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The original U.S. Constitution rests encased in glass inside the National Archives building in Washington D.C. It's time to break the glass, take the Constitution out, and use it. But before we can effectively operate our founding document, we need to understand what it actually says and means. This book is the instruction manual. For far too long, judges, politicians and the chattering political class have "interpreted" the Constitution for you. The result: an ever-expanding federal government that noses its way into every nook and cranny of your life. It wasn't supposed to be this way. It's your Constitution. And it's imperative that you understand how it should be used. This book will help you do just that. It takes you through the most important constitutional clauses and principles, and explains what they mean through the words of those who wrote and ratified the document. As James Madison said, "In that sense alone it is the legitimate Constitution." The Owner's Manual to the Voice demystifies the voice, enabling singers and all voice professionals - whether actors, broadcasters, teachers, preachers, lawyers, public speakers- to communicate intelligently with physicians and understand

dangers, treatments, vocal hygiene and medical procedures. You're visiting the doctor. You are not feeling well, or perhaps you are just going in for an annual checkup. In fifteen or maybe thirty minutes, your visit is over. Did you learn enough in that short visit to solve your problem? Maybe your doctor suggested you get in better shape. Do you have a plan for how to do this? Did you leave the office feeling like a product on an assembly line? Well, you're not. You are a human being, created in God's own image, and you deserve better. Don't you wish you knew what your doctor knows but doesn't have time to explain to you? Dr. Dickens is a physician and he would like to assist you with this. *Your Health: An Owner's Manual* can help empower you to take control of your health. The Bible has many stories of people being healed by Jesus. This is not something relegated to the past. Dickens has seen it happen, and he has included stories of real-life miracles that have strengthened his faith. Your life is a gift from God. *Your Health: An Owner's Manual* will help you be proactive with your health so you can enjoy God's gift to the fullest. If life came with an owner's manual, would you take the time to read it? *The Book on Time: An Owner's Manual for the Time of Your Life* is your guide to answering one of life's most important questions: "How should I spend my time?" Our team of Harvard educated researchers went through the latest scientific findings from over 830 peer-reviewed scientific studies on topics ranging from astrobiology to the gut microbiome to life regrets looking for answers. We also brushed up on 3,000 years of philosophy until our eyes glazed over. Save yourself a lot of time (and suffering) by getting the most important insights and distilled wisdom in an easy-to-digest and visually striking form. This 180-page owner's manual should take you about 48 minutes to skim (and a lifetime to master). In return for the time invested you will: Deepen your understanding and appreciation of time Identify common pitfalls and how to avoid them Learn from the best of scientific research, philosophy, and ancient wisdom Think through life's important questions & decisions Get actionable ways to make the most of your time We have come to realize that time well spent leads to a life well lived. Learning and applying insights from *The Book on Time* is guaranteed to be one of the most valuable uses of your time. Enjoy! An engaging, thorough, and much-needed explanation of the working vagina, *Vaginas* is a book of accessible facts written by down-to-earth authors whose only agenda is female education. The authors (the mother is an ob/gyn, the daughter a writer) avoid the flowery language and feminist agenda of other books on the subject. They take readers from the mood swings of puberty to the hot flashes of menopause with warmth, humor, and candor. Subjects include the lowdown on hymens, a word on waxing, tips on retrieving lost items, heavy periods, working out the vagina, significant problems (STDs, ectopic pregnancies, fibroids, yeast infections, herpes), ways to keep an aging body performing, and the fun stuff — sex. At Last! A Beginner's Guide to Toddler Technology Just when you've mastered your infant's maintenance routine, he begins to malfunction, refusing fuel, crying inexplicably, and resisting your attempts to clothe him. Your infant has upgraded to a toddler! But how can you master your toddler's changing technology? Through

