

Expert Guide

Citing the ineffectiveness of traditional lifestyle recommendations on combating increasing levels of obesity in America, a guide to weight-loss surgery shares compassionate recommendations about today's surgical options.

Provides the primary care physician with essential knowledge of clinical oncology to address the needs of the patient and work with the oncology specialist, surgeon, and radiation oncologist. Includes case histories.

'The Expert Guide' is the bible for your happy and successful life in Switzerland. An ideal book for the newly arrived and the seasoned resident. It contains must-know information on immigration and permits, advice on making friends and immersing yourself in Swiss life, savvy tips on finding the right job, the perfect place to live, on how to save money on your taxes and health insurance, and the best ways to enjoy Switzerland's stunning landscape and its vibrant cultural life. This is the book with everything you need to know to enjoy living in Switzerland.

Helping veterans to receive their rightly deserved benefits has always been a daunting task. The biggest problem that pretty much all veterans can agree upon is that the system in place for our veterans today is like a giant maze with unforeseen perilous traps around every corner. Some of the other major problems that exist are that the majority of veterans and their families rarely know all of the benefits they are eligible to receive, how and where to apply for them, and which documentation is necessary to support their claims for each benefit. The Expert's Guide to Veteran's Benefits can help. By explaining in easy to understand terms, how to identify and overcome the numerous barriers that often stand in the way of receiving your rightly deserved veterans' benefits. Explaining in careful detail how the system works and teaching veterans how to avoid the time-consuming and often costly mistakes before they make them.

The Earthscan Expert Guide to Retrofitting Homes for Efficiency

The Expert's Guide to Internet Research

Expert Guide to Infectious Diseases

Your Expert Guide to Skin Health

The Instant Expert's Guide to the Apple Macintosh

Quick Expert's Guide: Being a Youtuber

Speechwriting is the definitive guide to writing a speech, revealing all the tools and techniques of the trade, such as how to win an argument, construct a sound bite and perform on stage. The first part of the book covers the arts of persuasion, argument, story telling and metaphor, providing a solid grounding in the theory of speechwriting,

which should appeal to anyone with an interest in politics, communication or language. The second part covers the crafts of editing, sound bites, media manipulation, performance and strategy, giving invaluable practical guidance to professional or aspiring speechwriters. This book combines academic rigour with practical nous, drawing on lessons from Aristotle to Obama. It is the essential guide for anyone who writes speeches, for themselves or others, in politics, PR or business.

This book encompasses erosive inflammatory arthropathies, collagen vascular diseases, vasculitides, infections, and degenerative diseases in one easy-to-use reference. In addition, the final sections cover common symptoms and comorbidities and discuss the latest findings in the pharmacological treatment of inflammatory rheumatic conditions.

Become a successful YouTuber From setting up your account to creating a viral video, we show you how to master this popular platform and have your creative output seen around the globe

Larousse Patisserie and Baking is the complete guide from the authoritative French cookery brand Larousse. It covers all aspects of baking - from simple everyday cakes and desserts to special occasion show-stoppers. There are more than 200 recipes included, with everything from a quick-mix yoghurt cake to salted caramel tarts and a spectacular mixed berry millefeuille. Special features on baking for children, lighter recipes and quick bakes, among many others, provide a wealth of ideas. More than 30 extremely detailed step-by-step technique sections ensure your bakes are perfect every time. The book also includes workshops on perfecting different types of pastry, handling chocolate, cooking jam and much more, demonstrated in clear, expert photography. This is everything you need to know about pastry, patisserie and baking from the cookery experts Larousse.

