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New Hampshire Profiles

Atmospheric chemistry is one of the fastest growing fields in the earth sciences. Until now, however, there has been no book designed to help students capture the essence of the subject in a brief course of study. Daniel Jacob, a leading researcher and teacher in the field, addresses that problem by presenting the first textbook on atmospheric chemistry for a one-semester course. Based on the approach he developed in his class at Harvard, Jacob introduces students in clear and concise chapters to the fundamentals as well as the latest ideas and findings in the field. Jacob's aim is to show students how to use basic principles of physics and chemistry to describe a complex system such as the atmosphere. He also seeks to give students an overview of the current state of research and the work that led to this point. Jacob begins with atmospheric structure, design of simple models, atmospheric transport, and the continuity equation, and continues with geochemical cycles, the greenhouse effect, aerosols, stratospheric ozone, the oxidizing power of the atmosphere, smog, and acid rain. Each chapter concludes with a problem set based on recent scientific literature. This is a novel approach to problem-set writing, and one that successfully introduces students to the prevailing issues. This is a major contribution to a growing area of study and will be welcomed enthusiastically by students and teachers alike.

Field Book for Describing and Sampling Soils

Perfect gift for book lovers, writers and your book club
Book lovers rejoice! In this love letter to all things bookish, Jane Mount brings literary people, places, and things to life through her signature and vibrant illustrations. Readers of Jane Mount's Bibliophile will delight in: Touring the world's most beautiful bookstores
Testing their knowledge of the written word with quizzes
Finding their next great read in lovingly curated stacks of books
Sampling the most famous fictional meals
Peeking inside the workspaces of their favorite authors
A source of endless inspiration, literary facts and recommendations:
Bibliophile is pure bookish joy and sure to enchant book clubbers, English majors, poetry devotees, aspiring writers, and any and all who identify as book lovers. If you have read or own: I'd Rather Be Reading: The Delights and Dilemmas of the Reading Life; The Written World: The Power of Stories to

Shape People, History, and Civilization; or How to Read Literature Like a Professor: A Lively and Entertaining Guide to Reading Between the Lines; then you will want to read and own Jane Mount's Bibliophile.

Mount Kenya Area

Explains the practical aspects of exercise physiology and modern coaching, including energy systems, the aerobic and anaerobic thresholds, VO2 max, running economy, muscle fibers, and more. In addition, it covers how these ideas should inform both your day-to-day workouts and the underlying philosophy that forms the foundation of your training program.

Web Development with Clojure

- A fresh perspective on a famous father and a legacy forged on the icy slopes of Mount Everest, the world's highest peak In 1963, the world followed the first American Mount Everest Expedition, and watched as “Big Jim” Whittaker become the first American to stand on top of the world. He returned home a hero. My Old Man and the Mountain is Leif Whittaker's engaging and humorous story of what it was like to “grow up Whittaker”—the youngest son of Jim Whittaker and Dianne Roberts, in an extended family of accomplished climbers. He shares glimpses of his upbringing and how the pressure to climb started early on. Readers learn of his first adventures with family in the Olympic Mountains and on Mount Rainier; his close yet at times competitive relationship with his brother Joss; his battle with a serious back injury; and his efforts to stand apart from his father's legacy. With wry honesty he depicts being a recent college grad, still living in his parents' home and trying to find a purpose in life—digging ditches, building houses, selling t-shirts to tourists—until a chance encounter leads to the opportunity to climb Everest, just like his father did. Leif heads to Nepal with all the excitement, irony, boredom, and trepidation that are part of high-altitude climbing. Well-known guides Dave Hahn and Melissa Arnot figure prominently in his story, as does “Big Jim.” But Leif's story is not his father's story. It's a unique coming of age tale on the steep slopes of Everest and a climbing adventure that lights the imagination and fills an emotional human endeavor with universal meaning.

