

Panasonic Guide Plus Einstellen

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Supplement to the Official Journal of the European Communities Aug 26 2019

Social Selling Mastery Feb 10 2021 A concrete framework for engaging today's buyer and building relationships Social Selling Mastery provides a key resource for sales and marketing professionals seeking a better way to connect with today's customer. Author Jamie Shanks has personally built Social Selling solutions in nearly every industry, and in this book, he shows you how to capture the mindshare of business leadership and turn relationships into sales. The key is to reach the buyer where they're conducting due diligence—online. The challenge is then to strike the right balance, and be seen as a helpful resource that can guide the buyer toward their ideal solution. This book presents a concrete Social Selling curriculum that teaches you everything you need to know in order to leverage the new business environment into top sales figures. Beginning with the big picture and gradually honing the focus, you'll learn the techniques that will change your entire approach to the buyer. Social Selling is not social media marketing. It's a different approach, more one-to-one rather than one-to-many. It's these personal relationships that build revenue, and this book helps you master the methods today's business demands. Reach and engage customers online Provide value and insight into the buying process Learn more effective Social Selling tactics Develop the relationships that lead to sales Today's buyers are engaging sales professionals much later in the buying process, but 74 percent of deals go to the sales professional who was first to engage the buyer and provide helpful insight. The sales community has realized the need for change—top performers have already leveraged Social Selling as a means of engagement, but many more are stuck doing "random acts of social," unsure of how to proceed. Social Selling Mastery provides a bridge across the skills gap, with essential guidance on selling to the modern buyer.

Nautisch-technisches Wörterbuch der Marine Sep 07 2020

Schattenspringer auf Kreuzfahrt Feb 22 2022 Vom Charme und Frust alternder Kreuzfahrer, von einer Superschriftstellerin, die zum Passagierschreck wird, von der Illusion, Fidel auf Kuba zu begegnen, vom Zoff mit sich besser dünkenden Westlern sowie von Geheimnistuern auf dem Amazonas und natürlich vom Zerplatzen aller Südseeräume auf Hawaii durch die Corona-Pandemie erzählt der Schattenspringer aus der fernöstlichen Provinz. Es sind Erzählungen, die zum Nachdenken anregen, aber auch den Humor zu seinem Recht kommen lassen. Der aufmerksame Leser wird einen wachen Blick auf zugespitzte Situationen, widersprüchliche Charaktere und hintergründige menschliche Stärken und Schwächen bemerken. Für alle, die Reiseberichte mit dem Blick fürs Detail lieben.

Caves and Karst of the Greenbrier Valley in West Virginia Apr 14 2021 The focus of this book is on the more than 2000 caves of the Greenbrier Valley of West Virginia of which the 14 with lengths greater than 10 km have an aggregate length of 639 km. The major caves form the core part of sub-basins which drain to big springs and ultimately to the Greenbrier River. Individual chapters of this book describe each of the major caves and its associated drainage basin. The caves are formed in the Mississippian Greenbrier Limestone in a setting of undulating gentle folds. Fractures, lineaments and confining layers within the limestone are the main controlling factors. The caves underlie an extensive sinkhole plain which may relate to a major erosion surface. The caves are habitat for both aquatic and terrestrial organisms which are cataloged and described as are the paleontological remains found in some of the caves. The sinkhole plain of the Greenbrier karst and the underlying complex of cave systems are the end result of at least a ten million year history of landscape evolution which can be traced through the evolving sequence of cave passages and which is described in this book.