The Skin Nerd Philosophy

The Expert's Guide to Surviving Your Marriage

Aldabran Tortoise Expert's Guide

The ultimate expert guide, with more than 200 recipes and step-by-step techniques and produced as a hardback book in a beautiful slipcase

Sustainable Home Refurbishment

The Little Book of Mumfulness

The ultimate stretching guide, designed to help runners of all abilities run further, avoid injuries and achieve better times. Stretching is an incredibly important aspect of running and yet it is frequently overlooked or poorly executed. This book details and explains all the stretches that can ease pain, build strength and enhance running performance. Written by the globally respected physiotherapist, Paul Hobrough, who works with Olympic and World Champion athletes, The Runner's Expert Guide to Stretching will help runners to understand their bodies, identify weaknesses and develop a natural defence against injury. With easy-to-understand explanations of anatomy and physiology, and a comprehensive directory of running stretches, runners of any age or ability will find an ideal range of stretches, clearly organised by body part, as well as a detailed strength and conditioning programme. With more than 2 million of us

running at least once a week in the UK alone, this is the go-to guide for every runner.

Tony Horgan presents his most fun Korg Volca Guide so far! Beginners and experts alike will love the latest in this incredibly popular, officially licenced series, popping with concept visuals, sounds for you to try and even basslines and riffs to program into your own Volca NuBass. Every feature is explained and described in simple, easy to follow text. Try the free preview edition, and see below for the full contents.

1. Quick-start guides - Keyboard notes and controls - About the Volca NuBass - Select and play a pattern - Select and play a pattern chain - Record or edit a pattern (Live mode) - Record or edit a pattern (Step Record mode) - Save a pattern - Record a motion sequence - Synchronise timing with other Volcas and instruments - Connect to headphones or a mixer - Connect to an audio interface or sound card
2. Patches - Introduction to patches - A1 Bass - Hollow Oscillation - Raw Acid - Two-note Arpeggio - Pill-popper - Soft Sweep - Easy Bass - You Got The Bass - Glove Puppet - Dramatic Arpeggio - Elephant Drone - Ray Gun - Multi-sweep - Jellyfish - Sine Bass - Long Acid Sweep - LFO Attack Decay - Brain Freeze - Seminal Acid - Soft Bass - Lightning Bass - Siren - Trance Bass - Sample and Hold
3. Patterns and loops - About the patterns - How to program the patterns in Step Record mode - Curious Worm - Octave Jumper - Driving Trance - Rhetorical Saunter - Block Rocker - Waggle Dance - Easy Dancer - 80s Acid - Six Pack - Funky Monkey - Space Hopper
4. Vacuum Tube Oscillator section - About the oscillator section - Pitch - VTO Wave - Sub-oscillator saturation and level - Oscillator section tips
5. Voltage Controlled Filter section - About the filter - Cutoff - Peak - Attack - Decay - EG Int - Accent knob - Filter tips
6. LFO, Drive and Tone - About the LFO - LFO Wave - LFO Target - LFO Rate - LFO Int - LFO Sync - Drive - Tone
7. Buttons - Step Jump - Play - Step mode - Act. Step - Transpose - Accent - Slides - Memory - Write - Rand - Func
8. Keyboard - Keys 1-7 - Shift keys - Motion Sequence and Clear keys
9. MIDI - MIDI: an overview - About MIDI Control Change messages - MIDI CC messages
10. Sync, Swing Tempo, Audio Out - Sync - Swing - Tempo - Volume and Audio Out
11. Global Parameters, Firmware, Patch Sheets - Global Parameters - Power options - Further reading - Index - Patch sheets - Pattern sheets

In this volume, physicians will find information on a variety of topics from dizziness to head and neck cancer. Through the combined efforts of experts in the field, the book stresses efficient, cost-effective approaches to the diagnosis and management of ear, nose and throat conditions.

Allergic diseases are the most common group of chronic medical disorders occurring in the Western world. This book addresses the most commonly encountered allergic problems in a clear format designed for the primary care internist.

A Newbie to Expert Guide to Use Your Samsung Galaxy Active 2 Watch Like A Pro

An expert guide to advancing, optimizing, and scaling your enterprise search

Speechwriting

The Expert Guide

Including a 'Best of Rick and Bubba' CD!