step-by-step instructions and helpful schematic diagrams, *The Toddler Owner's Manual* explores hundreds of frequently asked questions: How should I react when my toddler throws a tantrum? How do I train my toddler for self-waste disposal? Whatever your concerns, you'll find the answers here—courtesy of pediatric psychologist Dr. Brett R. Kuhn and co-author Joe Borgenicht. Together, they provide plenty of useful advice for anyone who wants to learn the basics of toddler care. Every stage of life has its share of obstacles. But many folks would argue that the teen years—with all the ups, downs, and in-betweens of freaky friends and freaky and fiery hormones—can be more complex than rocket science. In *YOU(R) Teen: Losing Weight*, Dr. Michael Roizen and Dr. Mehmet Oz offer choices that aren't just simple but are smart ways to control hunger. That's our goal: to teach you how to diet smart, not hard. *YOU(R) Teen: Losing Weight* has many simple, smart choices for health and fitness that teach readers what works in terms of weight loss and how to create an environment that allows these actions to become fun, sustained, and automatic. Excerpted from *YOU: On a Diet* and *YOU: The Owner's Manual for Teens*, this book is packed with the strategies and tips that you can employ to lose weight safely and practically. It's also loaded with great family-friendly recipes, a sample two-week diet plan, and three family-friendly workouts that will help burn calories and build stronger bodies. Aimed specifically at some of the health and body issues that directly affect teens, but written for the whole family, *YOU(R) Teen: Losing Weight* is about learning the best practices for a lifetime of good health. Managing weight and health doesn't have to be a struggle; with the right techniques, you can make it much easier than you ever dreamed! Many of these strategies will work for anyone trying to lose weight; this book can be used as a way to help the whole family make improvements in their health. Through surprising facts, moving stories and tested solutions, the veterinary expert from *Good Morning America* and *The Dr. Oz Show* will give every dog owner the secrets to raising a healthy, well-behaved dog. For anyone who owns a dog or is thinking about getting one, Dr. Marty Becker's manual is a must-have guide to anything and everything canine. In *Your Dog: The Owner's Manual*, the "best-loved family doctor for pets" shares insider secrets on how to keep puppy problems from becoming doggy disasters and how to best bond with your dog through helpful, easily accessible tips and tricks on how to:

- Find the right dog for your family's lifestyle
- Solve the most annoying behavioral problems
- Make sure your dog gets the exercise he needs
- Use food puzzles to prevent weight gain
- Prevent dog health problems
- Save money on medication, both traditional and alternative

For seasoned dog owners as well as those looking to adopt a new friend, Dr. Becker provides all the insight that makes for both happy owners and happy dogs. Written by two dog-care experts, this lively, full-color guide to raising healthy and happy dogs, with information on the top 100 breeds, is the definitive resource for every dog owner. Illustrated throughout with over 400 full-color photographs and illustrations and filled with sound, practical advice, *The Complete Dog Owner's Manual* covers every aspect of adding a dog to the family and making him or her feel right at home. It provides

essential information on selecting a dog; buying basic equipment from leashes and collars to housing and bedding; and taking care of day-to-day tasks such as feeding and grooming. Instructions on training are presented in a clear, easy-to-understand style, and sections on nutrition, exercise requirements, and health care ensure the pet's well-being. To help owners identify and learn about their dog, 100 of the most popular breeds are described in detail. Beautifully produced, easy to use, and extraordinarily comprehensive, *The Complete Dog Owner's Manual* is an essential addition to the family health reference shelf. An easy to use manual that shows you how to maximize your machine's performance and save money on garage bills. Covers routine maintenance, including tire checks, oil changes, and wheel alignment, as well as basic repairs. Now available as an enhanced e-book, *YOU: Raising Your Child* will include 12 videos that feature Dr. Oz and pediatrician Dr. Jennifer Trachtenberg answering real parents' questions about child-rearing. They talk about everything from diet to bedtime and give candid answers to questions posed by real parents. *YOU: Raising Your Child* could be the most valuable download for any parent's e-reader providing the answers you need about the biology, psychology, and common sense wisdom of raising a healthy child. *YOU: Raising Your Child* is the ultimate guide to raising children from birth to age five. The authors address everything from troubleshooting infant health issues to supporting the emotional and intellectual development of your child. Included are discussions of healthy nutrition, milestones for physical activity, building good habits, taking care of YOU, and how to cope with the biggest ailments and fears parents face today. The book is filled with wisdom and age-specific advice that will help parents manage all kinds of child-rearing questions and issues. A sampling of topics include:

- The Mind of a Child** This chapter is the foundation for what is discussed throughout the book. It explores personality quirks and how they are formed, and will talk about things that parents can do from day one to day one thousand (and beyond) to help their children develop. Tips will be about how to recognize their differences but still instill good habits. After all, good parenting is really about being a good psychologist—knowing your child's brain, and helping them develop who they are.
- Nutrition** Of course, a big part of parenting is making sure that kids learn how to keep themselves healthy and fit for a lifetime. This chapter emphasizes good nutrition and eating habits for all ages. It will address biologic differences like number of taste buds and requirement for dozen exposures to taste to achieve change.
- Physical Activity** With the help of Joel Harper, fitness expert who appears on all of the *YOU* DVDs, this chapter will be filled with information and advice on how to make sure you kids are growing in all the right places.
- Taking Care of YOU** This chapter takes a step back to show how being a good parent also means taking care of yourself and your dreams in order to show your kids how to love. Tips on how parenting isn't always being selfless. With these topics and many more, America's most trusted doctors once again come to the rescue and teach parents the best ways to raise healthy, happy, children.

**At Last! A Beginner's Guide to Newborn Baby Technology** You've programmed your DVR, you've installed

a wireless Internet connection, you can even check Facebook on your cell phone. But none of this experience will prepare you for the world's biggest technological marvel: a newborn baby. Through step-by-step instructions and helpful schematic diagrams, *The Baby Owner's Manual* explores hundreds of frequently asked questions: What's the best way to swaddle a baby? How can I make my newborn sleep through the night? When should I bring the baby to a doctor for servicing? Whatever your concerns, you'll find the answers here—courtesy of celebrated pediatrician Dr. Louis Borgenicht and his son, Joe Borgenicht. Together, they provide plenty of useful advice for anyone who wants to learn the basics of childcare.

A six-time award winner, *The Owner's Manual for Driving Your Adolescent Brain* is the exciting follow-up to *Your Fantastic Elastic Brain!* This adolescent brain development story is the perfect growth mindset book for teens. Let's pop open the hood and learn a little about what makes this (human) engine run in this informative puberty book for boys and girls ages 9-14! As a teenager, you think you know everything about your brain... Think again! Every creature experiences adolescence. It's during this time when your brain is in its second decade, that you have the opportunity to blaze your own trail by shaping your brain, building its strengths, and avoiding dangers with the decisions you make. Your brain is an amazing vehicle that will take you through every one of your life's experiences. Wouldn't it be good to have an owner's manual? Packed with the goods on glia and the news about neurons, *The Owner's Manual for Driving Your Adolescent Brain* is a fantastic read for testing your brain power and understanding it's OK to make mistakes, they'll make you stronger, if you use them as an opportunity to learn. It's all about training your brain to help you become the very best version of yourself! *The Owner's Manual for Driving Your Adolescent Brain* has received several awards including The Academics' Choice "Smart Book" Award; The PubWest Book Design Gold Award; The Mom's Choice Gold Award; The Moonbeam Silver Award; The Nautilus Silver Award; and The IBPA Benjamin Franklin Silver Award. Fuel up your vehicle and let's start the drive to understanding your adolescent brain! This book explores both the practical and theoretical aspects of the Discrete Fourier Transform, one of the most widely used tools in science, engineering, and computational mathematics. Designed to be accessible to an audience with diverse interests and mathematical backgrounds, the book is written in an informal style and is supported by many examples, figures, and problems. Conceived as an "owner's" manual, this comprehensive book covers such topics as the history of the DFT, derivations and properties of the DFT, comprehensive error analysis, issues concerning the implementation of the DFT in one and several dimensions, symmetric DFTs, a sample of DFT applications, and an overview of the FFT. This factory issued glove box owner manual has been developed by Ford Motor Company to give the owner a basic understanding of the operation of the vehicle. Provides recommended oil type, gas tank capacity, clock and radio setting, as well as information about vital fluids, tires, routine maintenance and specific vehicle options. Contains information on the proper operation and care of the vehicle. Some