Being Forgotten on the Internet Jul 30 2022 The boundless long-term retention of information about people's lives on the world wide web jeopardizes their reputation and deprives them of a fresh start. Mr. Costeja González' reputation, for example, was damaged by twelve year-old newspaper articles on Google attesting him a poor creditworthiness (ECJ C-131/12). His case triggered a public discussion about creating a "forgetting Internet" and counteracting the "age of everlasting personal data retention." This book argues that the world wide web endangers people's reputation by presenting them and their online profiles short of temporal context. Drawing on Heidegger's and Ricoeur's philosophy of time, Walzer's spheres of justice, Solove's visionary pragmatism for privacy and Nissenbaum's theory of privacy as contextual integrity, the book proposes safeguarding the "temporal contextual integrity" of personal information online. The author suggests designing web user interfaces for making the passage of time within people's online representations prominent. With time-sensitive interfaces, employers start ignoring job seekers' obsolete reputation in online labor markets. Technology requirements for a "forgetting Internet" are discussed.

A Guide to Systems Research Nov 21 2021 This guide is designed for systems researchers - emerging and seasoned - searching for holistic approaches of inquiry into complexity, which the Systems Sciences provide. The authors share insight into the foundations of research that are not only systematic in terms of rigor, but systemic in perspective, analysis, design, development, implementation, reporting, and evaluation. This guide also explores researcher competencies necessary to conduct sound systems research. Researchers using this guide will gain understanding of what distinguishes systems research from other types of research and why it is important in research today.

Nautisch-technisches Wörterbuch der Marine Oct 09 2020

Machine Translation Jun 16 2021

Tony Northrup's DSLR Book: How to Create Stunning Digital Photography Jul 06 2020 The top-rated and top-selling photography ebook since 2012 and the first ever Gold Honoree of the Benjamin Franklin Digital Award, gives you five innovations no other book offers: Free video training. 9+ HOURS of video training integrated into the book's content (requires Internet access). Travel around the world with Tony and Chelsea as they teach you hands-on. Appendix A lists the videos so you can use the book like an inexpensive video course. Classroom-style teacher and peer help. After buying the book, you get access to the private forums on this site, as well as the private Stunning Digital Photography Readers group on Facebook where you can ask the questions and post pictures for feedback from Tony, Chelsea, and other readers. It's like being able to raise your hand in class and ask a question! Instructions are in the introduction. Lifetime updates. This book is regularly updated with new content (including additional videos) that existing owners receive for free. Updates are added based on reader feedback and questions, as well as changing photography trends and new camera equipment. This is the last photography book you'll ever need. Hands-on practices. Complete the practices at the end of every chapter to get the real world experience you need. 500+ high resolution, original pictures. Detailed example pictures taken by the author in fifteen countries demonstrate both good and bad technique. Many pictures include links to the full-size image so you can zoom in to see every pixel. Most photography books use stock photography, which means the author didn't even take them. If an author can't take his own pictures, how can he teach you? In this book, Tony Northrup (award-winning author of more than 30 how-to books and a professional portrait, wildlife, and landscape photographer) teaches the art and science of creating stunning pictures. First, beginner photographers will master: Composition Exposure Shutter speed Aperture Depth-of-field (blurring the background) ISO Natural light Flash Troubleshooting blurry, dark, and bad pictures Pet photography Wildlife photography (mammals, birds, insects, fish, and more) Sunrises and sunsets Landscapes Cityscapes Flowers Forests, waterfalls, and rivers Night photography Fireworks Raw files HDR Macro/close-up photography Advanced photographers can skip forward to learn the pro's secrets for: Posing men and women. Including corrective posing (checklists provided) Portraits (candid, casual, formal, and underwater) Remotely triggering flashes Using bounce flash and flash modifiers Using studio lighting on any budget Building a temporary or permanent studio at home Shooting your first wedding High speed photography Location scouting/finding the best spots and times Planning shoots around the sun and moon Star trails (via long exposure and image stacking) Light painting Eliminating noise Focus stacking for infinite depth-of-field Underwater photography Getting close to wildlife Using electronic shutter triggers Photographing moving cars Photographing architecture and real estate

