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Seal Press originally published *Helping Her Get Free* with the title *To Be an Anchor in the Storm*. The survivor of an abusive relationship herself and a licensed counselor of abused women for more than a decade, Susan Brewster teaches readers how to recognize the signs of abuse, handle negative feelings, become an effective advocate, deal with the abuser, and more. With a new introduction and updated resource section, this straightforward and compassionate book offers the information needed to help give strength to women who are trying to break free. This “slim but indispensable new guide” offers “practical tips and delicious recipes that will help reduce kitchen waste and save money” (*The Washington Post*). Despite a growing awareness of food waste, many well-intentioned home cooks lack the tools to change their habits. This handbook—packed with engaging checklists, simple recipes, practical strategies, and educational infographics—is the ultimate tool for using more and wasting less in your kitchen. From a scientist at the Natural Resources Defense Council come these everyday techniques that call for minimal adjustments of habit, from shopping, portioning, and using a refrigerator properly to simple preservation methods including freezing, pickling, and cellaring. At once a good read and a go-to reference, this handy guide is chock-full of helpful facts and tips, including twenty “use-it-up” recipes and a substantial directory of common foods. Writing a book is fun and easy--yes, FUN AND EASY--but it may not always feel that way. How do you find the time to write?

How do you keep momentum? How do you deal with the horror of showing anyone a single sentence of your work-in-progress? The answers remain fun and easy, and author Elizabeth Sims will take your hand, dispel your worries, and show you how it's done in this stress-free guide to accomplishing your dream of writing your book. In *You've Got a Book in You*, Elizabeth is that encouraging voice guiding you through the entire process, from finding the right time and place to gathering all of your creative tools to diving right in and getting it done--page by page, step by step. It's easier than you think, and it all starts right here, right now. "This guide is witty, warm, and wise--and wonderfully down-to-earth as well. Elizabeth Sims doesn't just tell you that you've got a book in you, she shows you how to pour it out using your own creative spirit, common sense, and persistence." ~Lori L. Lake, author of *The Gun Series* and *The Public Eye Mystery Series* "If you're searching for the spark of inspiration to get started writing a book, and the nourishment to sustain you to THE END, Elizabeth Sims's *You've Got a Book in You* will show you how to find it in yourself." ~Hallie Ephron, award-winning author of *There Was an Old Woman* "You won't find an easier-to-follow or more inspirational writing guide." ~L.J. Sellers, author of the bestselling Jackson mysteries "By focusing the high beams of her intelligence (and humor!) on the twisty trail of book-writing, in *You've Got a Book in You*, Elizabeth Sims proves herself a true writer's friend. As she guides you from the creation of a "working title" through her (brilliant!) "Making-It-Better Process," this well-established pro plays her most impressive cards--stacking the deck in favor of YOU!" ~Jamie Morris, Director, Woodstream Writers "Elizabeth Sims packs a twelve-week writing course into 280 pages. Inspirational and yet extremely hands-on, *You've Got a Book In You* will give newbies confidence to forge ahead and will remind veteran writers why they began writing in the first place--for the joy of it. I won't be surprised when the brilliant terms 'stormwriting' and 'heartbrain' become part of every writer's

lexicon." ~Julie Compton, author of *Tell No Lies and Keep No Secrets* "The book is encouraging and inspiring, practical and witty. As a seasoned writer, I appreciate the reminders about the importance of putting yourself on a writing schedule. No more excuses. The many 'writing blasts' are very helpful and will get any writer out of the starting blocks. I especially enjoyed the section, 'Writing with the Masters.' What better way to get inspired, get a feel for different styles, and get jump-started on your writing? Excellent advice that I plan to incorporate in my future classes. I concur with Sims that 'writer's block' is greatly exaggerated. Is there any other profession that claims such a phenomenon? 'Excuse, me, but I have 'book-keeping block,' 'playing music block,' or 'painting block' today? I don't think so. Get yourself on a schedule, read some Sims, write with the masters, and you'll be on your way. You'll be glad you met this friend on your journey to becoming a successful writer." ~Gesa Kirsch, Ph.D., Professor of English, Director of Valente Center for the Arts and Sciences, Bentley University

Cody Wilson, a self-described crypto-anarchist and rogue thinker, combines the story of the production of the first ever 3D printable gun with a philosophical manifesto that gets to the heart of the twenty-first century debate over the freedom of information and ideas. Reminiscent of *Steal This Book* by Abbie Hoffman, Cody Wilson has written a philosophical guide through the digital revolution. Deflecting interference from the State Department and the Bureau of Alcohol, Tobacco, Firearms and Explosives, the story of *Defense Distributed* -- where Wilson's employees work against all odds to defend liberty and the right to access arms through the production of 3D printed firearms -- takes us across continents, into dusty warehouses and high rise condominiums, through television studios, to the Texas desert, and beyond. All you need to inspire every step of your trip. An in-depth book, now with free app and eBook. From deciding when to go, to choosing what to see when you arrive, this Insight Guides book is all you need to

plan your trip and experience the best of Rome, with in-depth insider information on must-see, top attractions like the Colosseum, and hidden cultural gems like Trastevere. - City Guide Rome is ideal for travellers seeking immersive cultural experiences, from exploring Piazza Navona to discovering Villa Borghese - In-depth on history and culture: enjoy special features on Roman fashion and Mussolini's Legacy, all written by local experts - Includes innovative extras that are unique in the market - all City Guides come with a free eBook and app that's regularly updated with new hotel, bar, restaurant, shop and local event listings - Invaluable maps, travel tips and practical information ensure effortless planning - Outstanding orientation information will save you time while you explore - Excellent Editor's Choice recommendations will make your trip more memorable - Inspirational colour photography throughout - Inventive design makes for an engaging reading experience

About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrasebooks, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure.