Prevent Injury, Build Strength and Enhance Performance

Annotation Oracle Hyperion Interactive Reporting is one of many products in the Oracle Business Intelligence Enterprise Edition Plus software suite, an industry-leading business intelligence platform. The primary focus of the Interactive Reporting product is to provide strong relational querying and data analysis capabilities, where the software provides significant flexibility for creating custom dashboards, interfaces, and data analysis routines through the use of JavaScript programming and built-in software functionality. While Interactive Reporting is extremely flexible, performing advanced operations in the software is complicated and requires basic programming knowledge and an advanced understanding of the software. This book continues from where *The Business Analysts Guide to Oracle Hyperion Interactive Reporting 11* completed and provides the reader with the information to successfully execute the advanced features of the product along with examples and specific techniques applicable to everyday use. The Oracle Hyperion Interactive Reporting 11 Expert Guide provides software users and developers with many examples of the techniques used by software experts. The book begins with an introduction to leveraging advanced features of the project and an introduction to JavaScript. Dashboards are a major focus of the book with four chapters focused on building a simple to complex dashboard including functions, global objects, and syncing selections across dashboards. The book places an emphasis on learning methods for data analysis by using advanced programming and built-in functions, and a unique approach to using code to generate batch reports and exports is provided. The Dashboard Studio Optimize Utility and the Dashboard Studio Merge utility are explained in detail, and the approach to building and using a central code repository for use in dashboards and computations across multiple documents in an enterprise is demonstrated. This book will help the reader become an expert user of the software, providing the skills necessary to understand, communicate, and perform advanced level tasks. The authors experience in developing and supporting Interactive Reporting users is very apparent throughout each chapter of the book. While the book displays content and examples from version 11 of the software, the book is also applicable to previous versions of the software dating back to version 8, so readers not currently using Interactive Reporting 11 will find the book applicable to daily use with the product.

Samsung's new Galaxy Active 2 smartwatch comes with impressive features. Samsung has loaded it with several upgraded features - whether it's the improved sensors and GPS or the innovative digital bezel. This is the complete, up to date Samsung Galaxy Active 2 watch user guide that will show you how to use this new device like a pro. This guide covers every aspect of the Samsung Galaxy Smartwatch active 2, which includes: How to

use the Wireless PowerShare . Straps precautions and Tips . How to Backup Data Unlock and Lock Your Device Changing the face of the watch How to use the apps How to use Bixby How to use Contacts How to Read Emails Finding Your Phone Messages Music Phone Food And much more. This is the complete guide you have been looking for. So, go get this guide now and start using Smartwatch like an expert.

The Great Science Hoaxis about taking back control for the everyman. Whether it's Medicine, Biology, Astrophysics or Nutrition, the Chaser looks at what the anti-experts say, and gives them a platform that until now has been dominated by "so-called academics" with their "degrees". Includes a bonus reinterpretation of politics, law and history based on gut instinct rather than knowledge, The Great Science Hoaxis the perfect antidote to evidence-based decision making. The Great Science Hoax includes a bonus tear-out Doctorate of Science testamur from the Chaser Academy for you to fill in and hang on your wall!

Back once again with another officially endorsed Volca Expert Guide, Tony Horgan gets deep into the Korg Volca Sample. This interactive guide includes detailed explanations of every control and feature, using Tony's trademark straight-talking text, clear illustrations and gorgeous photography. Quick-start guides will lead you through the basics in minutes, and from there you can explore every detail of the Korg Volca Sample at your own pace. Sections on the theory of sound sampling, sample creation and sample editing are included to allow you to break free from the presets and create your own unique sounds. This is essential reading for every Volca Sample user. The full chapter list: 1. About this book - Hello - Acknowledgements 2. Quick-start guides - Select a Part, assign a sample - Select and play a pattern or "song" - Create a pattern (Step mode) - Create a pattern (Live mode) - Save a pattern or song - Record a motion sequence - What is a "song"? - Create a "song" - Create a melody or bassline - Load new samples - Delete selected samples - Delete all samples 3.