Library of Congress Catalogs Jun 28 2022

Muncie 4-Speed Transmissions Dec 23 2021 The Muncie 4-speeds, M20, M21, and M22 are some of the most popular manual transmissions ever made and continue to be incredibly popular. The Muncie was the top high-performance manual transmission GM offered in its muscle cars of the 60s and early 70s. It was installed in the Camaro, Chevelle, Buick GS, Pontiac GTO, Olds Cutlass, and many other classic cars. Many owners want to retain the original transmission in their classic cars to maintain its value. Transmission expert and veteran author Paul Cangialosi has created an indispensable reference to Muncie 4-speeds that guides you through each crucial stage of the rebuild process. Comprehensive ID information is provided, so you can positively identify the cases, shafts, and related parts. It discusses

available models, parts options, and gearbox cases. Most important, it shows how to completely disassemble the gearbox, identify wear and damage, select the best parts, and complete the rebuild. It also explains how to choose the ideal gear ratio for a particular application. Various high-performance and racing setups are also shown, including essential modifications, gun drilling the shafts, cutting down the gears to remove weight, and achieving race-specific clearances. Muncie 4-speeds need rebuilding after many miles of service and extreme use. In addition, when a muscle car owner builds a high-performance engine that far exceeds stock horsepower, a stronger high-performance transmission must be built to accommodate this torque and horsepower increase. No other book goes into this much detail on the identification of the Muncie 4-speed, available parts, selection of gear ratios, and the rebuild process.

Digitisation of Culture: Namibian and International Perspectives Dec 31 2019 This book explores the digitization of culture as a means of experiencing and understanding cultural heritage in Namibia and from international perspectives. It provides various views and perspectives on the digitization of culture, the goal being to stimulate further research, and to rapidly disseminate related discoveries. Aspects covered here include: virtual and augmented reality, audio and video technology, art, multimedia and digital media integration, cross-media technologies, modeling, visualization and interaction as a means of experiencing and grasping cultural heritage. Over the past few decades, digitization has profoundly changed our cultural experience, not only in terms of digital technology-based access, production and dissemination, but also in terms of participation and creation, and learning and partaking in a knowledge society. Computing researchers have developed a wealth of new digital systems for preserving, sharing and interacting with cultural resources. The book provides important information and tools for policy makers, knowledge experts, cultural and creative industries, communication scientists, professionals, educators, librarians and artists, as well as computing scientists and engineers conducting research on cultural topics.

Final Fantasy XIV: The Official Cookbook Nov 09 2020 With stunning photography and step by step instructions, this book gives you everything you need to recreate some of this game's most iconic dishes.

Australian Official Journal of Patents May 04 2020

Time Series Analysis Using SAS Enterprise Guide Oct 21 2021 This is the first book to present time series analysis using the SAS Enterprise Guide software. It includes some starting background and theory to various time series analysis techniques, and demonstrates the data analysis process and the final results via step-by-step extensive illustrations of the SAS Enterprise Guide software. This book is a practical guide to time series analyses in SAS Enterprise Guide, and is valuable resource that benefits a wide variety of sectors.

Spartacus International Gay Guide Oct 01 2022

Implementing the IBM Storwize Apr 26 2022 Organizations of all sizes are faced with the challenge of managing massive volumes of increasingly valuable data. However, storing this data can be costly, and extracting value from the data is becoming more and more difficult. IT organizations have limited resources, but must stay responsive to dynamic environments and act quickly to consolidate, simplify, and optimize their IT infrastructures. The IBM® Storwize® V3700 system provides a solution that is affordable, easy to use, and self-optimizing, which enables organizations to overcome these storage challenges. Storwize V3700 delivers efficient, entry-level configurations that are specifically designed to meet the needs of small and midsize businesses. Designed to provide organizations with the ability to consolidate and share data at an affordable price, Storwize V3700 offers advanced software capabilities that are usually found in more expensive systems. Built on innovative IBM technology, Storwize V3700 addresses the block storage requirements of small and midsize organizations, Storwize V3700 is designed to accommodate the most common storage network technologies. This design enables easy implementation and management. Storwize V3700 includes the following features: Web-based GUI provides point-and-click management capabilities. Internal disk storage virtualization enables rapid, flexible provisioning and simple configuration changes. Thin provisioning enables applications to grow dynamically, but only use space they actually need. Enables simple data migration from external storage to Storwize V3700 storage (one-way from another storage device). Remote Mirror creates copies of data at remote locations for disaster recovery. IBM FlashCopy® creates instant application copies for backup or application testing. This IBM Redbooks® publication is intended for pre-sales and post-sales technical support professionals and storage administrators. The concepts in this book also relate to the IBM Storwize V3500. This book was written at a software level of version 7 release 4.