Insight Guides Pocket Guide Poland Travel made easy. Ask local experts. The definitive pocket-sized travel guide, now with free app and eBook. Compact, concise and packed full of essential information about where to go and what to do, this is an ideal on-the-move guide for exploring Poland. From top tourist attractions like Krakow, the Tatra Mountains and Warsaw, to cultural gems, including the must-see Wieliczka Salt Mines, with its extraordinary, ornately carved chambers, the magnificent Malbork Castle, one of Europe's biggest strongholds, and Kazimierz, a town that has reinvented itself while not forgetting

its poignant past, plan your perfect trip with this practical, all-in-one travel guide. Features of this travel guide to Poland: - Inspirational itineraries discover the best destinations, sights and excursions, highlighted with stunning photography - Historical and cultural insights delve into the country's rich history and culture, and learn all about its people, art and traditions - Practical full-colour map with every major attraction highlighted, the pull-out map makes on-the-ground navigation easy - Key tips and essential information from transport to tipping, we've got you covered - The ultimate travel tool download the free app and eBook to access all this and more from your phone or tablet - Covers Krakow; Excursions from Krakow; Zakopane and the Tatra Mountains; Malopolska; Warsaw; Wilanow; Lodz; Gdansk; Excursions from Gdansk; Torun; Poznan; Excursions from Poznan Looking for an even more detailed guide to Poland? Check out Insight Guides Poland for a comprehensive and entertaining look at all the country has to offer. About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. City Guide San Francisco: A fully-overhauled edition by our expert San Francisco author. Stunning photography brings this wonderful city and its people to life. Highlights of the city's top attractions are covered in our Best of San Francisco section, broken down into categories like the best walks, the best bars and the best child-friendly activities in the city. Descriptive accounts of each neighbourhood cover the whole city from Fisherman's Wharf to SoMA. The Day Trips from San Francisco chapter includes Big Sur, Napa and Mendocino. Detailed, high-quality

maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' -

Wanderlust Magazine World-renowned 'tell it like it is' guidebook Discover Singapore with this comprehensive, entertaining, 'tell it like it is' Rough Guide, packed with comprehensive practical information and our experts' honest and independent recommendations. Whether you plan to discover the historic ethnic enclave of Little India, enjoy a rooftop drink at Marina Bay Sands, indulge in an Orchard Road shopping spree or sample street food at bustling hawker centres, The Rough Guide to Singapore will help you discover the best places to explore, sleep, eat, drink and shop along the way. Features of The Rough Guide to Singapore: - Detailed regional coverage: provides in-depth practical information for each step of all kinds of trip, from intrepid off-the-beaten-track adventures, to chilled-out breaks in popular tourist areas. Regions covered include: The Colonial District, Little India, Chinatown, Marina Bay, Orchard Road, Northern Singapore, Eastern Singapore, Western Singapore, Sentosa. - Honest independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, and recommendations you can truly trust, our writers will help you get the most from your trip to Singapore. - Meticulous mapping: always full-colour, with clearly numbered, colour-coded keys. Find your way around Arab Street's hip cafés and boutiques, the surviving nineteenth-century streets of Chinatown, and many more locations without needing to get online. - Fabulous full-

colour photography: features a richness of inspirational colour photography, including the colourful Botanic Gardens and the golden-domed Sultan Mosque. - Things not to miss: Rough Guides' rundown of Little India's, Chinatown's, Arab Street's and the Colonial District's best sights and top experiences. - Itineraries: carefully planned routes will help you organise your trip, and inspire and inform your on-the-road experiences. - Basics section: packed with essential pre-departure information including getting there, getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more. - Background information: comprehensive Contexts chapter provides fascinating insights into Singapore, with coverage of history, religion, ethnic groups, environment, wildlife and books. About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks. Insight Guide to USA The South is a pictorial travel guide in a magazine style providing answers to the key questions before or during your trip: deciding when to go to USA The South, choosing what to see, from exploring New Orleans to discovering the Grand Canyon or creating a travel plan to cover key places like Louisiana, Tennessee. This is an ideal travel guide for travellers seeking inspiration, in-depth cultural and historical information about USA The South as well as a great selection of places to see during your trip. The Insight Guide USA THE SOUTH covers: Georgia, Alabama, Mississippi, the Gulf Coast, Louisiana, Arkansas, Tennessee, South Carolina, North Carolina and Virginia. In this travel guide you will find: IN-DEPTH CULTURAL AND HISTORICAL FEATURES Created to explore the culture and the history of USA The South to get a greater understanding of its modern-day life, people and politics. BEST

OF The top attractions and Editor's Choice highlighting the most special places to visit around USA The South. CURATED PLACES, HIGH QUALITY MAPS Geographically organised text cross-referenced against full-colour, high quality travel maps for quick orientation in Little Rock, Memphis and many more locations in USA The South. COLOUR-CODED CHAPTERS Every part of USA The South, from Georgia to Virginia has its own colour assigned for easy navigation. TIPS AND FACTS Up-to-date historical timeline and in-depth cultural background to Charleston as well as an introduction to New Orleans's Food and Drink and fun destination-specific features. PRACTICAL TRAVEL INFORMATION A-Z of useful advice on everything from when to go to USA The South, how to get there and how to get around, as well USA The South's climate, advice on tipping, etiquette and more. STRIKING PICTURES Features inspirational colour photography, including the stunning Edisto Island and the spectacular Luray Caverns. FREE EBOOK Free eBook download with every purchase of a printed book to access all the content from your phone or tablet, for on-the-road exploration. Insight Guides: Inspiring your next adventure Spectacular, escapist and surreal, there is no other city on earth like Las Vegas. Be inspired to visit by the brand new Insight Pocket Guide Las Vegas, a concise, full-color guide to this desert metropolis that combines lively text with vivid photography to highlight the best that Las Vegas has to offer. Inside Insight Pocket Guide Las Vegas: Where To Go details all the key sights in and around the city, from mega resorts on The Strip to the Grand Canyon, while handy maps on the cover flaps help you find your way around, and are cross-referenced to the text. Top 10 Attractions gives a run-down of the best sights to take in on your trip, including The Fremont Street Experience, the Luxor, the Big Shot and the Hoover Dam. A Perfect Day in Las Vegas provides an itinerary for one day in the city. What To Do gives you the lowdown on the most popular games, the best entertainment shows, and the city's nightlife,