Never Enough

Basic knowledge about fluid mechanics is required in various areas of water resources engineering such as designing hydraulic structures and turbomachinery. The applied fluid mechanics laboratory course is designed to enhance civil engineering students' understanding and knowledge of experimental methods and the basic principle of fluid mechanics and apply those concepts in practice. The lab manual provides students with an overview of ten different fluid mechanics laboratory experiments and their practical applications. The objective, practical applications, methods, theory, and the equipment required to perform each experiment are presented. The experimental procedure, data collection, and presenting the results are explained in detail. LAB

The Human Side of Disaster

Luftwaffe Fighter Aircraft in Profile

In the summer of 2015, as he vaulted to the lead among the many GOP candidates for president, Donald Trump was the only one dogged by questions about his true intentions. This most famous American businessman had played the role of provocateur so often that pundits, reporters, and voters struggled to believe that he was a serious contender. Trump stirred so much controversy that his candidacy puzzled anyone who applied ordinary political logic to the race. But as Michael D'Antonio shows in *Never Enough*, Trump has rarely been ordinary in his pursuit of success and his trademark method is based on a logic that begins with his firm belief that he is a singular and superior human being. As revealed in this landmark biography, Donald Trump is a man whose appetite for wealth, attention, power, and conquest is practically insatiable. Declaring that he is still the person he was as a rascally little boy, Trump confesses that he avoids reflecting on himself "because I might not like what I see" and he believes "most people aren't worthy of respect." A product of the media age and the Me Generation that emerged in the 1970s, Trump was a Broadway showman before he became a developer. Mentored by the scoundrel attorney Roy Cohn, Trump was a regular on the New York club scene and won press attention as a dashing young mogul before he had built his first major project. He leveraged his father's enormous fortune and political connections to get his business off the ground, and soon developed a larger-than-life persona. In time, and through many setbacks, he made himself into a living symbol of extravagance and achievement. Drawing upon extensive and exclusive interviews with Trump and many of his family members, including all his adult children, D'Antonio presents the full story of a truly American icon, from his beginnings as a businessman to his stormy romantic life and his pursuit of power in its many forms. For all those who wonder: Just who is Donald Trump?, *Never Enough* supplies the answer. He is a promoter, builder, performer and politician who pursues success with a drive that borders on obsession and yet, has given him, almost everything he ever wanted.

Hiking the Wonderland Trail

Modern web applications deserve modern tools. Harness the JVM's rich infrastructure while taking advantage of the expressive power and brisk performance of a modern functional language. Exploit Clojure's unique advantages for web development. Step by step, apply the fundamentals of programming in Clojure to build real-world, professional web applications. This edition features new libraries, tools, and best practices, and focuses on developing modern single-page applications. Stop developing web apps with yesterday's tools. Today, developers are increasingly adopting Clojure as a web-development platform. See for yourself what makes Clojure so desirable, as you create a series of web apps of growing complexity, exhibiting the full process of web development using a modern functional language. Journey through all the steps in developing a rich Picture Gallery web application--from conception to packaging and deployment. You'll work hands-on with Clojure and build real-world, professional web apps. This fully updated second edition reveals the changes in the rapidly evolving Clojure ecosystem. Get up to speed on the many new libraries, tools, and best practices. Gain expertise in the popular Ring/Compojure stack using the Luminus framework. Learn how Clojure works with databases and speeds development of RESTful services. See why ClojureScript is rapidly becoming a popular front-end platform, and use ClojureScript with the popular Reagent library to build single-page applications. This book is for you, whether you're already familiar with Clojure or if you're completely new to the language. What You Need: The latest JVM, Clojure 1.6+, and the Leiningen build tool, as well as an editor such as Emacs, IntelliJ, Eclipse, Light Table, or VI.

Trail Profiles and Maps

Women Underwater - The Comprehensive Guide to Women in Scuba Diving, aims to reach out to women with specific information about their place in diving. With detailed guidance on equipment, medical issues and social factors, this book reaches women with inspiring stories from mentors who have forged a career in unique underwater fields. Authors Jill Heinerth and Renee Power tackle topics for both recreational and technical divers while featuring their vast experience in instruction, consulting and working in field predominantly governed by men. At times humorous yet also deadly serious, the book answers delicate questions about hygiene, equipment fit and dealing with sexism. Printed in full color and generously illustrated, Women Underwater will be published alongside a website and blog that keeps readers up to date on opportunities, new equipment and activities for women divers.