Owner Guide kits also includes Maintenance Schedules. Owner Guide supplements are available for specific options on certain vehicles and contain information describing the operation of these options. There are many books that have been written about how to manipulate, amend, and control the soil to enable high-yield crop production. This is not one of those books. This book will empower you to restore the capacity of your soil to function to produce crops while reducing your dependency on expensive inputs. Soil health is about restoring the capacity of the soil to function. Currently, most agricultural and garden soils are essentially dysfunctional. This book will open your eyes to the truth about how soil is supposed to function and help you restore it to full health. This book is more than just the story of a fat woman who managed to win respect and National Championships in the thin-obsessed world of dance. It's more than just a trained researcher's examination of the evidence about weight and health. It's a book about living life in the body that you have now, and making decisions about what you want in the future, and how to get there. Whether you want to change your body, fight for size acceptance, just live your life, or understand and support your fat friends and family, this book provides the insights, aha moments, humor, and hard facts to help. More than 100,000 entrepreneurs rely on this book for detailed, step-by-step instructions on building successful, scalable, profitable startups. The National Science Foundation pays hundreds of startup teams each year to follow the process outlined in the book, and it's taught at Stanford, Berkeley, Columbia and more than 100 other leading universities worldwide. Why? The Startup Owner's Manual guides you, step-by-step, as you put the Customer Development process to work. This method was created by renowned Silicon Valley startup expert Steve Blank, co-creator with Eric Ries of the "Lean Startup" movement and tested and refined by him for more than a decade. This 608-page how-to guide includes over 100 charts, graphs, and diagrams, plus 77 valuable checklists that guide you as you drive your company toward profitability. It will help you:

- Avoid the 9 deadly sins that destroy startups' chances for success
- Use the Customer Development method to bring your business idea to life
- Incorporate the Business Model Canvas as the organizing principle for startup hypotheses
- Identify your customers and determine how to "get, keep and grow" customers profitably
- Compute how you'll drive your startup to repeatable, scalable profits.

The Startup Owner's Manual was originally published by K&S Ranch Publishing Inc. and is now available from Wiley. The cover, design, and content are the same as the prior release and should not be considered a new or updated product. In 2016, Americans fed up with the political process vented that frustration with their votes. Republicans nominated for president a wealthy businessman and former reality show host best known on the campaign trail for his sharp rhetoric against immigration and foreign trade. Democrats nearly selected a self-described socialist who ran on a populist platform against the influence of big money in politics. While it is not surprising that Americans would channel their frustrations into votes for contenders who pledge to end business as usual, the truth is that we don't have to pin our hopes

for greater participation on any one candidate. All of us have a say—if we learn, master and practice the skills of effective citizenship. One of the biggest roadblocks to participation in democracy is the perception that privileged citizens and special interests command the levers of power and that everyday Americans can't fight City Hall. That perception is undoubtedly why a 2015 Pew Charitable Trusts survey found that 74 percent of those Americans surveyed believed that most elected officials didn't care what people like them thought. Graham and Hand intend to change that conventional wisdom by showing citizens how to flex their citizenship muscles. They describe effective citizenship skills and provide tips from civic experts. Even more importantly, they offer numerous examples of everyday Americans who have used their skills to make democracy respond. The reader will see themselves in these examples of citizens who chose to be victorious participants rather than tranquil spectators in the arena of democracy. By the end of the book, you will have new confidence that citizen participation is the lifeblood of America -- and will be ready to make governments work for you, not the other way around. An Owner's Manual provides fast, practical, and direct advice and that's what you get with this book! The Small Business Owner's Manual is useful for newly minted entrepreneurs as well as seasoned business owners and can be read from cover-to-cover or to quickly look up information in the midst of a crisis. For example: Choose among 13 ways to get new financing and the 17 steps to building a winning loan package. Weigh the pros and cons among 8 legal structures, from corporations to LLCs. Write winning ads and analyze 16 advertising and marketing alternatives including the latest in Search Engine Marketing and Search Engine Optimization. Develop a powerful business plan in half the time. Learn to sell products and services by considering 10 possible sales and distribution channels. Discover the latest trends to quickly and inexpensively set up a website and e-store. Get taxes paid on time, collect from deadbeats, protect the business from litigation, and get legal agreements with teeth by effectively finding and partnering with CPAs and attorneys. Get a quick overview of the 14 top forms of business insurance including workers comp and medical. Looking to lease? Exploit a comprehensive review of the top 18 critical factors used to evaluate locations and 24 of the most important clauses in lease agreements. Understand the legal side of hiring, firing, and managing employees and contractors. Minimize taxes by learning the ins-and-outs of business income taxes, the top 5 payroll taxes, sales and use taxes, common tax dodges, and the latest loopholes for business owners. Filing schedules, form names, form numbers, and download links are also included. Credit cards are critical these days, so learn how the system really works and minimize chargebacks, disputes and headaches. Includes 35 important definitions and 12 ways to minimize fraud and lots more too! Joe Kennedy has more than twenty years of experience in operating and working with hundreds of small businesses, a degree in finance and an MBA. He knows how entrepreneurs think and their drive to get to the essence of an issue, make the right decision, and quickly move on. Impatient business owners will prefer this book since only the most relevant