Understanding and creating samples - What is a sample? - Where to find new samples - Recording samples - Creating or rendering samples - Editing samples 4. Analogue Isolator - How to use the analogue isolator 5. Sample knob, Start Point, Length - Sample select knob - Length - Start point 6. Hi Cut - Hi Cut 7. Speed, EG Int, Pitch Attack, Pitch Decay - Speed knob - Understanding the pitch envelope - EG Int (Pitch Envelope Generator Intensity) - Pitch Envelope Attack - Pitch Envelope Decay 8. Level and Pan - Level - Pan 9. Amp Attack, Amp Decay - Understanding the Amplitude Envelope - Amp Attack - Amp Decay 10. Tempo, Swing, Reverb Mix, Volume - Tempo - Swing - Reverb Mix - Volume 11. Part, Reverse, Reverb - Part - Reverse - Reverb 12. Mute, Solo - Mute - Solo 13. Func - All Func button functions 14. Memory, Write, Step Mode, Step Jump - Memory / Write - Step mode - Step Jump 15. Play, Record, Active Step, Step Record - Play, Record - Active Step - Record / Step Record 16. Keyboard, Loop, Motion Seq, Clear - Understanding the keyboard - Part keys / memory keys - Song memory keys - Loop on / off - Motion sequence keys - Clear keys 17. MIDI

In - MIDI: an overview - How the Volca Sample responds to MIDI - MIDI cables - Retrokits RK-002 MIDIator cable - MIDI Control Change Messages - MIDI Control Change Numbers - MIDI RX Short Message 18. Sync and headphone sockets - What is Sync? - Changing Sync steps - Changing Sync polarity - Headphone socket 19. Power - Mains and battery power - Auto power off 20. Trouble shooting and global parameters - Samples will not transfer - Sync problems - Voice stealing or muting - Firmware update / system update - Global parameters

Anaerobic Digestion – Making Biogas – Making Energy

Expert Guide to Windows 98

The Expert Guide to Affiliate Marketing

Larousse Patisserie and Baking

The Expert's Guide to Veterans Benefit

One Shot

A retro-fit offers many benefits: cutting electricity and heating bills, increasing the resale value of homes, slashing carbon emissions and creating a healthier place to live. This book is the guide to making it happen. It looks at: draught-proofing, insulation and damp ventilation, heating and cooling electrical efficiency and renewable energy water use and re-use materials' life cycles and incorporating nature protection from climate change impacts - modelling energy flows and embodied energy how we can meet the need to cut carbon emissions from dwellings by eighty percent by 2050. Projects can apply to apartment blocks, recent builds and older, solid-walled properties. Enlivened with helpful diagrams and photographs, plus plenty of pointers for further information, it provides a comprehensive resource handbook for any building professional and contractor, students - or any homeowner serious about efficiency (cash and carbon) savings.

This guide can help you negotiate the marriage minefield and maintain your sanity until you can get safely divorced! Includes important facts you need to know about married life: The Myth of Post-Marital Sex -- Why there is no sex after marriage; How to Sneak Out of the House at Night so you can finally have sex like you did when single; Bachelor Pads/Business Trips -- Making time for monkey business; Using your Married State as a Girl Magnet -- Plus how to use dogs and children to attract women; How to Cheat on your Wife using an Assumed Name; Wife Swapping and Sleeping with your Wife's Friends -- The do's and don'ts; Trading Up -- Upgrading to a younger, prettier, wife; Effective Use of Personal Ads -- One night stands through the newspapers; Divorce: The Most Effective Cure for Impotence Your sex drive will return. All the key techniques to survive your marriage are here explained in this essential book.

It is not intended to be a book based on hypothetical research nor is it a philosophical treatise, but it is a book that uncovers information that will bring a lasting incentive allowing us to unleash the inner resources of strength and dynamic willpower to the fore. In fact it is a compilation of facts presented in simple layman ' s English containing information that is going to bring immense joy and success in your life. It covers profound and dynamic truths conveyed in few potent words that kindle a renewed sense of awareness of our limitless latent inner resources waiting to burst into the open. It comprises practical expressions that have the potential to bring success, health, wealth and enduring happiness.