Spartacus Jan 24 2022 The best-selling travel guide on the international gay market, the 32nd edition of this world-famous guide contains information for 160 countries world-wide, with 22,000 addresses covering all areas of gay life. No matter what you're looking for, whether it be an extravagant hotel, the most popular beach, or the local gay switchboard, here you can find the hottest tips for your holiday plans. Illustrated with city and country maps and full-colour photographs.

Regenerative and Positive Impact Architecture Mar 02 2020 This book is a guide to energy efficiency and environmental impact assessment in high-performance buildings projects. It compares four state-of-the-art buildings to examine the steps needed for a transition from negative impact reduction architecture to positive impact regenerative architecture, utilizing life cycle analysis. The book provides a solid grounding in the areas of energy-efficient building and building materials life-cycle assessment, discussing carbon efficiency within a wider context that includes its technical, socio-cultural and environmental dimensions and covers the key areas for green buildings performance (operational and embodied energy). The analysis and comparison of four case studies of state-of-art modern building projects in Europe and North America serve as inspiring examples for architects and building professionals in the fields of high performance buildings, ecological materials and carbon efficiency.

Library of Congress Catalog Mar 26 2022

Coral Reefs of the Eastern Tropical Pacific Jun 04 2020 This book documents and examines the state of health of coral reefs in the eastern tropical Pacific region. It touches on the occurrence of coral reefs in the waters of surrounding countries, and it explores their biogeography, biodiversity and condition relative to the El Niño southern oscillation and human impacts. Additionally contained within is a field that presents information on many of the species presented in the preceding chapters.

Guide to Competitive Programming May 28 2022 This invaluable textbook presents a comprehensive introduction to modern competitive programming. The text highlights how competitive programming has proven to be an excellent way to learn algorithms, by encouraging the design of algorithms that actually work, stimulating the improvement of programming and debugging skills, and reinforcing the type of thinking required to solve problems in a competitive setting. The book contains many "folklore" algorithm design tricks that are known by experienced competitive programmers, yet which have previously only been formally discussed in online forums and blog posts. Topics and features: reviews the features of the C++ programming language, and describes how to create efficient algorithms that can quickly process large data sets; discusses sorting algorithms and binary search, and examines a selection of data structures of the C++ standard library; introduces the algorithm design technique of dynamic programming, and investigates elementary graph algorithms; covers such advanced algorithm design topics as bit-parallelism and amortized analysis, and presents a focus on efficiently processing array range queries; surveys specialized algorithms for trees, and discusses the mathematical topics that are relevant in competitive programming; examines advanced graph techniques, geometric algorithms, and string techniques; describes a selection of more advanced topics, including square root algorithms and dynamic programming optimization. This easy-to-follow guide is an ideal reference for all students wishing to learn algorithms, and practice for programming contests. Knowledge of the basics of programming is assumed, but previous background in algorithm design or programming contests is not necessary. Due to the broad range of topics covered at various levels of difficulty, this book is suitable for both beginners and more experienced readers.