The Lola Quartet

Into the Planet

"A chronicle of the extraordinary feats of heroism by Marines called on to do the impossible during the greatest battle of the Korean War."--Provided by publisher.

Cincinnati Magazine

Taking you to places no one has ever gone before, and blending memoir, adventure, and science, Into the Planet is a riveting account of one of the most dangerous yet exhilarating pursuits in the world: diving to the centre of the earth. "If I die, it will be in the most glorious place that nobody has ever seen." As one of the most celebrated cave divers in the world, Jill Heinerth has seen the planet in a way almost no one has. In a workday, she might swim below your home, through conduits in volcanoes or cracks in the world's largest iceberg. She's an explorer, a scientist's eyes and hands underwater—discovering new species and examining our finite freshwater reserves—and a filmmaker documenting the wonders of underwater life. Often the lone woman in a male-dominated domain, she tests the limits of human endurance at every tight turn, risking her life with each mission. To not only survive in this world but excel, Jill has had to learn how to master self-doubt like no other. With gripping storytelling that radiates intimacy, Into the Planet will transport you deep into the most exquisite, untouched corners of the earth, where fear must be reconciled and the innermost parts of the human condition are revealed.

Prostate Cancer: A Comprehensive Perspective

A New York Times Notable Book of the Year! "The Alienist meets The City & The City in this brilliant debut that mixes fantasy and mystery. Gilda Carr's 'tiny mysteries' pack a giant punch." --David Morrell, New York Times bestselling author of Murder As a Fine Art A young detective who specializes in "tiny mysteries" finds herself at the center of a massive conspiracy in this beguiling historical fantasy set on Manhattan's Westside—a

peculiar and dangerous neighborhood home to strange magic and stranger residents—that blends the vivid atmosphere of Caleb Carr with the imaginative power of Neil Gaiman. It's 1921, and a thirteen-mile fence running the length of Broadway splits the island of Manhattan, separating the prosperous Eastside from the Westside—an overgrown wasteland whose hostility to modern technology gives it the flavor of old New York. Thousands have disappeared here, and the respectable have fled, leaving behind the killers, thieves, poets, painters, drunks, and those too poor or desperate to leave. It is a hellish landscape, and Gilda Carr proudly calls it home. Slightly built, but with a will of iron, Gilda follows in the footsteps of her late father, a police detective turned private eye. Unlike that larger-than-life man, Gilda solves tiny mysteries: the impossible puzzles that keep us awake at night; the small riddles that destroy us; the questions that spoil marriages, ruin friendships, and curdle joy. Those tiny cases distract her from her grief, and the one impossible question she knows she can't answer: "How did my father die?" Yet on Gilda's Westside, tiny mysteries end in blood—even the case of a missing white leather glove. Mrs. Copeland, a well-to-do Eastside housewife, hires Gilda to find it before her irascible merchant husband learns it is gone. When Gilda witnesses Mr. Copeland's murder at a Westside pier, she finds herself sinking into a mire of bootlegging, smuggling, corruption—and an evil too dark to face. All she wants is to find one dainty ladies' glove. She doesn't want to know why this merchant was on the wrong side of town—or why he was murdered in cold blood. But as she begins to see the connection between his murder, her father's death, and the darkness plaguing the Westside, she faces the hard truth: she must save her city or die with it. Introducing a truly remarkable female detective, Westside is a mystery steeped in the supernatural and shot through with gunfights, rotgut whiskey, and sizzling Dixieland jazz. Full of dazzling color, delightful twists, and truly thrilling action, it announces the arrival of a wonderful new talent.

On Desperate Ground

Updated maps, new hikes, even more rankings and categories, fresh photography, and useful backpacking options make the newest edition of this authoritative guide to Portland's best day hikes the most exciting yet. *60 Hikes Within 60 Miles: Portland* profiles 60 select trails that give outdoor adventurers a little of everything there is to enjoy around Portland: mountain views, forest solitude, picturesque streams, strenuous workouts, casual strolls, fascinating history, fields of flowers, awesome waterfalls, and ocean beaches. Whether readers want a convenient city bus ride to the flat and fascinating Washington Park, a bumpy drive to Lookout Mountain, or the thigh-burning experiences that are Kings and Elk Mountains, this book lets them know what to bring, how to get to the trailhead, where to go on the trail, and what to look for while they're hiking.