'Jennifer's knowledge, honesty, integrity and sheer giddy passion for skincare make hers an important voice in beauty' Sali Hughes 'In a world where skincare chat can

feel overwhelming, Jennifer Rock tells you what you need to know' Louise McSharry From the author of No.1 bestseller The Skin Nerd: Your straight-talking guide to feeding, protecting and respecting your skin The Skin Nerd founder Jennifer Rock has a simple philosophy: skincare is a journey which requires a 360 holistic approach. Here, in her new book, she shows us how, by looking beyond the skin itself to the ways in which we can protect, maintain and nourish it, we will transform the way we think and feel about our skin for life. From movements such as Skin Positivity and Skin Neutrality, to psychodermatology which explores the link between the skin and mental health, to easy-to-follow Skin Protocols, a nerdie review of specific ingredients, and advice from experts across disciplines including dermatology, nutrition and general medicine, The Skin Nerd Philosophy is your one-stop guide to accepting the skin you have while working with it to achieve lifetime confidence and happiness. 'I absolutely adore Jennifer Rock. Not only does she know everything there is to know about transforming skin, she communicates it in a very "hooman" way that is utterly engaging and easy to follow' Melanie Morris, Image magazine The Expert's Guide to creating and Selling the Brand and the Expert's Guide to Cyber Security

Expert Guide to Allergy and Immunology

The Earthscan Expert Guide

Korg Volca Sample - The Expert Guide

Expert Guide to Rheumatology

Mastering Apache Solr 7.x

Yes! You can have real success as a small business owner. The life of the small business owner can be lonely. You work around the clock just to survive - it often feels like you need to come up with all of the answers yourself. Until now! Today's business thought leaders have created the Business Expert Guide to Small Business Success providing you with actionable information you can implement right now. From increasing revenue, to improving quality, to managing costs, this book is the true handbook for the small business owner. Strategic plan design and implementation Cash flow management Pricing strategies for profitability Leadership and strategic decision-making Sales hiring and compensation concepts Business development, networking and lead generation techniques Sales strategies and tactics Employee engagement and development Self and employee motivation Legal and compliance best practices And many more... 21 Business Expert Guide

Contributors Foreword by Jill Konrath, author of Snap Selling Jeb Blount Harlan

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This expert guide to competitive ultra-distance cycling is all riders need to cycle a very long way, fast. Ultra-distance events are among some of the greatest challenges a cyclist can face, with riders spending hundreds of miles in the saddle over a 24-hour period, battling the elements and overcoming both physical and mental hardships. What was once elite is now commonplace, and today thousands of dedicated riders cycle up to and over 100 miles on ultra-distance rides every week. To add to this, the increasing profile of major events such as Race Across of America (RAAM), Race Across the Alps (RATA) and Ultracycling Dolomitica means that many more riders are being drawn to the challenge of 'non-stop' endurance cycling. Ultra-Distance Cycling is the first mainstream book to offer practical, authoritative guidance to cyclists looking to

step-up to long-distance endurance events, as well as expert advice to established competitors seeking a competitive advantage. Written by a leading sports scientist and a record-breaking ultra-distance cyclist, this unique book is both science and experience based, offering practical and performance-enhancing insights on a wide range of areas. These include physical training and mental preparation, guidance on your support network, advice on PR and sponsorship, as well as all-important sections on equipment, nutrition and the major ultra-distance cycling events. This definitive manual provides riders with everything they need to ride longer and faster, and to excel at ultra-distance cycling events.