iPhone 6 und iPhone 6 Plus Aug 31 2022 In diesem Buch erfährt der Leser alles, was er zu Apples neuen iPhone-Modellen wissen muss - angefangen bei den Hardware-Unterschieden zu iPhone 5s und 5c über die Ersteinrichtung bis zur effizienten Nutzung wichtiger Funktionen wie iCloud, Siri und der integrierten Kamera. Sämtliche Features von iOS 8, inklusive der neuen Funktionen wie Health und Handoff, werden im Detail erklärt. Viele Tipps zur Wahl der richtigen Einstellungen und zu zusätzlichen Apps sowie zu weiteren Themengebieten machen den Leser schnell zum iPhone-Profi. Gibt es Unterschiede zur Bedienung von iPhone 5s bzw. iPhone 5c, weist der Autor auf diese hin. Damit ist das Buch auch als Handbuch für Besitzer dieser Modelle besonders geeignet. Ein Ausblick auf die Apple Watch rundet das Buch ab. - Das iPhone 6/6 Plus im Detail - Gemeinsam stark: iPhone und Mac - Hilfreiche Tipps und Tricks - Empfehlungen für kostenfreie Apps - Auch für iPhone 5s/5c mit iOS 8

Pablo Picasso: Catalogue de l'oeuvre gravé et lithographié Oct 28 2019

The Art of Engineering Leadership Apr 02 2020 In times of networking and the growing importance of platform economies, how can products and services be developed that inspire people? Which development methods and organisational forms are promising for this? Leaders and developers will find answers to these questions in this book. With their holistic approach, the authors look at the changing leadership roles that arise in the development of products and services: Is it, for example, about translating new ideas or unknown technologies into high-quality products? Or is it about working efficiently together in an international development alliance? The procedures and models were discussed and further developed in more than 10,000 theoretical and practical workshops with managers at Bosch worldwide. At its core is a leadership model that facilitates discussion and combines the skills needed to master technical issues with those needed to lead people. After an introductory chapter on fundamental questions such as the organization's purpose, values, and strategic goals, key elements of leadership in systems design are introduced, including requirements engineering, architecture design, and model-based development. The following chapters discuss concrete approaches and strategies to - Convert quality attributes, - to reduce risks, - to introduce a review culture, - manage complexity - Process conflicts - Define roles - to build teams. The structure of the book follows the process of developing and implementing strategic goals. However, each chapter can also be read on its own, as it forms a self-contained unit. This book makes the leadership task understandable, discussable and learnable for developers. It thus helps managers to shape change in their own field of work or to grow into a new role.

The Reign of Narcissism Dec 11 2020

Sheet Metal Industries Jul 26 2019

A Landscape Book Jan 12 2021

Art and Visual Perception Nov 29 2019 Gestalt theory and the psychology of visual perception form the basis for an analysis of art and its basic elements

Tony Northrup's Photography Buying Guide Jun 24 2019 If you're a beginner photographer, this book can save you hundreds of dollars. If you're a seasoned pro, it can save you thousands. With access to over 16 HOURS of online video, this book helps you choose the best equipment for your budget and style of photography. In this book, award-winning author and photographer Tony Northrup explains what all your camera, flash, lens, and tripod features do, as well as which are

worth paying for and which you can simply skip. Tony provides information specific to your style of photography, whether you're a casual photographer or you're serious about portraits, landscapes, sports, wildlife, weddings, or even macro. For the casual reader, Tony provides quick recommendations to allow you to get the best gear for your budget, without spending days researching. If you love camera gear, you'll be able to dive into 200 pages of detailed information covering Nikon, Canon, Sony, Micro Four-Thirds, Olympus, Samsung, Leica, Mamiya, Hasselblad, Fuji, Pentax, Tamron, Sigma, Yongnuo, PocketWizard, Phottix, Pixel King, and many other manufacturers. Camera technology changes fast, and this book keeps up. Tony updates this book several times per year, and buying the book gives you a lifetime subscription to the updated content. You'll always have an up-to-date reference on camera gear right at your fingertips. Here are just some of the topics covered in the book: What should my first camera be? Which lens should I buy? Should I buy Canon, Nikon, or Sony? Is a mirrorless camera or a DSLR better for me? Do I need a full frame camera? Is it safe to buy generic lenses and flashes? What's the best landscape photography gear? Which portrait lens and flash should I buy? What gear do I need to photograph a wedding? How can I get great wildlife shots on a budget? Which sports photography equipment should I purchase? Should I buy zooms or primes? Is image stabilization worth the extra cost? Which type of tripod should I buy? Which wireless flash system is the best for my budget? How can I save money by buying used? What kind of computer should I get for photo editing? What studio lighting equipment should I buy? When you buy this book, you'll be able to immediately read the book online. You'll also be able to download it in PDF, .mobi, and .epub formats--every popular format for your computer, tablet, smartphone, or eReader!