information is provided. A few bigger books are out there but this one is not puffed out with clutter and other information you already knew. With years of experience in the IT industry, Joe knows a lot about the Internet too so the content here is better than web-based searches. The Small Business Owner's Manual is great for those starting a business, operators of existing enterprises, or as a gift. Beethoven's orchestral works include some of the most iconic pieces of music ever written. Veteran music critic David Hurwitz surveys all of the symphonies, overtures, concertos, theatrical music, his single ballet and other music for the dance, and several short pieces. It also features extensive discographies and recommended recordings. As one of the most popular exotic pets today, sugar gliders are known for their affection towards their owners and their endearing personalities. Even though they are small in size, they enter the hearts of their owners in a big way. If you are interested in learning everything there is to know about sugar gliders, than this is going to be the most important information you'll ever read... Because: "Sugar Gliders" covers nearly every bit of information you wanted to know about sugar gliders, plus more... This book will help answer questions you may have about purchasing your new pet. We will discuss sugar glider basics, and also topics such as things to consider before buying your new pet and things sugar gliders will need in order to be comfortable in their new home. Just imagine being able to improve the health and well-being of your pet sugar glider in 7 days (or less) without becoming stressed or disappointed. Here's what you'll discover in "Sugar Gliders": - How and where to properly (legally) purchase a healthy sugar glider... - 3 little known, yet simple ways to offer your glider optimal nutrition through meals, supplements and treats... - Secret of expert sugar glider specialists that few people ever know about... - Foods you should never give to your sugar glider... - 3 proven steps to getting your life and home ready for your new sugar glider... - 2 simple keys (that are right in front of your eyes) to introducing your sugar glider to other pets... - WARNING: 3 things you should never do when it comes to sugar glider care... - 6 time tested and proven strategies for bonding with your sugar glider... - 7 everyday but often overlooked tips and tricks for keeping your sugar glider safe while exploring your home... - How often to spend time with your sugar glider... - How to keep your sugar glider happy and healthy for its lifetime... - And much more... Cutting-edge, user-friendly, and comprehensive: the revolutionary guide to the brain, now fully revised and updated At birth each of us is given the most powerful and complex tool of all time: the human brain. And yet, as we well know, it doesn't come with an owner's manual—until now. In this unsurpassed resource, Dr. Pierce J. Howard and his team distill the very latest research and clearly explain the practical, real-world applications to our daily lives. Drawing from the frontiers of psychology, neurobiology, and cognitive science, yet organized and written for maximum usability, The Owner's Manual for the Brain, Fourth Edition, is your comprehensive guide to optimum mental performance and well-being. It should be on every thinking person's bookshelf. What are the ingredients of happiness? Which are the best remedies for headaches and migraines? How can we master creativity, focus, decision



making, and willpower? What are the best brain foods? How is it possible to boost memory and intelligence? What is the secret to getting a good night's sleep? How can you positively manage depression, anxiety, addiction, and other disorders? What is the impact of nutrition, stress, and exercise on the brain? Is personality hard-wired or fluid? What are the best strategies when recovering from trauma and loss? How do moods and emotions interact? What is the ideal learning environment for children? How do love, humor, music, friendship, and nature contribute to well-being? Are there ways of reducing negative traits such as aggression, short-temperedness, or irritability? What is the recommended treatment for concussions? Can you delay or prevent Alzheimer's and dementia? What are the most important ingredients to a successful marriage and family? What do the world's most effective managers know about leadership, motivation, and persuasion? Plus 1,000s more topics! "Superb. . . Rosovsky has written an important book—probing, wise, shrewd, fair. . . Deserves to be widely read." —James O. Freeman, Washington Post

A view of America's colleges and universities and how they are run, the challenges they face and the issues that affect their "owners" - students, faculty, alumni, trustees and others. Among the issues covered are tenure, the admission process in elite institutions and curriculum. Finally ... a quick, easy reference to using your Kindle Fire -- to the max! .....

