapse around them if they make too many mistakes. It's impossible to imagine a world in which buildings get built without blueprints, but it's still common for software applications to be designed and built without blueprints, or in this case, design patterns.A software design pattern can be identified as "a recurring solution to a recurring problem." Using design patterns for software development makes sense in the same way that architectural design patterns make sense--if it works well in one place, why not use it in another? But developers have had enough of books that simply catalog design patterns without extending into new areas, and books that are so theoretical that you can't actually do anything better after reading them than you could before you started.Crawford and Kaplan's J2EE Design Patterns approaches the subject in a unique, highly practical and pragmatic way. Rather than simply present another catalog of design patterns, the authors broaden the scope by discussing ways to choose design patterns when building an enterprise application from scratch, looking closely at the real world tradeoffs that Java developers must weigh when architecting their applications. Then they go on to show how to apply the patterns when writing realworld software. They also extend design patterns into areas not covered in other books, presenting original patterns for data modeling, transaction / process modeling, and interoperability.J2EE Design Patterns offers extensive coverage of the five problem areas enterprise developers face: Maintenance (Extensibility) Performance (System Scalability) Data Modeling (Business Object Modeling) Transactions (process Modeling) Messaging (Interoperability) And with its careful balance between theory and practice, J2EE Design Patterns will give developers new to the Java enterprise development arena a solid understanding of how to approach a wide variety of architectural and procedural problems, and will give experienced J2EE pros an opportunity to extend and improve on their existing experience.

Knitspeak-Andrea Berman Price 2011-09-13

This handy guide unravels the mysteries of terms, symbols, and abbreviations to make pattern reading easy for knitters of all levels. Knitting can be a challenging craft, but even more challenging than knitting itself is the cryptic language—a mix of abbreviations, numbers, jargon, punctuation marks, and other symbols—in which patterns are usually written. It's no wonder so many beginners (and even some whose skills are quite advanced) are intimidated by the bewildering code—or that so many yarn-shop owners grow frustrated by the amount of time they must spend deciphering patterns for the uninitiated. Enter Knitspeak, a knitter's dictionary that disentangles the mysteries of pattern language and translates it into plain English, helping knitters to easily transition from confused to confident. Andrea Berman Price's essential guide—written in a friendly, reassuring tone and formatted for quick reference—begins with an overview of how knitting patterns are organized. It then offers a comprehensive alphabetical listing of all the abbreviations, words, phrases, and symbols typically encountered in patterns. Knitspeak's many easy-to-understand drawings clarify basic and not-so-basic needle techniques, and a series of sidebars deals with issues ranging from keeping track of simultaneous shaping to substituting yarns and reading a yarn label. The book's appendix is filled with valuable tips, charts, and worksheets.

Money Matters for Financial Freedom-David Shippy 2018-12-04

Money Matters for Financial Freedom provides a roadmap for achieving financial freedom in less than five years! David and Leslie Shippy went from a middle-class life to financial freedom in three short years. They were able to replace both of their multiple six-figure incomes and walk away from corporate America. Their first three apartment investments tripled their investors' money. They have since gone on to purchase and manage a portfolio of apartments that consists of over 3000 units and is worth over $300 million. Money Matters for Financial Freedom reveals the principles they used to do so. David and Leslie's detailed guide provides specific examples and skills that shift readers' thinking from a middle-class mindset to a financially free millionaire mindset. It outlines specific techniques and leadership skills necessary for running a multimillion-dollar business, along with step-by-step examples of how to manage money, create multiple business streams of income, and enable financial freedom!

Crochet Journal for Keep Track of Your Crochet Projects-Man galaxy 2018-03-14

The Crocheter's Design Companion: A Complete Notebook for Tracking Your Crochet Designs and Projects If you are looking for a way to track your pattern notes for a projects, this journal will help you keep them all together in one easy spot. * There's room for photos and swatches for each project, and room to take notes about patterns. * You can refer back to your notes when you want to repeat a pattern. * Record who you gave your creations to and their reactions, and also avoid giving duplicate gifts. Best of all, you can look back over the years to view your accomplishments! This journal has room for 40 projects, and has a handy index page. Size: 8.5"x 11".

Crochet Journal-Man galaxy 2018-03-15

The Crocheter's Design Companion: A Complete Notebook for Tracking Your Crochet Designs and Projects If you are looking for a way to track your pattern notes for a projects, this journal will help you keep them all together in one easy spot. * There's room for photos and swatches for each project, and room to take notes about patterns. * You can refer back to your notes when you want to repeat a pattern. * Record who you gave your creations to and their reactions, and also avoid giving duplicate gifts. Best of all, you can look back over the years to view your accomplishments! This journal has room for 40 projects, and has a handy index page. Size: 8.5"x 11".