Hiking the Pacific Crest Trail: Washington

Immunobiology tells the story of the immune system. The book covers all of the material that comprises a typical immunology course. The Fifth Edition is an extensive revision which includes new material and major insights, improved logical progression of topics, and an emphasis on unifying principles. With clear, concise text and a full-color art program, this book continues to set the standard for a current and authoritative immunology textbook. Copyright © Libri GmbH. All rights reserved.

Immunobiology

Describes the principles of European design, offers advice on cutting components to size, and discusses edge banding, line boring, doors and drawers, cabinet assembly, finishing, and installation

Appalachian Trail North Carolina-Georgia

Miscellaneous Documents of the House of Representatives for the Second Session of the Fifty-third Congress

The official guide to the 238 miles of the Appalachian Trail from its southern terminus on Springer Mountain in Georgia (about an hour north of Atlanta) to the eastern boundary of Great Smoky Mountains National Park on the North Carolina-Tennessee border. This guidebook comes with four five-color topographic maps printed on two sheets of waterproof, tear-resistant material, for the areas south of the park and National Geographic Maps' five-color topographic map of the park, with its side trails. The route traverses wilderness areas throughout the Chattahoochee-Oconee and Nantahala national forests, as well as the park, and includes the most rugged sections of the legendary footpath south of New Hampshire and Maine. All the waterproof, tear-proof maps have scales of about one inch to one mile. The book includes detailed trail descriptions as well as information on overnight sites, water sources, natural and cultural history of the areas, and directions to trailheads. Packaged in a resealable bag for convenience on the trail. No batteries, downloads, or service reception required.

Floret Farm's Cut Flower Garden

- Inspirational full-color guides with over 150 color photographs in each *Hiking the Pacific Crest Trail: Washington* is written by Tami Asars. Tami grew up in western Washington playing in the North Cascades. She teaches classes on backpacking basics, lightweight backpacking, and more. A former employee of REI, she now dedicates her time to outdoor writing and photography and is the author of two guidebooks, including *Hiking the Wonderland Trail*. Tami lives in the Cascade foothills with her husband, Vilnis, and their rough collie, Scout. She can be found at www.tamiasars.com and www.hikingthewonderlandtrail.com. The Pacific Crest National Scenic Trail (PCT) meanders from the California-Mexico border north to the border of Washington and Canada. It's a rigorous trail, first envisioned in 1926 and now encompassing some 2,650 miles. Each volume of this new series focuses on section-by-section pieces of the PCT and includes the following features: • Trail sections of 4- to 10-night trips • Detailed camp-to-camp route descriptions • Easy-to-understand route maps and elevation profiles • Details on specific campsites and most-reliable water sources • Road access to and from various trail sections • Info on permits, hazards, restrictions, and more • Alternate routes and connecting trails • Clear references to the PCT's established system of section letters, designating trail segments from Mexico to Canada—so you can easily cross-reference the guides with other PCT resources • Key wilderness sights along the way • Suggested itineraries

Women Underwater

Mounting Optics in Optical Instruments

European Cabinetry

My Old Man and the Mountain

Entirely updated to cover the latest technology, this second edition gives optical designers and optomechanical engineers a thorough understanding of the principal ways in which optical components--lenses, windows, filters, shells, domes, prisms, and mirrors of all sizes--are mounted in optical instruments. Along with new information on tolerancing, sealing considerations, elastomeric mountings, alignment, stress estimation, and temperature control, two new chapters address the mounting of metallic mirrors and the alignment of reflective and catadioptric systems. The updated accompanying CD-ROM offers a convenient spreadsheet of the many equations that are helpful in solving problems encountered when mounting optics in instruments.