In *The Little Book of Mumfulness*, a non-expert mum takes you through the non-perfect guide to getting through motherhood without losing your mind from exhaustion. If you have: 1) Not eaten in well over twelve hours; 2) Run out of nappies; 3) Got a house that is beginning to look like it's been burgled... ..then this book is for you. Advice includes: - How to take time throughout the day to restore your equilibrium (like having a long, loud scream in a closet) - How to shortcut child-related tasks (by avoiding them altogether) - How to let off steam through mumful exercises It also includes the news that IT'S NOT JUST YOU who is struggling with the demands of being the 'perfect' mother, and if you need a long swig of prosecco (or any wine from the fridge, or the cupboard for that matter) at the end of a day of parenting, then that is more than a-ok. Most importantly, this book will help you to remember that being a good mum is about finding your own mumfulness amongst the imperfect chaos.

The casino floors are jammed with new and different kinds of slot machines. In *The Slot Expert's Guide to Playing Slots*, John Robison tells you what they are, how they work, and how you should play them. Formerly sold in bulky report format, this new pocket-sized book can be carried along easily to be used as a reference in the casinos. Contains graphics of slot and video poker pay schedules you'll encounter, along with representative return percentages. Learn how to: Tell the difference between multipliers, bonus multipliers, buy-a-pays, multi-lines, progressives, and the hot new Australian-style slots. Identify when you should play full-coin and when you shouldn't. Distinguish high-hit-frequency from low-hit-frequency machines and understand how playing them will affect the payback rate. *The Slot Expert's Guide to Playing Slots* also covers general practicalities of slot play, offering facts and tips on machine selection, payout percentages, slot myths, the value of systems, taxes on jackpots, and the use of slot clubs.

An Anti-Expert's Guide to Everything

Ultra-Distance Cycling

An Expert Guide to Endurance Cycling

One Stride Ahead

Expert Guide to Oncology

Guide to Samsung Galaxy Watch Active 2

The affiliate marketer remembered that there are questions to reply from the visitors. This has to be finished quickly. Nothing can flip off a purchaser than an unanswered email. To show that the affiliate is working efficiently and efficiently, inquiries would have to be paid extra interest on. Nobody wishes to be disregarded and customers are no longer continually the most affected person of all people. Quick reply that ought to appear professional but pleasant too.

The Expert Guide to Affiliate Marketing

Accelerate your enterprise search engine and bring relevancy in your search analytics Key Features A practical guide in building expertise with Indexing, Faceting, Clustering and Pagination Master the management and administration of Enterprise Search Applications and services seamlessly Handle multiple data inputs such as JSON, xml, pdf, doc, xls,ppt, csv and much more. Book Description Apache Solr is the only standalone enterprise search server with a REST-like application interface. providing highly scalable, distributed search and index replication for many of the world's largest internet sites. To begin with, you would be introduced to how you perform full text search, multiple filter search, perform dynamic clustering and so on helping you to brush up the basics of Apache Solr. You will also explore the new features and advanced options released in Apache Solr 7.x which will get you numerous performance aspects and making data investigation simpler, easier and powerful. You will learn to build complex queries, extensive filters and how are they compiled in your system to bring relevance in your search tools. You will learn to carry out Solr scoring, elements affecting the document score and how you can optimize or tune the score for the application at hand. You will learn to extract features of documents, writing complex queries in re-ranking the documents. You will also learn advanced options helping you to know what content is indexed and how the extracted content is indexed. Throughout the book, you would go through complex problems with solutions along with varied approaches to tackle your business needs. By the end of this book, you will gain advanced proficiency to build out-of-box smart search solutions for your enterprise demands. What you will learn Design schema using schema API to access data in the database Advance querying and fine-tuning techniques for better performance Get to grips with indexing using Client API Set up a fault tolerant and highly available server with newer distributed capabilities, SolrCloud Explore Apache Tika to upload data with Solr Cell Understand different data operations that can be done while indexing Master advanced querying through Velocity Search UI, faceting and Query Re-ranking, pagination and spatial search Learn to use JavaScript, Python, SolrJ and Ruby for interacting with Solr Who this book is for The book would rightly appeal to developers, software engineers, data engineers and database architects who are building or seeking to build enterprise-wide effective search engines for business intelligence. Prior experience of Apache Solr or Java programming is must to take the best of this book.