Motivational Interviewing and Cbt-Sylvie Naar 2017

Providing tools to enhance treatment of any clinical problem, this book shows how integrating motivational interviewing (MI) and cognitive-behavioral therapy (CBT) can lead to better client outcomes than using either approach on its own. The authors demonstrate that MI strategies are ideally suited to boost client motivation and strengthen the therapeutic relationship, whether used as a pretreatment intervention or throughout the course of CBT. User-friendly features include extensive sample dialogues, learning exercises for practitioners, and 35 reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. This book is in the Applications of Motivational Interviewing series.

The Beginner's Guide to Writing Knitting Patterns-Kate Atherley 2016-04-11

Create custom knitting patterns to share and sell! Writing clear, easy-to-follow knitting patterns is easier than you think! In The Beginner's Guide to Writing Knitting Patterns, knitting expert Kate Atherley provides everything you need to know to share your projects with fellow knitters. This one-stop guide includes concrete guidelines with lots of examples on everything from pattern writing basics, to schematics and charts, to handling multiple sizes, establishing a personal style sheet, and more. The book addresses the details of how to create complete, clear and easy-to-use knitting patterns, for any type of design, and for any level of knitter. You'll also find details on: • Pattern structure and elements • Formatting and layout • How to go from test knitting to a final publication • Online platforms, processes, and good business practices • An introduction to important copyright laws A basic pattern template and resources are also provided. Whether you're looking to share a project with a close friend or your growing online customer base, The Beginner's Guide to Writing Knitting Patterns is the comprehensive guide that can help you translate your project into a set of instructions that any knitter can follow.

Learning to Weave-Deborah Chandler 2009-04-01

Originally published in 1995, more than 40,000 weavers have used this unparalleled study guide to learn from scratch or to hone their skills. Written with a mentoring voice, each lesson includes friendly, straightforward advice and is accompanied by illustrations and photographs. Crafters need only to approach this subject with a willingness to learn such basics as three methods for step-by-step warping, basic weaving techniques, project planning, reading and designing drafts, the basics of all the most common weave structures, and many more handy hints. Beginners will find this guidebook an invaluable teacher, while more seasoned weavers will find food for thought in the chapters on weave structures and drafting.

Mastering JavaScript Design Patterns-Simon Timms 2016-06-29

Write reliable code to create powerful applications by mastering advanced JavaScript design patterns About This Book Learn how to use tried and true software design methodologies to enhance your JavaScript code Discover robust JavaScript implementations of classic and advanced design patterns Packed with easy-to-follow examples that can be used to create reusable code and extensible designs Who This Book Is For This book is ideal for JavaScript developers who want to gain expertise in object-oriented programming with JavaScript and the new capabilities of ES-2015 to improve their web development skills and build professional-quality web applications. What You Will Learn Harness the power of patterns for tasks ranging from application building to code testing Rethink and revitalize your code with the use of functional patterns Improve the way you organize your code Build large-scale apps seamlessly with the help of reactive patterns Identify the best use cases for microservices Get to grips with creational, behavioral, and structural design patterns Explore advanced design patterns including dependency injection In Detail With the recent release of ES-2015, there are several new object-oriented features and functions introduced in JavaScript. These new features enhance the capabilities of JavaScript to utilize design patterns and software design methodologies to write powerful code. Through this book, you will explore how design patterns can help you improve and organize your JavaScript code. You'll get to grips with creational, structural and behavioral patterns as you discover how to put them to work in different scenarios. Then, you'll get a deeper look at patterns used in functional programming, as well as model view patterns and patterns to build web applications. This updated edition will also delve into reactive design patterns and microservices as they are a growing phenomenon in the world of web development. You will also find patterns to improve the testability of your code using mock objects, mocking frameworks, and monkey patching. We'll also show you some advanced patterns including dependency injection and live post processing. By the end of the book, you'll be saved of a lot of trial and error and developmental headaches, and you will be on the road to becoming a JavaScript expert. Style and approach Packed with several real-world use cases, this book shows you through step-by-step instructions how to implement the advanced object-oriented programming features to build sophisticated web applications that promote scalability and reusability.

Making the Most of Your Library Career-Lois Stickell 2014

An MLIS can provide the skill set needed to get a library job, but building a library career means knowing how to maximize your potential every step of the way. Benefiting those fresh out of library school as well as experienced professionals, career librarians from every corner of the profession offer a personal, down-to-earth view of "what it's really like out there." Filled with valuable insights into how to better launch and manage a library career, this book addresses important topics like How to work and adapt at a new organization What management expects and how to view everyday activities from that point of view How to make suggestions for change Advice on navigating the cyclical nature of a librarian's work year The rewards and challenges of professional organizations Why a library degree is valuable outside a traditional library setting Those new to the field will find the contributors' seasoned advice both inspiring and practical, while veterans of the profession will find guidance on retuning their careers in librarianship's changing environment.