Surgery

#1 Amazon Best Seller — Welcome to the farm! The Cut Flower Garden: Erin Benzakein is a florist-farmer, leader in the locaflor farm-to-centerpiece movement, and owner of internationally renowned Floret Flower Farm in Washington's lush Skagit Valley. A stunning flower book: This beautiful guide to growing, harvesting, and arranging gorgeous blooms year-round provides readers with vital tools to nurture a stunning flower garden and use their blossoms to create show-stopping arrangements. Floret Farm's Cut Flower Garden: Cut Flower Garden is equal parts instruction and inspiration—a book overflowing with lush photography of magnificent flowers and breathtaking arrangements organized by season. Find inspiration in this lush flower book: Irresistible photos of Erin's flower farm that showcase exquisite blooms Tips for growing in a variety of spaces and climates Step-by-step instructions for lavish garlands, airy centerpieces, and romantic floral décor for every season If you liked Paris in Bloom, you'll love Floret Farm's Cut Flower Garden.

Information Circular

Covering thousands of miles of Georgia's waterways, Canoeing & Kayaking Georgia is the definitive guide to Georgia's whitewater to wilderness swamps — and everything in between. This updated edition incorporates the exhilarating new urban whitewater course in Columbus, and the recently established water trails that actively welcome recreational paddlers throughout the state. Now expanded to cover more waterways in Southwest Georgia — Kinchafoonee, Muckalee, and Ichawaynochaway Creeks — you only need one book to figure out where to float, no matter what type of boat you paddle.

The Essentials of Cave Diving

The first almost comprehensive guide to sidemount diving and all that is involved. This book covers various configurations, sidemount systems, how to choose what works best for you, the skills necessary to learn and sidemount, and much, much more. Includes instructions on popular methods and modifications along with photos.

Sphere of Influence

“Mills is fast becoming the new master of gripping and intelligent page-turners.”—Tom Clancy The videotapes arrive at television stations across the nation. Their chilling message: Al Qaeda has secured a rocket launcher on American soil. Their potential targets: U.S. civilians. Their ultimate threat: they will attack. Anytime. Anywhere. Amid national chaos, the FBI calls upon one of its best agents for a final desperate mission. But no one—on either side—realizes how deep or how far the sphere of influence has spread. “An interesting and enjoyable piece of work . . . the kind of dark romp that Lawrence Sanders or Ross Thomas might have produced in their heyday.”—The Washington Post Book World “Great fun.”—The Houston Chronicle “Engrossing.”—Publishers Weekly

Machinery

An Eater Best Cookbook of Fall 2020 • This groundbreaking new cookbook from chef, bestselling author, and TV star Marcus Samuelsson celebrates contemporary Black cooking in 150 extraordinarily delicious recipes. It is long past time to recognize Black excellence in the culinary world the same way it has been celebrated in the worlds of music, sports, literature, film, and the arts. Black cooks and creators have led American culture forward with indelible contributions of artistry and ingenuity from the start, but Black authorship has been consistently erased from the story of American food. Now, in *The Rise*, chef, author, and television star Marcus Samuelsson gathers together an unforgettable feast of food, culture, and history to highlight the diverse deliciousness of Black cooking today. Driven by a desire to fight against bias, reclaim Black culinary traditions, and energize a new generation of cooks, Marcus shares his own journey alongside 150 recipes in honor of dozens of top chefs, writers, and activists—with stories exploring their creativity and influence. Black cooking has always been more than “soul food,” with flavors tracing to the African continent, to the Caribbean, all over the United States, and beyond. Featuring a mix of everyday food and celebration cooking, this book also includes an introduction to the pantry of the African diaspora, alongside recipes such as: Chilled corn and tomato soup in honor of chef Mashama Bailey Grilled short ribs with a piri-piri marinade and saffron tapioca pudding in homage to authors Michael Twitty and Jessica B. Harris Crab curry with yams and mustard greens for Nyesha Arrington Spiced catfish with pumpkin leche de tigre to celebrate Edouardo Jordan Island jollof rice with a shout-out to Eric Adjepong Steak frites with plantain chips and green vinaigrette in tribute to Eric Gestel Tigernut custard tart with cinnamon poached pears in praise of Toni Tipton-Martin A stunning work of breadth and beauty, *The Rise* is more than a cookbook. It’s the celebration of a movement.