sports and other activities. Essential information the origins of the city and the infamous figures associated with it. Eating Out covers the city's best cuisine. Curated listings of the best hotels and restaurants. A-Z of all the practical information you'll need.

About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-color print guide books and maps as well as picture-packed eBooks to meet different travelers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine

San Francisco is one of America's (and indeed the world's) favorite cities. With its stunning natural setting, sweeping views from high in the Hills, cable cars and fog-cloaked Bay, this city incites love at first sight. Be inspired to visit by the brand new Insight Pocket Guide San Francisco, a concise, full-color guide that combines lively text with vivid photography to highlight the best that San Francisco has to offer. The book takes you from Downtown out to the coast. Take in Union Square, Chinatown and the Financial District before heading down to the Bay and then up to the Hills and North Beach for amazing city views. For longer stays, daytrips explore the wine country of Napa Valley and Sonoma Valley, quaint harbour towns and tranquil spots such as Muir Woods National Monument. Top 10 Attractions gives a run-down of the best sights to take in on your trip, including the Golden Gate Bridge and surrounds, Fisherman's Wharf and Alamo Square. Perfect Day provides an itinerary for one day in the city. What To Do is a snapshot of ways to spend your spare time, from watersports and cycling to walking trails and shopping, plus nightlife. Essential information on San Francisco's culture, including a brief history of the island. Eating Out covers the island's best cuisine. . Insight Guides: all you need to inspire

every step of your journey. An in-depth book, now with free app and eBook. From deciding when to go, to choosing what to see when you arrive, this is all you need to plan your trip and experience the best of Hawaii, with in-depth insider information on must-see, top attractions like sun-drenched Waikiki Beach and the Hawaii Volcanoes National Park to the more remote Na Pali Coast. · Insight Guide Hawaii is ideal for travellers seeking immersive cultural experiences, from exploring the sinuous Hana Highway and its myriad waterfalls, to discovering ancient Hawaiian rituals at the Pu'uhonua 'O Honaunau National Historical Park. · In-depth on history and culture: enjoy special features on Hawaii's people, cuisine, music and hula as well as all the outdoor activities on offer, all written by local experts · Includes innovative, unique extras to keep you up-to-date when you're on the move - this guide comes with a free eBook, and an app that highlights top attractions and regional information and is regularly updated with new hotel, bar, restaurant, shop and local event listings · Invaluable maps, travel tips and practical information ensure effortless planning, and encourage venturing off the beaten track · Inspirational colour photography throughout - Insight Guides is a pioneer of full-colour guide books · Inventive design makes for an engaging, easy reading experience About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. This Insight Guide is a lavishly illustrated inspirational travel guide to England and a beautiful souvenir of your trip. Perfect for travellers looking for a deeper dive into the destination's history and culture, it's ideal to inspire and help you

plan your travels. With its great selection of places to see and colourful magazine-style layout, this England guidebook is just the tool you need to accompany you before or during your trip. Whether it's deciding when to go, choosing what to see or creating a travel plan to cover key places like the Lake District, Stonehenge, it will answer all the questions you might have along the way. It will also help guide you when you'll be exploring Stratford-upon-Avon or discovering the Cotswolds on the ground. Our England travel guide was fully-updated post-COVID-19. The Insight Guide ENGLAND covers: Central London, the City and Southwark, Kensington and Chelsea, day trips along the Thames, the Thames Valley, Oxford, the Cotswolds, Shakespeare Country, Cambridge, East Anglia, Canterbury and the Southeast, Brighton and the Downs, Hampshire, Wiltshire. In this guide book to England you will find:

- IN-DEPTH CULTURAL AND HISTORICAL FEATURES** Created to provide a deeper dive into the culture and the history of England to get a greater understanding of its modern-day life, people and politics.
- BEST OF** The top attractions and Editor's Choice featured in this England guide book highlight the most special places to visit.
- TIPS AND FACTS** Up-to-date historical timeline and in-depth cultural background to England as well as an introduction to England's food and drink, and fun destination-specific features.
- PRACTICAL TRAVEL INFORMATION** A-Z of useful advice on everything, from when to go to England, how to get there and how to get around, to England's climate, advice on tipping, etiquette and more.
- COLOUR-CODED CHAPTERS** Every part of the destination, from Central London to Canterbury and the Southeast has its own colour assigned for easy navigation of this England travel guide.
- CURATED PLACES, HIGH-QUALITY MAPS** Geographically organised text, cross-referenced against full-colour, high-quality travel maps for quick orientation in Oxford, Cambridge and many other locations in England.
- STRIKING PICTURES** This guide book to England features inspirational colour photography, including