Bipolar 101-Ruth C. White 2009-02-01

After receiving a bipolar diagnosis, you need clear answers. Bipolar 101 is a straightforward guide to understanding bipolar disorder. It includes all the information you need to control your symptoms and live better. Authored by both a psychologist and a mental health expert who has bipolar disorder herself, this pocket guide is the only book on bipolar disorder you'll ever need.

Picture Puzzles For Dummies-Elizabeth J. Cardenás-Nelson 2009-08-25

Teen Dream Power-M. J. Abadie 2003-06-05

The first and only complete guide to dream interpretation written specifically for teens. • Provides instruction for dream recall, interpretation, developing a personal dictionary of dream symbols, and keeping a dream diary. • Explains how to handle nightmares and negative dream images and explores the significance of dreams about sex. • Includes language, imagery, and life examples geared specifically to the needs and concerns of teens. • Written by the coauthor of Love Planets (50,000 copies sold) and the author of Your Psychic Potential (20,000 copies sold). When we dream we uncover our inner selves, process our hopes and fears, and explore our potential. Teen Dream Power teaches teens that when they sleep, their unconscious minds are sending them important messages that may hold the keys to their personal happiness. A professional astrologer and psychotherapist with a specialty in dream interpretation, M. J. Abadie explores the dream wisdom of earlier societies and what it means for teens today. She shows teens that by inducing dreams for special purposes and maneuvering negative dream images they can solve everyday problems. Teens will learn to increase dream recall, interpret dreams using their own personal dream symbol dictionary, handle nightmares, and explore the fascinating inner changes going on at this time in their lives. With the tools in Teen Dream Power, teens can gain self-understanding, enhance learning skills, and increase their creativity and productivity.

Creative Kids Complete Photo Guide to Knitting-Mary Scott Huff 2015-08-01

Are you looking for the perfect guide to teach your child to knit? Look no further! Creative Kids Complete Photo Guide to Knitting starts with the absolute basics about knitting, beginning with a discussion about needles and yarn, how to cast stitches onto the needle, then gradually introduces skills and techniques until kids are knitting confidently. Mary Scott Huff, author of Fun and Fantastical Hats to Knit and Fun and Fantastical Slippers to Knit, will guide you and your children through projects. With over 200 photos and clear, concise instructions in language easily understood by grade-school kids, you're going to be creating crafty knit projects with your child in no time! Each project lists the knitting skills that will be exercised in making it and projects are rated for difficulty, so kids can learn and grow as they develop dexterity and coordination. Your children will learn to knit by making simple projects and building skills by practicing the essentials, and this book provides a sound foundation for a lifetime of knitting enjoyment.

Expectant Little Knits-Suzanne J. E. Tourtillott 2007

Presents a series of more than twenty beautiful knit projects, created by a variety of talented designers, that are perfect for the mother-to-be, including a cashmere car coat, a pleated v-neck tank top, a beaded black evening dress, and a cowl sweater with nursing panels, in a volume featuring full-color illustrations and detailed pattern instructions.

Knitting All Around Stitch Dictionary-Wendy Bernard 2016-04-26

The author of the Up, Down, All-Around Stitch Dictionary returns with 100s of inspiring new stitch patterns in this essential reference volume. Wendy Bernard's innovative reference book Up, Down, All-Around Stitch Dictionary was the first of its kind to provide stitch patterns written for top-down, bottom-up, back-and-forth, and in-the-round constructions. Since its release in 2014, it has become a beloved, contemporary classic. In The Knitting All Around Stitch Dictionary, Bernard picks up where the first volume left off, adding hundreds of new stitch patterns organized similarly by type—knit and purl, textured stitches, ribs, lace, and cables—plus a chapter on mosaic knitting. Each chapter of The Knitting All Around Stitch Dictionary includes a customizable pattern so that knitters can easily swap out stitch patterns to make their own unique knitted items.