Breaking the Surface Aug 19 2021 This is a new edition of Greg Louganis's 1995 #1 New York Times bestselling autobiography and Literary Guild Selection. It is the unflinchingly honest first-person account of a man breaking free of a lifetime of silence and isolation. Born to a young Samoan father and Northern European mother, and adopted at nine months, Greg began diving at age nine, and at sixteen won a silver medal at the 1976 Montreal Olympics. But despite his astonishing athletic skill, Greg struggled with late-detected dyslexia, prejudice toward his dark skin coloring and anguish over his homosexuality, which he felt compelled to hide. Being in the spotlight intensified his difficulties with relationships and substance abuse. However, Louganis went on to win double gold medals at the 1984 and 1988 Olympics. His triumph at the 1988 Olympics came several months after he tested positive for HIV. This is the haunting, searingly candid story of the world's greatest diver. This new edition includes a new foreword.

Kursbuch Echokardiographie Jul 18 2021

Age of Godpunk May 16 2021 **WHOM THE GODS WOULD DESTROY... AGE OF ANANSI:** Dion Yeboah leads an orderly, disciplined life... until the day the spider appears. What looks like an ordinary arachnid turns out to be Anansi, the trickster god of African legend, and its arrival throws Dion's existence into chaos. He is summoned to America to take part in a contest of trickery. It's a life-or-death battle of wits, and in the end, only one person will be left standing... **AGE OF SATAN:** 1968. Guy Lucas is sent to an old-fashioned boarding school, where he is bullied and abused. A fellow student persuades him to perform a black mass and plead with Satan to intervene, with horrific consequences. For the next ten years, the shadow of Satan is cast across his life; he flees, but tragedy follows him. Eventually, he must confront the Devil, and learn the truth about himself... **AGE OF GAIA:** Billionaire Barnaby Pollard, energy magnate, has the world at his feet. The planet's fossil fuel resources are his to exploit, as are the size-zero girlfriends he loves and leaves in endless succession. Until he meets Lydia, a beautiful and opinionated eco-journalist. She's the very opposite of the kind of woman he normally dates: large and outspoken, with a firm belief that Mother Nature is not to be tampered with...

The Night Gardener Jan 30 2020 Gus Ramone is "good police," a former Internal Affairs investigator now working homicide for the city's Violent Crime branch. His new case involves the death of a local teenager named Asa whose body has been found in a local community garden. The murder unearths intense memories of a case Ramone worked as a patrol cop twenty years earlier, when he and his partner, Dan "Doc" Holiday, assisted a legendary detective named T. C. Cook. The series of murders, all involving local teenage victims, was never solved. In the years since, Holiday has left the force under a cloud of morals charges, and now finds work as a bodyguard and driver. Cook has retired, but he has never stopped agonizing about the "Night Gardener" killings. The new case draws the three men together on a grim mission to finish the work that has haunted them for years. All the love, regret, and anger that once burned between them comes rushing back, and old ghosts walk once more as the men try to lay to rest the monster who has stalked their dreams. Bigger and even more unstoppable than his previous thrillers, George Pelecanos achieves in **THE NIGHT GARDENER** what his brilliant career has been building toward: a novel that is a perfect union of suspense, character, and unstoppable fate.