the stunning York Minster and the spectacular Tower of London. Insight Guide Russia Travel made easy. Ask local experts. Comprehensive travel guide packed with inspirational photography and fascinating cultural insights, now with free eBook. From deciding when to go, to choosing what to see when you arrive, this guide to Russia is all you need to plan your perfect trip, with insider information on must-see, top attractions like St Basil's, the Kremlin and Red Square, and cultural gems like wandering around Kizhi's magnificent churches, exploring the vast Lake Baikal and riding the epic Trans-Siberian Railway. Features of this travel guide to Russia: - Inspirational colour photography: discover the best destinations, sights and excursions, and be inspired by stunning imagery - Historical and cultural insights: immerse yourself in Russia's rich history and culture, and learn all about its people, art and traditions - Practical full-colour maps: with every major sight and listing highlighted, the full-colour maps make on-the-ground navigation easy - Editor's Choice: uncover the best of Russia with our pick of the region's top destinations - Key tips and essential information: packed full of important travel information, from transport and tipping to etiquette and hours of operation - The ultimate travel tool: download the free app and eBook to access this and bonus content from your phone or tablet - Covers: Moscow; The Golden Ring; St Petersburg; The European North; Southwest of Moscow; Along the Volga; The Urals; The European South; Siberia; Russian Far East Looking for a specific guide to Moscow? Check out City Guide Moscow for a detailed and entertaining look at all the city has to offer. About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on

history and culture create a unique visual reference and planning tool to inspire your next adventure. PMBOK® Guide is the go-to resource for project management practitioners. The project management profession has significantly evolved due to emerging technology, new approaches and rapid market changes. Reflecting this evolution, The Standard for Project Management enumerates 12 principles of project management and the PMBOK® Guide - Seventh Edition is structured around eight project performance domains. This edition is designed to address practitioners' current and future needs and to help them be more proactive, innovative and nimble in enabling desired project outcomes. This edition of the PMBOK® Guide: Reflects the full range of development approaches (predictive, adaptive, hybrid, etc.); Provides an entire section devoted to tailoring the development approach and processes; Includes an expanded list of models, methods, and artifacts; Focuses on not just delivering project outputs but also enabling outcomes; and Integrates with PMIstandards+™ for information and standards application content based on project type, development approach, and industry sector.

Go Free 2nd Edition

Over the course of his life, author, adventurer, entrepreneur, and White Wellbeing advocate, Jason Köhne, aka No White Guilt, has changed the lives of many with a formula he developed, refined, and has now codified in Go Free, A Guide to Aligning with the Archetype of Westernkind. This formula will teach you to identify and neutralize harmful antiwhite ideas in yourself and your environment. Following this formula will enable you to access your true physical, mental, and spiritual potential as a Westman--the innate potential of our people, stifled in an age of antiwhiteism. Simply "waking up" (or getting so-called "red pill") to various falsehoods in the dogma of modernity is not enough. These moments of realization are essential to the healing process, but they are largely superficial. You remain infected with subconsciously-driven meme-pathogens (MPs) that undermine your well-being and potential. With effort,

you can Go Free of MPs. You can be better than you are. You can have purpose, safety, and happiness. You can access the Western Spirit within you, a power that has revolutionized the world with scientific discovery, conquered disease, charted the unknown, and triumphed in battle. Since its public debut, Go Free (along with Köhne's live Internet broadcast "Going Free") has rescued white men and women from many self-destructive behaviors, including drug and alcohol abuse, and even suicide. Others are climbing higher than they ever imagined, and some couples have given birth, secure in the knowledge that Go Free will inoculate their children against destructive antiwhite infections, such as white-guilt. Remain trapped in the thought diseases that cripple you, or make the life-liberating decision to Go Free! The Mini Rough Guide to Croatia Compact, concise and packed full of essential information about where to go and what to do, this is an ideal on-the-move guide for exploring Croatia. From top tourist attractions like Dubrovnik to hidden gems, including Mljet National Park, plan your perfect trip with this practical, all-in-one travel guide. Features of this travel guide to Croatia - Inspirational itineraries: discover the best destinations, sights and excursions, highlighted with stunning photography - Historical and cultural insights: delve into the country's rich history and culture, and learn all about its people, art and traditions - Practical full-colour map: with every major sight and listing highlighted, the full-colour maps make on-the-ground navigation easy - Key tips and essential information: from transport to tipping, we've got you covered - Dictionary: quick-reference bilingual language guide to help you with vocabulary All you need to inspire every step of your trip. An in-depth book, now with free app and eBook. From deciding when to go, to choosing what to see when you arrive, this Insight Guides book is all you need to plan your trip and experience the best of Seattle, with in-depth insider information on must-see, top attractions like the Space Needle, and hidden cultural gems like Seattle Central

Library. · City Guide Seattle is ideal for travellers seeking immersive cultural experiences, from exploring Pioneer Square to discovering Seattle Art Museum · In-depth on history and culture: enjoy special features on Washington wines and totem poles, all written by local experts · Includes innovative extras that are unique in the market - all City Guides come with a free eBook and app that's regularly updated with new hotel, bar, restaurant, shop and local event listings · Invaluable maps, travel tips and practical information ensure effortless planning · Outstanding orientation information will save you time while you explore · Excellent Editor's Choice recommendations will make your trip more memorable · Inspirational colour photography throughout · Inventive design makes for an engaging reading experience