Side Mount Profiles

Introduction to Atmospheric Chemistry

A superb study for both the historian and modeler, this book contains 124 color profiles showing Luftwaffe single-engine fighter aircraft - Bf 109, Fw 190, Ta 152, Me 262, Me 163, and He 162 - once piloted by some of the most famous German aces of World War II. Also shown are war-era photographs of select aircraft and pilots. The book begins with a summary of Luftwaffe fighter camouflage and color schemes on the various war fronts, then explains unit markings, tactical codes, personal markings and other markings. Luftwaffe Fighter Aircraft in Profile serves as the perfect introduction to the history of the German Luftwaffe in World War II. At the same time, it is an indispensable volume to the aircraft modeler.

60 Hikes Within 60 Miles: Portland

[CLICK HERE](#) to download the chapter on "Backpacking" from Hiking the Wonderland Trail "There's no other trip, trail or peak that any backpacker should rank higher on his life list than the Wonderland Trail." - Backpacker magazine * Comprehensive and affectionate guide to one of the nation's iconic wilderness trails * Everything you need to help plan this 93-mile trek, whether done in one trip or several * Lavish, full-color design, yet informative and practical, with 125 photographs and 18 maps * Find even more details, updates and added trip extensions at hikingthewonderlandtrail.com Washington State's famed Wonderland Trail is a spectacular 93-mile route that circumnavigates Mount Rainier, challenging hikers with its strenuous 22,000 feet of cumulative elevation gain and loss. Hiking the Wonderland Trail: The Complete Guide to Mount Rainier's Premier Trail is an authoritative guidebook penned by Washington native Tami Asars, a professional instructor on hiking the trail, a third-generation hiker of the Cascade mountains, and seven-time hiker of the entire Wonderland Trail. In this guide Asars draws on her experience, covering these essentials: * How to work with the Wonderland Trail permit reservation system, and when to apply * Recommended gear--with a checklist--and ways to reduce pack weight, prevent blisters, and stay warm and dry * How to pack the perfect backpack * Food and fuel caching on the Wonderland, tips and instruction * Detailed camp-to-camp route descriptions and suggested itineraries * How to extend your adventures with the Northern Loop Trail and the Eastside Trail Over the years, Asars has taken extensive notes that she shares at workshops and in the field. Hiking the Wonderland Trail distills her boot-tested knowledge so that everyone can enjoy the magic of Mount Rainier's premier trail.

Sidemount Diving

This beautiful, colorful book is a second edition of the popular guidebook of the Mountain to Sea Trail through Western North Carolina. In improving and reissuing this book, the sharing of the special history of a unique area of our state is perpetuated. The book includes maps as well as step-by-step map profiles. Mr. Weber, now 81, a long-time resident of Brevard, North Carolina, and member of the Carolina Mountain Club, completely re-walked the trail prior to his revisions using both professional GPS equipment as well as a mechanical measuring wheel. As a result, the new release provides a degree of accuracy few other guides are matching. One reviewer says, you "know exactly how far you will walk and exactly how much effort your hike will require." In other words, it let's you plan your hike for both difficulty and exact distance before you even leave home. The book has more than an updated history on the remarkable development of the trail itself. In addition, the book reviews-often-illustrated with archival photographs-information on the history of some

of the areas through which the trail passes. This part of the second edition is newly researched and expanded from that of the first edition. These areas include George Vanderbilt's Buck Spring Lodge, Chase Ambler's Rattlesnake Lodge, Graveyard Fields, the North Carolina Arboretum, Mount Pisgah, Craggy Gardens and Mount Mitchell State Park.

Westside

Cave diving has been called the most dangerous sport. It doesn't have to be. With proper training, experience, and guidance, you can become a skilled cave diver, and enjoy this challenging and rewarding activity, for a lifetime. With decades of technical diving experience, including world record cave dives, and paradigm-changing underwater exploration, International Scuba Divers Hall of Fame inductee Jill Heinerth, has created this contemporary guide book. Generously illustrated, *The Essentials of Cave Diving - 4th Edition* contains practical, recently updated underwater knowledge, including sidemount techniques and the latest rebreather technology. Encompassing all levels of cave diving, from entry-level to expert, this manual is an essential tool, appropriate and relevant to all cave training disciplines.