About the author: Steve Weber is founding publisher of KindleBuffet.com, which showcases five-star Kindle books currently available free (you may never have to pay for books again!). .....

Amazon's Kindle Fire is the handiest tablet available, and is your portal to an infinite universe of education and entertainment. This valuable reference book explains how to quickly set up your Kindle, navigate the touch-screen, buy, rent or stream video, and browse the world's largest library of digital books. This reference guide demystifies the Kindle and explains in plain English how to master the Kindle basics, plus secret tips, tricks and shortcuts you won't find elsewhere. Each section includes clearly written step-by-step instructions, illustrated with screenshots and menus just like you'll see on your own Kindle screen.

Owning a boat involves sailors developing a whole new skill set and taking on a raft of new responsibilities, but this essential handbook takes the stress out of what should be an enjoyable, rewarding next step, and shares a wealth of practical advice on what might initially seem daunting new challenges. Drawn from over 35 years of the author's own experiences, this book is packed with expert wisdom and hand-holding guidance on every aspect of owning, equipping, maintaining, sailing and - of course - enjoying your first boat. Topics covered include: Choice of boat; Insurance; Assessing (and costing) moorings and berths; Navigation and safety equipment; Domestic equipment (galley, bedding, clothing, etc); Navigation (including in fog); Manoeuvring in close spaces; Sources of weather information and forecasts; Responsibilities towards crew; Catering and cooking; Maintenance advice (daily tips, winterising, engine servicing, fitting out for spring, etc); Paperwork (including customs forms); Dealing with emergencies; and more. Filled with colour photos and diagrams

throughout, this comprehensive guide is indispensable for new skippers who have learned to sail at a sailing school or on a friend's boat and are ready to take the next step. George Elliot once wrote, It's never too late to become what you might have been. *Becoming You* provides a step-by-step roadmap to achieving personal happiness through authentic learning strategies and thoughtful self-awareness. The result is personal fulfillment, satisfaction, and ultimately contentment. Dr. Marshall reveals her twenty-five years of experience in the field of behavioral change sharing the strategic key to achieving personal happiness embracing change as a lifelong partner. Marshall offers the skills and guidance that allows the reader to tap into the energy of change, define and attain goals, release false securities, negotiate resolutions, and accept compromise. Along with many true stories of personal growth and change, Dr. Marshall also includes practical tools, proven theories, and twelve Marshall Laws teaching how to: Review past choices Break old patterns Predict emotional tornadoes Prioritize goals *Becoming You* provides the guidance that will help you rise to the challenge of making your dreams come to fruition with the ultimate realization that being happy is a skill, not a secret! *At Last! A Comprehensive Guide to Understanding Teens* Hormones. Rebellion. Moodiness. Peer pressure. No parent can be fully prepared for all the challenges associated with adolescence. Fortunately, *The Teen Owner's Manual* is here to answer your most pressing questions: How can I teach my teenager to make smart decisions? How do I keep her safe on the Web? How do I get him to communicate? How and when should I talk to her about sex? Whatever your concerns, you'll find the answers right here—courtesy of parenting author Sarah Jordan and adolescent medicine specialist Dr. Janice Hillman. *At Last! A Beginner's Guide to Home Technology* Water stains on your ceiling. Dents and cracks in your drywall. Radiators that hiss and gurgle all night long. It's enough to make you cry out, "Why doesn't my house come with an owner's manual?" And now—finally!—it does. Through step-by-step instructions and helpful schematic diagrams, *The Home Owner's Manual* explores hundreds of frequently asked questions: What's the best way to fix a leaky faucet? When should I have my chimney cleaned? How can I reset a circuit breaker without electrocuting myself? Whatever your concerns, you'll find the answers here—courtesy of licensed building contractor Dan Ramsey, who has taught the basics of renovation to thousands of homeowners. A national bestseller! Breast cancer surgeon Dr. Kristi Funk offers a comprehensive and encouraging approach to breast care and breast cancer. Empower yourself with facts and strategies to understand your breasts, reduce your cancer risk, and open your eyes to interventions and treatments. Most women don't want to hear about breast cancer unless they have it and need to make some decisions, but these days news about breast cancer—the number one killer of women ages twenty to fifty-nine—is everywhere. Chances are you know someone who has had it. But did you know that choices you make every day bring you closer to breast cancer—or move you farther away? That there are ways to reduce your risk factors? And that many of the things you've heard regarding the causes of breast cancer are