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Created to explore the culture and the history of Canada to get a greater understanding of its modern-day life, people and politics
BEST OF The top attractions and Editor's Choice highlighting the most special places to visit around Canada
CURATED PLACES,
HIGH QUALITY MAPS Geographically organised text cross-referenced against full-colour, high quality travel maps for quick orientation in Toronto, Vancouver, Alberta and many more locations in Canada.
COLOUR-CODED CHAPTERS Every part of Canada, from New Brunswick to Manitoba has its own colour assigned for easy navigation
TIPS AND FACTS Up-to-date historical timeline and in-depth cultural background to Canada as well as an introduction to Canada's Food and Drink and fun destination-specific features.
PRACTICAL TRAVEL INFORMATION A-Z of useful advice on everything from when to go to Canada, how to get there and how to get around, as well as Canada's climate, advice on tipping, etiquette and more.
STRIKING PICTURES Features inspirational colour photography, including the stunning Jasper National Park and the spectacular Vancouver Island.
FREE EBOOK Free eBook download with every purchase of a printed book to access all the content from your phone or tablet, for on-the-road exploration.
The Rough Guide to Slovenia Make the most of your time on Earth with the ultimate travel guides. World-renowned 'tell it like it is' travel guide, now with free eBook. Discover Slovenia with this comprehensive and entertaining travel guide, packed with practical information and honest recommendations by our independent experts. Whether you plan to explore Ljubljana's charming old town, go hiking in the Julian Alps, or marvel at the stunning Lake Bled, **The Rough Guide to Slovenia** will help you discover the best places to explore, eat, drink, shop and sleep along the way. Features of this travel guide to Slovenia: - Detailed regional coverage: provides practical information for every kind of trip, from off-the-beaten-track adventures to chilled-out breaks in popular tourist areas - Honest and independent reviews: written with Rough Guides'

trademark blend of humour, honesty and expertise, our writers will help you make the most from your trip to Slovenia - Meticulous mapping: practical full-colour maps, with clearly numbered, colour-coded keys. Find your way around Ljubljana, Piran and many more locations without needing to get online - Fabulous full-colour photography: features inspirational colour photography, including Lake Bled and the Logar Valley - Time-saving itineraries: carefully planned routes will help inspire and inform your on-the-road experiences - Things not to miss: Rough Guides' rundown of Ljubljana, Lake Bled, Piran, and Prekmurje's best sights and top experiences - Travel tips and info: packed with essential pre-departure information including getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more - Background information: comprehensive 'Contexts' chapter provides fascinating insights into Slovenia, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary - The ultimate travel tool: download the free eBook to access all this from your phone or tablet - Covers: Ljubljana and around; Northwest Slovenia; The Soca Valley to the Istrian Coast; Southern Slovenia and Eastern Slovenia You may also be interested in: The Rough Guide to Europe on a Budget, The Rough Guide to Croatia and The Rough guide to Romania About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks. Discover the best of San Francisco with this indispensably practical, pocket-sized guide featuring the very best routes and itineraries that ensure visitors won't miss a thing. Includes easy-to-follow walking routes, a pullout map, and a free ebook. "This visual guide to South America, from exploring Rio de Janeiro to visiting Iguazu Falls,

Lake Titicaca, provides inspiration, in-depth cultural and historical information and a great selection of places to see during your trip"-- "Born a slave, the Roman Stoic philosopher Epictetus (c. 55-135 AD) taught that mental freedom is supreme, since it can liberate one anywhere, even in a prison ... Freedom, for Epictetus, is not a human right or a political prerogative but a psychological and ethical achievement, a gift that we alone can bestow on ourselves ... How to Be Free features splendid new translations and the original Greek on facing pages, a compelling introduction that sets Epictetus in context and describes the importance of Stoic freedom today, and an invaluable glossary of key words and concepts. The result is an unmatched introduction to this powerful method of managing emotions and handling life's situations, from the most ordinary to the most demanding."-- Provided by the publisher. This practical travel guide to California features detailed factual travel tips and points-of-interest structured lists of all iconic must-see sights as well as some off-the-beaten-track treasures. Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both, ahead of your trip and on the ground. This California guide book is packed full of details on how to get there and around, pre-departure information and top time-saving tips, including a visual list of things not to miss. Our colour-coded maps make California easier to navigate while you're there. This guide book to California has been fully updated post-COVID-19. The Rough Guide to California covers: Los Angeles; San Diego; the Deserts; Death Valley; the Sierra; the Central Coast; San Francisco; the Gold Country; Lake Tahoe and Northern California. Inside this California travel guide you'll find:

RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER

Experiences selected for every kind of trip to California, from off-the-beaten-track adventures in Yosemite Valley, to family activities in child-friendly places, like Venice Beach, or chilled-out breaks in popular tourist areas, like Salvation Mountain.

PRACTICAL TRAVEL TIPS Essential pre-departure information including California entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink, festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. **TIME-SAVING ITINERARIES** Includes carefully planned routes covering the best of California, which give a taste of the richness and diversity of the destination, and have been created for different time frames or types of trip. **DETAILED REGIONAL COVERAGE** Clear structure within each sightseeing chapter of this California travel guide includes regional highlights, brief history, detailed sights and places ordered geographically, recommended restaurants, hotels, bars, clubs and major shops or entertainment options. **INSIGHTS INTO GETTING AROUND LIKE A LOCAL** Tips on how to beat the crowds, save time and money and find the best local spots for surfing or climbing the saw-toothed peaks of the Sierra Nevada. **HIGHLIGHTS OF THINGS NOT TO MISS** Rough Guides' rundown of Los Angeles, Palm Springs, Big Sur, San Diego's best sights and top experiences help to make the most of each trip to California, even in a short time. **HONEST AND INDEPENDENT REVIEWS** Written by Rough Guides' expert authors with a trademark blend of humour, honesty and expertise, this California guide book will help you find the best places, matching different needs. **BACKGROUND INFORMATION** Comprehensive 'Contexts' chapter of this travel guide to California features fascinating insights into California, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. **FABULOUS FULL COLOUR PHOTOGRAPHY** Features inspirational colour photography, including the stunning Yosemite National Park and the spectacular Bixby Creek Bridge. **COLOUR-CODED MAPPING** Practical full-colour maps, with clearly numbered, colour-coded keys for quick orientation in San Francisco, Napa and many more locations in California, reduce