World of Warcraft Mar 14 2021 BradyGames' **World of Warcraft Official Strategy Guide** includes the following: Maps of each city and region, with call outs for characters, quest locations, dungeons, and more. Essential stats and strategies for each of the 8 races and 9 classes for both the Horde and Alliance factions. Must-have quest data -- contacts, quest type, item rewards and more. Profession sections provide data on products, requirements and item components. Weapon, armor and item tables, ability and spell lists, and bestiary. Platform: PC Genre: MMORPG This product is available for sale worldwide.

Young J. Edgar Sep 27 2019 On June 2, 1919, bombs exploded simultaneously in nine American cities. One destroyed the home of the Attorney General of the United States, A. Mitchell Palmer. In the aftermath of World War I, America faced a new enemy-radical communism. Palmer vowed a crackdown, and, to lead it, he chose his youngest assistant, twenty-four year-old J. Edgar Hoover. Under Palmer's wing, Hoover helped execute a series of brutal nationwide raids, bursting into homes without warning, arresting over 10,000 Americans and assembling secret files on hundreds of thousands of suspects and political enemies. A handful of lawyers like Clarence Darrow and future Supreme Court Justices Felix Frankfurter and Harlan Fisk Stone dared to defend accused radicals in the name of free speech and civil liberties. **YOUNG J. EDGAR** brings to life Palmer's raids and Hoover's coming of age, a metaphor on post-9/11 America. It reaches the heart of our current debate on personal freedoms in a time of war and fear. Editorial Reviews "[F]eatures demagogues; terrorists; a gullible, xenophobic public; rogue law enforcement officials; and good guys, both in and out of government, who discredit the raids. Ackerman captures well the pathological character of the young Hoover...." -Publishers Weekly "[A] history to savor." -- Richmond Times-Dispatch Ackerman ("Boss Tweed") does an outstanding job portraying the Teflon quality of Hoover.... "Young J. Edgar" is a book that demonstrates forcefully the corrupting nature of power in the hands of flawed government officials. It's panoramic, detailed and extremely timely. -- Huntington News As hard as Mr. Ackerman is on Hoover, he does not demonize him.... [A] chilling account of how the rule of law in a war on terror can be subverted into a war of terror. --New York Sun "Ackerman's extremely well-written and thoroughly researched history ... convincingly refuted Hoover's dishonest effort to minimize his own central role in promoting the first Red Scare of the World War I and early 1920s era." -- Athan Theoharis, Emeritus Professor at Marquette University and author of *The FBI and American Democracy*, and *The Quest for Absolute Security*.

Correspondance commerciale Aug 07 2020

Buddha's Book of Sleep Sep 19 2021 Winner of **BEST BOOK OF THE YEAR** from COVR (The Coalition of Visionary Resources), that recognizes the best new products in the New Age industry. Enlightened sleep practices for the modern mind. **Buddha's Book of Sleep** is the first book to address sleep disturbances with techniques from mindfulness meditation. Yet this is a natural choice--mindfulness meditation has proven effective for psychological problems such as stress, depression, and anxiety, and these very issues are what become sleep problems when your head hits the pillow. Divided into two sections, the book approaches sleep deprivation with a combination of wisdom and practical meditation exercises. The first section explains why mindfulness meditation, with its basis in self-awareness, is appropriate for dealing with sleeping problems, and details the practices of this increasingly popular form of meditation. The second section features seven specific exercises to do at bedtime or in the wee hours of the morning, or whenever your sleeping trouble occurs. With a foreword by Thich Nhat Hanh. Providing a new perspective on why you cannot fall asleep even when you feel exhausted, and arming you with easy-to-use mindfulness meditation exercises, **Buddha's Book of Sleep** will help you calm your hurried thoughts, and go from feeling always sleepy to getting the rest you need.