Applied Fluid Mechanics Lab Manual

Ed Whitacre is credited with taking over the corporate reins at General Motors (GM) when the automotive manufacturer was on the brink of bankruptcy during 2009 and turned the company around in magnificent fashion. In this business memoir, the native Texan explores his unique management style, business acumen and patriotism. It was President Obama who reached out to Ed Whitacre to come out of retirement and take over GM in 2009. A down-to-earth, no-nonsense Texas native with a distinctive Texas twang in his voice, Whitacre was reluctant to come out of retirement to work at GM. But Whitacre is that rare CEO with great charisma and extraordinary management instincts. And when he got to Detroit, he started to whittle down the corporate bureaucracy right away - and got GM back on track in record time. Before being pulled out of retirement to run GM by Obama, Ed Whitacre had spent his entire corporate career in the telecom business, where he ultimately ended up running AT&T.

American Turnaround

Surgery: An Introductory Guide is an all-in-one reference that provides the vital information needed to get the best learning experience out of an operation, and presents it in a convenient, efficient, and portable format. Each section brings together the key points from several different fields including anatomy, pathophysiology, radiology, surgical technique, and clinical guidelines. The operations covered represent the breadth of general surgery including hernia repair, cholecystectomy, breast surgery, general bowel surgery, and vascular surgery. Each chapter provides informative text, bulleted lists, and common OR questions, combined with classic radiology images, diagrams, and a color illustration of the operative anatomy. This method of using key words, high-yield diagrams, and illustrations enhances the ability to quickly absorb and retain the relevant information. The volume is also organized by operation rather than by pathological topic, which lends itself to quick review before each case. Written by Dr. Sarpel, a surgeon and former co-clerkship director who has been honored with multiple teaching awards, *Surgery: An Introductory Guide* is of great value to medical students and junior residents rotating on general

surgery.

Canoeing & Kayaking Georgia

Since the first edition of *The Human Side of Disaster* was published in 2009, new catastrophes have plagued the globe, including earthquakes in Haiti and New Zealand, tornadoes in Alabama and Missouri, floods in numerous locations, Hurricane Sandy, and the infamous BP oil spill. Enhanced with new cases and real-world examples, *The Human Side of Disaster, Second Edition* presents an updated summary of the social science knowledge base of human responses to disaster. Dr. Drabek draws upon his 40-plus years of conducting research on individual, group, and organizational responses to disaster to illustrate and integrate key insights from the social sciences to teach us how to anticipate human behaviors in crisis. The book begins with a series of original short stories rooted within actual disaster events. These stories are woven into the entire text to demonstrate essential findings from the research literature. Dr. Drabek provides an overview of the range of disasters and hazards confronting the public and an explanation of why these are increasing each year, both in number and scope of impact. The core of the book is a summary of key findings regarding disaster warning responses, evacuation behavior, initial post-impact survival behavior, traditional and emergent roles of volunteers, and both short-term and longer-term disaster impacts. The theme of "organized-disorganization" is used to illustrate multiorganizational response networks that form the key managerial task for local emergency managers. The final chapter provides a new vision for the emergency management profession—one that reflects a more strategic approach wherein disasters are viewed as non-routine social problems. This book will continue to be an invaluable reference for professionals and students in emergency management and public policy and aid organizations who need to understand human behavior and how best to communicate and work with the public in disaster situations.

Essentials of Cave Diving

Cincinnati Magazine taps into the DNA of the city, exploring shopping, dining, living, and culture and giving readers a ringside seat on the issues shaping the region.

Modern Training and Physiology for Middle and Long-Distance Runners

Bibliophile

The Rise

Prostate cancer is the commonest male cancer with over 5 million survivors in US alone. Worldwide, the problem is staggering and has attracted significant attention by media, scientists and cancer experts. Significant research, discoveries, innovations and advances in treatment of this cancer have produced

voluminous literature which is difficult to synthesize and assimilate by the medical community. Prostate Cancer: A Comprehensive Perspective is a comprehensive and definitive source which neatly resolves this problem. It covers relevant literature by leading experts in basic science, molecular biology, epidemiology, cancer prevention, cellular imaging, staging, treatment, targeted therapeutics and innovative technologies. Prostate Cancer: A Comprehensive Perspective, is a valuable and timely resource for urologists and oncologists.

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