the need to go online. USER-FRIENDLY LAYOUT With helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time. All you need for a smooth transition to the gluten-free lifestyle! Contrary to popular belief, living gluten-free doesn't just mean eating gluten-free! With 1 in 20 people suffering from some degree of gluten intolerance and countless others interested in the health benefits of removing gluten from your diet, it's no wonder that the gluten-free lifestyle is on the rise. The Everything Guide to Living Gluten-Free is the perfect introduction to this lifestyle change. Inside, you'll find guidance on making a stress-free switch to a gluten-free life, with valuable information on: Setting up a pantry to avoid cross-contamination. Finding gluten-free options when traveling. Selecting gluten-free health and personal care products. Enjoying restaurant dinners and parties. Helping children acclimate to the gluten-free lifestyle. Plus, you'll find 100 recipes for superb gluten-free dishes, like Cornmeal-Crusted Chicken, Focaccia Bread, and Chocolate Raspberry Cupcakes with Fluffy Raspberry Frosting. Even including information for gluten-free vegans and vegetarians, this all-in-one guide is your indispensable resource for losing gluten for good! Let us guide you on every step of your travels. From deciding when to go, to choosing what to see when you arrive, Insight Guide Mexico is all you need to plan your trip and experience the best of Mexico, with in-depth insider information on must-see, top attractions like Chichén Itzá, the Riviera Maya, Mexico City, Palenque and Colonial Oaxaca and hidden cultural gems like riding the world's most scenic railroad aboard the Ferrocarril Chichuahua al Pacífico. This book is ideal for travellers seeking immersive cultural experiences, from exploring Teotihuacán, Uxmal and Meixcan folk art, to discovering Artesanía and Mexican music. - In-depth on history and culture: explore the region's vibrant history and culture, and understand its modern-day life, people and politics - Excellent Editor's Choice: uncover the best of Mexico, which highlights the

most special places to visit around the region - Invaluable and practical maps: get around with ease thanks to detailed maps that pinpoint the key attractions featured in every chapter - Informative tips: plan your travels easily with an A to Z of useful advice on everything from climate to tipping - Inspirational colour photography: discover the best destinations, sights, and excursions, and be inspired by stunning imagery - Inventive design makes for an engaging, easy-reading experience - Covers: Mexico City and its Surroundings; Baja California; Through the Sierras; El Bajío and the Colonial Heartland; Jalisco and Michoacán; Acapulco and the Pacific Beaches; The Gulf Coast; Oaxaca; Tabasco and Chiapas; The Yucatán

About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. This Insight Guide is a lavishly illustrated inspirational travel guide to Ireland and a beautiful souvenir of your trip. Perfect for travellers looking for a deeper dive into the destination's history and culture, it's ideal to inspire and help you plan your travels. With its great selection of places to see and colourful magazine-style layout, this Ireland guidebook is just the tool you need to accompany you before or during your trip. Whether it's deciding when to go, choosing what to see or creating a travel plan to cover key places like Dublin and Connemara, it will answer all the questions you might have along the way. It will also help guide you when you'll be exploring the Aran Islands or discovering the Glens of Antrim on the ground. Our Ireland travel guide was fully-updated post-COVID-19. The Insight Guide Ireland covers: Dublin, Excursions from Dublin, The Southeast, Cork and Surroundings,

The Southwest, Limerick and the Shannon Region, The Cliffs of Moher, The Burren Galway and the West, and Inland Ireland. In this guide book to Ireland you will find: **IN-DEPTH CULTURAL AND HISTORICAL FEATURES** Created to provide a deeper dive into the culture and the history of Ireland to get a greater understanding of its modern-day life, people and politics. **BEST OF** The top attractions and Editor's Choice featured in this Ireland guide book highlight the most special places to visit. **TIPS AND FACTS** Up-to-date historical timeline and in-depth cultural background to Ireland as well as an introduction to Ireland's food and drink, and fun destination-specific features. **PRACTICAL TRAVEL INFORMATION A-Z** of useful advice on everything, from when to go to Ireland, how to get there and how to get around, to Ireland's climate, advice on tipping, etiquette and more. **COLOUR-CODED CHAPTERS** Every part of the destination, from Cork to Inland Ireland has its own colour assigned for easy navigation of this Ireland travel guide. **CURATED PLACES, HIGH-QUALITY MAPS** Geographically organised text, cross-referenced against full-colour, high-quality travel maps for quick orientation in Dublin, Belfast and many other locations in Ireland. **STRIKING PICTURES** This guide book to Ireland features inspirational colour photography, including the stunning Glendalough and the spectacular Rock of Cashel. Discover this evergreen destination with the most incisive and entertaining guidebook on the market. Whether you plan to ride the length of the wonderful Wild Atlantic Way, take a foodie tour of the southwest or discover a city reborn in Belfast, The Rough Guide to Ireland will show you the ideal places to sleep, eat, drink, shop and visit along the way.

- Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget.
- Full-colour maps throughout- navigate the backstreets of Dublin's Temple Bar or Derry's famous city walls without needing to get online.
- Stunning images - a rich collection of inspiring colour

photography. -Things not to miss - Rough Guides' rundown of Ireland's best sights and experiences. - Itineraries- carefully planned routes to help you organize your trip. -Detailed regional coverage- whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered (all Ireland's counties) include: Dublin; the Midlands; Cavan; Mayo; Galway; Clare; Limerick; Kerry; Cork; Kilkenny; Kildare; Meath; Belfast; Antrim and Derry. Attractions include: The Giant's Causeway; Dublin's Trinity College; Titanic Belfast; the Wild Atlantic Way; Brú na Boinne; Skellig Michael; Kylemore Abbey; Bantry House; the Burren and Croagh Patrick. -Basics- essential pre-departure practical information including getting there, local transport, accommodation, food and drink, health, festivals, sports and outdoor activities, culture and etiquette, the media and more. - Background information - a Contexts chapter devoted to history, traditional music and literature, plus a handy language section and glossary. Make the Most of Your Time on Earth with The Rough Guide to Ireland. Honest, gentle advice for those who have survived an unspeakable loss—the suicide of a loved one. Surviving the heartbreak of a loved one's suicide - you don't have to go through it alone. Authors Beverly Cobain and Jean Larch break through suicide's silent stigma in *Dying to Be Free*, offering gentle advice for those left behind, so that healing can begin. From deciding when to go, to choosing what to see when you arrive, this guide to US National Parks West is all you need to plan your perfect trip, with insider information on must-see, top attractions like 13th-century cliff dwellings in Mesa Verde National Park, the Zion Narrows and Yellowstone National Park, and cultural gems like the trekking through the sprawling Denali National Park and navigating your way through the temperate rainforest of Olympic National Park. Features of this travel guide to US National Parks West: - Inspirational colour photography: discover the best destinations, sights and excursions, and be

inspired by stunning imagery - Historical and cultural insights: immerse yourself in US National Parks West's rich history and culture, and learn all about its people, art and traditions - Practical full-colour maps: with every major sight and listing highlighted, the full-colour maps make on-the-ground navigation easy - Editor's Choice: uncover the best of US National Parks West with our pick of the region's top destinations - Key tips and essential information: packed full of important travel information, from transport and tipping to etiquette and hours of operation - The ultimate travel tool: download the free app and eBook to access this and bonus content from your phone or tablet - Covers: California and the Pacific, the Southwest, the Rocky Mountains, the Pacific Northwest Looking for a specific guide to California? Check out Insight Guides California for a detailed and entertaining look at all the area has to offer. About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. Every enterprise application creates data, whether it's log messages, metrics, user activity, outgoing messages, or something else. And how to move all of this data becomes nearly as important as the data itself. If you're an application architect, developer, or production engineer new to Apache Kafka, this practical guide shows you how to use this open source streaming platform to handle real-time data feeds. Engineers from Confluent and LinkedIn who are responsible for developing Kafka explain how to deploy production Kafka clusters, write reliable event-driven microservices, and build scalable stream-processing applications with this platform. Through detailed examples, you'll

learn Kafka's design principles, reliability guarantees, key APIs, and architecture details, including the replication protocol, the controller, and the storage layer. Understand publish-subscribe messaging and how it fits in the big data ecosystem. Explore Kafka producers and consumers for writing and reading messages Understand Kafka patterns and use-case requirements to ensure reliable data delivery Get best practices for building data pipelines and applications with Kafka Manage Kafka in production, and learn to perform monitoring, tuning, and maintenance tasks Learn the most critical metrics among Kafka's operational measurements Explore how Kafka's stream delivery capabilities make it a perfect source for stream processing systems

No two children experience the toilet-training process in exactly the same way. While some kids might be afraid to even go near the bathroom, others may know when to go...but still never seem to make it there in time. This helpful guide takes the stress out of this challenging rite of passage, giving parents much-needed advice to help them identify what approach will work for their child's temperament. The book distinguishes between common childhood personality types, providing easy techniques tailor-fit for all kinds of kids, whether they're stubborn or willful, clinging to diapers, afraid to move on, or just late-bloomers. The book shows how to:

- determine a child's readiness to begin potty training
- gradually move children past their existing comfort zone, without causing undue pressure
- handle accidents and temporary setbacks

This straight-talking guide enables readers to help every child make this important life transition free of worry and in the way that's right for him or her. The freer the markets people live in, the better they flourish. Free Our Markets explains why, in terms of foundational economic principles. Dr. Baetjer aims to show readers that liberty, not the force of government, is the means to achieve the goals we all have for humanity-high and rising standards of living, increasing security and abundance for all. In this book Baetjer presents the principles of spontaneous

economic order and explains why, for practical economic reasons, free markets produce better results than even the best intended and most carefully crafted government interventions. This practical travel guide to Chile & Easter Island features detailed factual travel tips and points-of-interest structured lists of all iconic must-see sights as well as some off-the-beaten-track treasures. Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both, ahead of your trip and on the ground. This Chile & Easter Island guide book is packed full of details on how to get there and around, pre-departure information and top time-saving tips, including a visual list of things not to miss. Our colour-coded maps make Chile & Easter Island easier to navigate while you're there. This guide book to Chile & Easter Island has been fully updated post-COVID-19. The Rough Guide to CHILE & EASTER ISLAND covers: Santiago and around, Valparaiso and Vina, the Central Coast, El Norte Chico, El Norte Grande, The Central Valley, The Lake District, Chilolé, Northern Patagonia, Southern Patagonia, Tierra del Fuego, Easter Island and the Juan Fernández Archipelago. Inside this Chile & Easter Island travel guide you'll find: RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER Experiences selected for every kind of trip to Chile & Easter Island, from off-the-beaten-track adventures in Parque Nacional Lauca to family activities in child-friendly places, like Bahía Inglesa or chilled-out breaks in popular tourist areas, like Parque Nacional Torres del Paine. PRACTICAL TRAVEL TIPS Essential pre-departure information including Chile & Easter Island entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink, festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. TIME-SAVING ITINERARIES Includes carefully planned routes covering the best of Chile & Easter Island, which give a taste of the richness and diversity of the destination, and have been created for different time frames or