Hundreds of million tonnes of agricultural and food waste are produced each year around the world, most of which is just that, waste. Anaerobic digestion, biogas and the heat and electricity that can be produced from it is still a nascent industry in many countries, yet the benefits of AD spread throughout the community: Gives good financial returns to farmers and eco-entrepreneurs. Helps community leaders meet various policies and legislative targets. Offers an environmentally sensitive waste disposal option. Provides a local heat and power supply, & creates employment opportunities Reduces greenhouse gas emissions, as well as providing an organic fertilizer. Although the process of AD itself is relatively simple there are several system options available to meet the demands of different feedstocks. This book describes, in simple, easy to read language the five common systems of AD; how they work, the impact of scale, the basic requirements, the costs and financial implications, and how to get involved in this rapidly growing green industry.

A guide for expert users explains Windows 98 architecture, optimizing the Desktop, networking, supporting clients, integrating Dynamic HTML and VBScript, and recovering from crashes

Stop Trying To Be Perfect and Embrace the Rollercoaster Ride

A Trusted Expert's Guide to What Works & What's Worthless for More Than 100 Conditions

Oracle Hyperion Interactive Reporting 11 Expert Guide

The Expert's Guide to Weight-Loss Surgery

Energy Management in Industry

Expert Guide to Otolaryngology

An indispensable guide to weight-loss surgery written by a leading bariatric surgeon. Today, an estimated 44 million Americans suffer from obesity. For one in five Americans, diet and exercise simply don't work. Luckily, weight-loss surgeries offer a realistic solution that can help people overcome genetics and work toward drastic, life-altering weight loss. As the cofounder of an obesity clinic at Houston's Methodist Hospital, Dr. Garth Davis has helped hundreds of patients manage the emotional and physical effects of being more than a hundred pounds overweight. His successful program was featured on the hit TLC show Big Medicine. In this essential handbook, Dr. Davis delivers the expert advice that his patients use to overcome issues surrounding their obesity, help shed the weight and regain a healthy body. With anecdotes from real-life patients and a complete diet and exercise plan that ensures long-term success, Dr. Davis shows how anyone can achieve a healthy weight through surgery. The Expert's Guide to Weight Loss Surgery is required reading for anyone seeking a permanent obesity cure.

Nearly half of Americans use supplements--and many more are curious about them--yet questions abound. Will feverfew help my migraines? Are there any vitamins that will keep my skin clear? Does lysine really prevent cold sores? Are there herbs I can take to boost my mood? Are any of these things safe? Mark Moyad, MD, MPH is the only physician in the United States who has an endowed position to study vitamins, minerals, herbs, and other supplements. For the past 25 years, he's been researching supplements, using them in his practice, and traveling the country giving lectures to laypeople and physicians about what works and what's worthless in the world of drugs and supplements. Based on the latest research as well as Dr. Moyad's clinical experience, The Supplement Handbook will guide you through the proven (or debunked) treatment options for more than 100 common conditions--everything from arthritis, heartburn, and high cholesterol to fibromyalgia, migraines, and psoriasis. Dr. Moyad provides clear guidelines, sifting through conflicting information for a definitive answer you can use today. He does not hesitate to point out which remedies are overhyped, useless, and even harmful. He even ranks the most effective options so you know which remedies to try first, and he's honest about when over-the-counter or prescription drugs are the better option. More than an overview, The Supplement Handbook delivers prescriptive, reliable advice. Whether you're an alternative medicine convert or an interested-but-confused supplement novice, this comprehensive, evidence-based guide is sure to become a must-have reference in your home.

A unique perspective - from a parent, grandparent and childcare expert. If you want to enjoy your parenting and want your family members to thrive and have healthy relationships with each other, then this is the book for you. International author and childcare expert Susanna Bateman is writing from lessons learned raising four children, enjoying 12 grandchildren and establishing a highly successful and award-winning Early Childhood Learning Centres chain in New South Wales, Australia. If you are someone who really cares about making a difference in your child's life,

then this book is definitely for you! You'll learn: - How to help your children know that they are valued which increases their self-respect - How to find your authentic identity as a parent while increasing your confidence and self-esteem - Simple steps to helping your children believe in themselves - How to keep your children safe using technology - How to develop strong family connections - The golden rules for healthy role modelling - The psychology of overcoming fear and anxiety Learn to enjoy the ride!