flat-out false? Based on Dr. Kristi Funk's experience as a board-certified breast cancer surgeon, she knows for a fact that women have the power to reduce breast cancer risk in dramatic ways. Many women believe that family history and genetics determine who gets breast cancer, but that's not true for most people. In fact, 87 percent of women diagnosed with breast cancer do not have a single first-degree relative with breast cancer. This book will help you: Learn the breast-health basics that every woman should know Reduce your cancer risk and recurrence risk based on food choices and healthy lifestyle changes backed by rigorous scientific research Understand the controllable and uncontrollable risk factors for breast cancer Outline your medical choices if you're at elevated risk for or are already navigating life with breast cancer

There have been few solid guidelines on how to improve your breast health, lower your risk of getting cancer, and make informed medical choices after treatment—until now. With her book available in 10 languages and in more than 30 countries, Dr. Funk is passionate about her mission of educating as many women as possible about what they can do to stop breast cancer before it starts. Praise for *Breasts: The Owner's Manual*: “Dr. Funk writes *Breasts: The Owner's Manual* just like she talks: with conviction, passion, and a laser focus on you.”—Dr. Mehmet Oz, Host of *The Dr. Oz Show*

“*Breasts: The Owner's Manual* will become an indispensable and valued guide for women looking to optimize health and minimize breast illness.”—Debu Tripathy, MD, Professor and Chair, Department of Breast Medical Oncology, University of Texas MD Anderson Cancer Center

“*Breasts: The Owner's Manual* not only provides a clear path to breast health, but a road that leads straight to your healthiest self. As someone who has faced breast cancer, I suggest you follow it.”—Robin Roberts, Co-anchor, *Good Morning America*

It's never too late. Whether you're a new Christian or you've walked the road for decades, it's never too late to find the critical truths that make life make sense. We often start out believing that common sense will be enough, that we're prepared for the road ahead with our good values and quick thinking. It doesn't take long to learn otherwise. A broken friendship. An obsessive career. Financial distress. Even empty success. We come back to God, searching for insight, for hope. And He provides. Nothing can replace studying the Bible. Best-selling author and pastor Charles Swindoll has spent decades studying its pages and teaching its precepts. But if sixty-six books seem overwhelming, *The Owner's Manual for Christians* is the perfect starting place: a biblical summary of the major truths that anchor the Christian life. From grace to freedom, these chapters walk the reader through the keys to a life well lived?drawn from the Creator of life itself. Life is often confusing, but it does not have to be impossible. Read *The Owner's Manual for Christians* and find hope for the road ahead. More than 100,000 entrepreneurs rely on this book for detailed, step-by-step instructions on building successful, scalable, profitable startups. The National Science Foundation pays hundreds of startup teams each year to follow the process outlined in the book, and it's taught at Stanford, Berkeley, Columbia and more than 100 other leading universities worldwide. Why? *The Startup Owner's Manual* guides you, step-by-step, as you

put the Customer Development process to work. This method was created by renowned Silicon Valley startup expert Steve Blank, co-creator with Eric Ries of the "Lean Startup" movement and tested and refined by him for more than a decade. This 608-page how-to guide includes over 100 charts, graphs, and diagrams, plus 77 valuable checklists that guide you as you drive your company toward profitability. It will help you:

- Avoid the 9 deadly sins that destroy startups' chances for success
- Use the Customer Development method to bring your business idea to life
- Incorporate the Business Model Canvas as the organizing principle for startup hypotheses
- Identify your customers and determine how to "get, keep and grow" customers profitably
- Compute how you'll drive your startup to repeatable, scalable profits.