types of trip. **DETAILED REGIONAL COVERAGE** Clear structure within each sightseeing chapter of this Chile & Easter Island travel guide includes regional highlights, brief history, detailed sights and places ordered geographically, recommended restaurants, hotels, bars, clubs and major shops or entertainment options. **INSIGHTS INTO GETTING AROUND LIKE A LOCAL** Tips on how to beat the crowds, save time and money and find the best local spots for hiking, wine tasting or taking a boat trip. **HIGHLIGHTS OF THINGS NOT TO MISS** Rough Guides' rundown of Copiapó, Santiago, La Serena, Lake District's best sights and top experiences help to make the most of each trip to Chile & Easter Island, even in a short time. **HONEST AND INDEPENDENT REVIEWS** Written by Rough Guides' expert authors with a trademark blend of humour, honesty and expertise, this Chile & Easter Island guide book will help you find the best places, matching different needs. **BACKGROUND INFORMATION** Comprehensive 'Contexts' chapter of this travel guide to Chile & Easter Island features fascinating insights into Chile & Easter Island with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. **FABULOUS FULL COLOUR PHOTOGRAPHY** Features inspirational colour photography, including the stunning Valle de la Luna and the spectacular Moai. **COLOUR-CODED MAPPING** Practical full-colour maps, with clearly numbered, colour-coded keys for quick orientation in Santiago, Valparaíso and many more locations in Chile & Easter Island, reduce the need to go online. **USER-FRIENDLY LAYOUT** With helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time. This Texas guidebook is ideal for travellers seeking inspirational guides and planning a more extended trip. It provides interesting facts about Texas's people, history and culture and detailed coverage of the best places to see. This Texas travel book has the style of an illustrated magazine to inspire you and give a taste of Texas. The book is

printed on paper from responsible sources, and verified to meet FSC's strict environmental and social standards. This Texas guidebook covers: Dallas; Fort Worth; Central Texas; Austin; Hill Country; San Antonio; Houston; East Texas; The Gulf Coast. In this Texas travel guidebook, you will find: Unique essays - country history and culture, and modern-day life, people and politics Texas highlights - The Alamo, San Antonio; The Alamo, San Antonio; Nacogdoches, East Texas; The Menil Collection and Rothko Chapel, Houston; Padre Island National Seashore, the Gulf Coast; State Capitol, Austin; NASA's Johnson Space Center, Houston; Dallas Arts District, North Texas; Big Bend National Park, West Texas; Palo Duro Canyon State Park, West Texas Practical travel information - getting there and around, budgeting, eating out, shopping, public holidays, information for LGBTQ+ travellers and more When to go to Texas - high season, low season, climate information and festivals Insider recommendations - tips on how to beat the crowds, save time and money and find the best local spots Main attractions & curated places - narrative descriptions of where to go and what to see, covered geographically Tips and facts - interesting facts about Texas and useful insider tips High-quality maps of Texas - must-see places cross-referenced to colourful maps for quick orientation Colour-coded chapters - each place chapter has its own colour assigned to aid easy navigation of this Texas travel guide Striking pictures - rich, inspirational colour photography on all pages, capturing attractions, nature, people and historical features Free download of title's eBook - available after purchase of the printed guidebook to Texas Fully updated post-COVID-19 This Texas guidebook is just the tool you need to get under the skin of the destination and accompany you on your trip. It also makes a great gift because of its premium quality. This book will inspire you and answer all your questions while preparing a trip to Texas or along the way. It will also remain a beautiful souvenir after your trip. This practical travel guide to South India & Kerala

features detailed factual travel tips and points-of-interest structured lists of all iconic must-see sights as well as some off-the-beaten-track treasures. Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both, ahead of your trip and on the ground. This South India & Kerala guide book is packed full of details on how to get there and around, pre-departure information and top time-saving tips, including a visual list of things not to miss. Our colour-coded maps make South India & Kerala easier to navigate while you're there. This guide book to South India & Kerala has been fully updated post-COVID-19 and it comes with a free eBook. The Rough Guide to South India & Kerala covers: Mumbai, Maharashtra, Goa, Karnataka, Andhra Pradesh and Telangana, Kerala, Tamil Nadu and the Andaman Islands. Inside this South India & Kerala travel guide you'll find: **RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER** Experiences selected for every kind of trip to South India & Kerala, from off-the-beaten-track adventures in Karnataka, to family activities in child-friendly places like the Andaman Islands, or chilled-out breaks in popular tourist areas, like Goa. **PRACTICAL TRAVEL TIPS** Essential pre-departure information including South India & Kerala entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink, festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. **TIME-SAVING ITINERARIES** Includes carefully planned routes covering the best of South India & Kerala, which give a taste of the richness and diversity of the destination, and have been created for different time frames or types of trip. **DETAILED REGIONAL COVERAGE** Clear structure within each sightseeing chapter of this South India & Kerala travel guide includes regional highlights, brief history, detailed sights and places ordered geographically, recommended restaurants, hotels, bars, clubs and major shops or entertainment options. **INSIGHTS INTO GETTING AROUND LIKE A LOCAL** Tips

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business. Choose and area of interest such as accounting, time tracking, shared calendars, payroll, HR, POS, cash registers, online storefront, ERP, project management, messaging, groupware, email servers, document management, workflow, remote desktops, remote file access, VPN, customer management, sales, CRM, audio-visual, attorneys, physicians, spreadsheets, word processors, computer telephones, contact managers, presentations, spam control, web servers, database systems, web sites, blogs, forums, and others. The reader gains immediate knowledge of what software can be used in business.

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