Dr. Gott's No Flour, No Sugar(TM) Diet-Peter H. Gott 2008-01-04

No calorie counting. No gram counting. Cheating is allowed! It's uncomplicated. Inexpensive. A cinch to maintain. And most of all, a sensible guide to healthy eating that will help you lose weight fast and keep it off for the rest of your life. During his forty years of medical practice and in his nationally syndicated medical column, Dr. Peter Gott has been asked constantly by patients and readers for a simple, foolproof way to lose weight. In response, he developed the No Flour, No Sugar Diet, which has prompted countless success stories from his patients, thousands of letters from his readers raving about their phenomenal weight loss, and this New York Times bestselling book. While Dr. Gott's program teaches you how to eliminate flour and sugar from your diet, you won't go hungry. The diet includes selections from all the food groups, with a stong emphasis on nutrient-dense foods that leave you feeling satisfied. You'll still enjoy lean meats, brown rice, low-fat dairy products, vegetables, fruits, and other goodies?and discover how to satisfy your sweet tooth and carb cravings without sugar or flour. In addition, DR. GOTT'S NO FLOUR, NO SUGAR DIET? features: · Easy-to-follow meal plans you customize to your needs · More than 50 mouthwatering recipes for soups, entrees, desserts, and more–from Omelet Muffins to Pork Tenderloin Roasted with Fennel, Apples, Potatoes, and Onions to Strawberry Crepes with Dark Chocolate Sauce · Pantry and food lists · Guidelines for finding the hidden flour and sugar in many foods · Important nutritional and exercise tips · Inspirational stories from Dr. Gott's patients and letters from readers ...and much more. Get ready to let four powerful words "No Flour, No Sugar"make you healthier than you've ever been before!

Music Direction for the Stage-Joseph Church 2015-01-02

Theater music directors must draw on a remarkably broad range of musical skills. Not only do they conduct during rehearsals and performances, but they must also be adept arrangers, choral directors, vocal coaches, and accompanists. Like a record producer, the successful music director must have the flexibility to adjust as needed to a multifaceted job description, one which changes with each production and often with each performer. In Music Direction for the Stage, veteran music director and instructor Joseph Church demystifies the job in a book that offers aspiring and practicing music directors the practical tips and instruction they need in order to mount a successful musical production. Church, one of Broadway's foremost music directors, emerges from the orchestra pit to tell how the music is put into a musical show. He gives particular attention to the music itself, explaining how a music director can best plan the task of learning, analyzing, and teaching each new piece. Based on his years of professional experience, he offers a practical discussion of a music director's methods of analyzing, learning, and practicing a score, thoroughly illustrated by examples from the repertoire. The book also describes how a music director can effectively approach dramatic and choreographic rehearsals, including key tips on cueing music to dialogue and staging, determining incidental music and underscoring, making musical adjustments and revisions in rehearsal, and adjusting style and tempo to performers' needs. A key theme of the book is effective collaboration with other professionals, from the production team to the creative team to the performers themselves, all grounded in Church's real-world experience with professional, amateur, and even student performances. He concludes with a look at music direction as a career, offering invaluable advice on how the enterprising music director can find work and gain standing in the field.

Love Your Creative Space-Lilo Bowman 2020-06-25

A budget-friendly guide for needleworkers, quilters, and crafters to help you design the best workspace to let your creativity flow. Does your creative den leave you feeling overwhelmed or uninspired? Energize your crafting space with jazzy ideas for organization and accessibility! With over one hundred and fifty photos, this lookbook offers an endless visual parade of ideas to help your studio reach its full potential. Smart storage solutions, furniture, and accessories can help quilters, needle artists, knitters, and crafters keep their creativity on track! Whether you're undergoing a radical reinvention or looking for tiny tweaks, you'll finally be able to plan and organize your projects in a workspace that works for you. Inspired workspaces! Get a sneak peek inside creative studios of all sizes, designed on budgets large and small Keep creativity flowing and stay organized with smart systems in place Make your space accessible! Pursue your passion in spite of physical challenges

MENDS Counsellor Manual-Owen Pershouse 2008-01-01

"A program that focuses on the male experience of key transition issues occurring during separation or relationship crisis."--Provided by publisher.

The Ten Commitments-David Simon 2010-01-01

We all know the Ten Commandments—and unfortunately most of us try to use the philosophy of "thou shalt not" (eat too much, work too hard, etc.) to command ourselves to make changes. In doing so, we will transform our intentions (losing weight, spending more time with family, etc.) into concrete actions that will make change happen. This short, precise book is not a lecture, but a practical primer on thoughtful change. There is a continuing hunger for Eastern philosophy and spirituality among Westerners—finally, one of the West's top experts, who has been writing on, lecturing, teaching, and practicing Eastern thought for over three decades, has melded these principles with our core Western beliefs, giving us a new perspective on the basic way we live our lives. Key Features Very warm and engaging tone, excellent writing, and numerous anecdotes make for a very compelling reading experience. No "new thought" jargon: just precise, easily accessible advice. This is a breakout book. Helps us focus on the simplest answers, much in the tradition of books like Don't Sweat the Small Stuff. The ten step approach is familiar and comfortable. Small, inexpensive and beautifully packaged hardcover makes this a perfect gift or daily reader.