The Startup Owner's Manual was originally published by K&S Ranch Publishing Inc. and is now available from Wiley. The cover, design, and content are the same as the prior release and should not be considered a new or updated product. Cutting-edge, user-friendly, and comprehensive: the revolutionary guide to the brain, now fully revised and updated At birth each of us is given the most powerful and complex tool of all time: the human brain. And yet, as we well know, it doesn't come with an owner's manual—until now. In this unsurpassed resource, Dr. Pierce J. Howard and his team distill the very latest research and clearly explain the practical, real-world applications to our daily lives. Drawing from the frontiers of psychology, neurobiology, and cognitive science, yet organized and written for maximum usability, The Owner's Manual for the Brain, Fourth Edition, is your comprehensive guide to optimum mental performance and well-being. It should be on every thinking person's bookshelf. What are the ingredients of happiness? Which are the best remedies for headaches and migraines? How can we master creativity, focus, decision making, and willpower? What are the best brain foods? How is it possible to boost memory and intelligence? What is the secret to getting a good night's sleep? How can you positively manage depression, anxiety, addiction, and other disorders? What is the impact of nutrition, stress, and exercise on the brain? Is personality hard-wired or fluid? What are the best strategies when recovering from trauma and loss? How do moods and emotions interact? What is the ideal learning environment for children? How do love, humor, music, friendship, and nature contribute to well-being? Are there ways of reducing negative traits such as aggression, short-temperedness, or irritability? What is the recommended treatment for concussions? Can you delay or prevent Alzheimer's and dementia? What are the most important ingredients to a successful marriage and family? What do the world's most effective managers know about leadership, motivation, and persuasion? Plus 1,000s more topics! YOU: The Owner's Manual by Mehmet Oz, M.D. has descriptive copy which is not yet available from the Publisher. Wanting a pet pig more than anything, two siblings finally convince their mother that they are ready for the responsibility before tackling the realities of pet care that prove to be more than they bargained for. At Last! A Beginner's Guide to Canine Technology Pee stains on the carpet. Barking at all hours of the night. That embarrassing thing he does with your leg. It's enough to make you cry out, "Why doesn't my dog have an

owner's manual?" And now, thankfully, he does. Through step-by-step instructions and helpful schematic diagrams, The Dog Owner's Manual explores hundreds of frequently asked questions: Which breeds interface best with children? How can I program my model to fetch? And why is its nose always wet? Whatever your concerns, you'll find the answers right here—courtesy of celebrated veterinarian Dr. David Brunner and acclaimed author Sam Stall. Together, they provide plenty of useful advice for both new and experienced dog owners. A guide to septic system maintenance that provides an overview of the system's components, explains how to care for it, and offers guidance on dealing with common problems. The Sunfish Owner's Manual is a one stop resource for the world's most popular sailboat. Inside there are chapters on the History of the Sunfish, and illustrated chapters on how to Buy, Rig, Sail, Maintain, Restore, Store, Transport and Sell the Sunfish. The Restore Chapter includes Do It Yourself pictures and step by step details on how to conduct common repairs, including foam replacements and rudder conversions. The Manual has an extensive Illustrated Glossary of Sunfish and sailing terms, with 230 photos by the author, taken in the course of numerous Sunfish restorations, for both wooden and fiberglass Sunfish as well as Sailfish. Included are weblinks to top Sunfish information sites, part suppliers and social network sites. There are also links to extended web content located on the author's youtube channel and over 1300 Picasa Web images. The Manual is not only a one stop reference for any Sunfish owner, it would be of interest to owners of other small sailboats as well. "The Autoharp Owner's Manual" covers autoharp maintenance, conversions, tuning and string schedules (both diatonic and chromatic), building your own instrument, playing techniques, evaluating instruments, chord bar setups, amplification, history, and much more. Each subject is addressed by a current premier musician/builder. The articles in this book have been taken from past issues of Autoharp Quarterly and have been updated to address current innovations, problems, and instruments. It is a "must have" for every autoharp player.

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