Are you new to PeopleSoft? Experienced, but somewhat baffled by PeopleSoft Security? Just wondering what the heck a Primary Permission List does anyway? Well, The Expert Guide to PeopleSoft Security is for you. The Expert Guide to PeopleSoft Security provides all the information you need to successfully implement and administer security in PeopleSoft 8. Covering specifics for PeopleTools versions 8.1, 8.2 and 8.4, it is the first book to provide an in-depth look at one of the most important aspects of the PeopleSoft System. The Expert Guide to PeopleSoft Security provides knowledge and insight for Administrators, Managers, Developers and Users alike. The Expert Guide to PeopleSoft Security covers the topics essential to your success, including: Security Design, User Profile Setup, Role & Permission List Setup, Process Security, Query Security, Row Level Security (for HR and Financials), Portal Security, Security Migrations, Definition Security, LDAP Authentication, Password Controls, Dynamic Role Creation and more. Additionally it provides an indispensable reference to PeopleSoft Security Tables as well as SQL scripts to query the security information most requested from the system. All in all The Expert Guide to PeopleSoft Security provides a comprehensive look at one of the most misunderstood but essential parts of the PeopleSoft System. Is your system properly secured?

An Expert's Guide to Cross-country Skiing

Business Expert Guide to Small Business Success

The Supplement Handbook

The Expert Guide to PeopleSoft Security

Is it right for me? What happens during surgery? How do I keep the weight off?

Korg Volca NuBass - The Expert Guide

This text provides the physician with a complete and concise guide to various infectious disorders. Authored by a compilation of experts in the field, the book is filled with up-to-date information, tables and figures, making it a useful resource for practising physicians.

Presents tips and strategies on effective Internet research, covering such topics as search engines, government Web sites, using the public library, and the Web 2.0.

Energy demand reduction is fast becoming a business activity for all companies and organisations because it can increase profits regardless of the nature of their core activity. The International Energy Agency believes that industry could

improve its energy efficiency and reduce carbon dioxide emissions by almost a third using the best available practices and technologies. This guide looks at the many ways available to energy managers to achieve or even exceed this level of performance, including: base-lining consumption planning a monitoring and verification strategy metering (including smart, wireless metering) energy supply management motors and drives compressed air and process controls. Uniquely, it includes a whole chapter on greening data centres. It also looks at topics covered in greater detail in its companion volume, Energy Management in Buildings: insulation, lighting, renewable heating, cooling and HVAC systems. Further chapters examine minimising water use and how to make the financial case, both to prioritise measures for cost effectiveness, and to get management on board. This title is aimed at all professional energy, industry and facilities managers, energy consultants, students, trainees and academics and can be read alongside training for ISO 50001 - Energy Management Systems. It takes the reader from basic concepts to the latest advanced thinking, with principles applicable anywhere in the world and in any climate.

Rick and Bubba are two of America's zaniest syndicated radio hosts. Now, Rick and Bubba bring their own brand of southern humor and homespun wisdom to the book world. Rick and Bubba's Expert Guide to God, Country, Family, and Anything Else We Can Think Of is a sometimes touching, always hilarious, look at the world through Rick and Bubba's eyes. Rick and Bubba wax eloquent on everything from little league soccer to the frustrations of getting the family ready for church on a Sunday morning, to big Southern hair. BONUS! Includes a Best of Rick and Bubba CD in the back of the book!

The Expert Guide to Pursuing Wealth

Rick and Bubba's Expert Guide to God, Country, Family, and Anything Else We Can Think Of

The Great Science Hoax

The Runner's Expert Guide to Stretching

The Slot Expert's Guide to Playing Slots

The Expert Guide to Your Life in Switzerland