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A comprehensive guide to understanding how memory works, how memory forms, the mind-body connection, and more! In the busy, information-filled world in which we live, it's often easy to forget things and hard to keep track of how details get stored in our brain. The Complete Guide to Memory serves to provide a one-stop resource that covers the essentials on memory. World-renowned memory expert, Dr. Richard Restak, addresses the following topics in detail: How memories form The different kinds of memory Changes in brain structure The mind-body connection The relationship between memory and emotional regulation And much more! With tips and tricks to manage memory well for people of all ages and personal examples of the techniques used, this book leaves no stone unturned. "Dave Barry is one funny human." --San Francisco Examiner For thousands of years, women have asked themselves: What is the deal with guys, anyway? What are they thinking? The answer, of course, is: virtually nothing. Deep down inside, guys are extremely shallow. But that has not stopped Dave Barry from writing an entire book about them. If you're a guy--or if you're attempting to share a remote control with one--you need this book, because it deals frankly and semi-thoroughly with such important guy issues as: Scratching The role of guys in world history, including the heretofore-unknown relationship between the discovery of North America and golf Why the average guy can remember who won the 1960 World Series, but not necessarily the names of all his children The Noogie Gene Why guys cannot simultaneously think and look at breasts Secret guy orgasm-delaying techniques, including the Margaret Thatcher Method Why guys prefer to believe that there is no such thing as a prostate And much, much more "Whether you're a guy--or attempting to share a bathroom with one--Barry has some wacky words of wisdom for you." --USA Today A revised and updated second edition of the popular Complete Guide to Personal Training. Aimed at anyone working as, or training to be a Personal Trainer. The text will be revised throughout, with a new chapter on fitness testing (around 32pp new content) It will also include new sections on HIIT, CrossFit, adapting exercises for outdoor spaces, as well as updates to the nutrition chapter to reflect current thinking and updates to the Occupational Standards which have changed since the last publication in August 2013. This is a complete reference guide for fitness professionals who prescribe exercise programmes to clients. This guide contains practical tips for designing a range of appropriate client exercise programmes but always with a focus on the best ways you can sustain a financially successful business in this area and how you can stand out from the crowd. It includes: The foundations of personal training; Planning and delivering exercise programmes; Training methods and exercise techniques; Nutrition; Health and safety; Setting up, marketing and growing a successful business. Prominent book publicist Jodee Blanco tells authors and publishers how to conceptualise, develop and implement a winning multi-dimensional book campaign from start to finish. Exercises and a complete resource list are included. The complete story of the universe and absolutely everything in it (minus the boring parts). Despite our clever linguistic abilities, humans are spectacularly ill-equipped to comprehend what's happening in the universe. Our senses and intuition routinely mislead us. The Complete Guide to Absolutely Everything (Abridged) tells the story of how we came to suppress our monkey minds and perceive the true nature of reality. Written with wit and humor, this brief book tells the story of science—tales of fumbles and missteps, errors and egos, hard work, accidents, and some really bad decisions—all of which have created the sum total of human knowledge. Geneticist Adam Rutherford and mathematician Hannah Fry guide readers through time and space, through our bodies and brains, showing how emotions shape our view of reality, how our minds tell us lies, and why a mostly bald and curious ape decided to begin poking at the fabric of the universe. Rutherford and Fry shine as science sleuths, wrestling with some truly head-scratching questions: Where did time come from? Do we have free will? Does my dog love me? Hilarious sidebars present memorable scientific oddities: for example, hypnotized snails, human-sized ants, and the average time it takes most animals to evacuate their bladders. (A surprisingly consistent twenty-one seconds, if you must know.) Both rigorous and playful, The Complete Guide to Absolutely Everything (Abridged) is a celebration of the weirdness of the cosmos, the strangeness of humans, and the joys and follies of scientific discovery. Buying a new home can be an expensive endeavor. Many people dream of building their own home but mistakenly believe that doing so is not cost effective. However, you can save 20 to 40 percent or more by building your own home. In The Complete Guide to Building Your Own Home and Saving Thousands on Your New House you will discover that your dream can become reality. From basic planning to construction methods, this new book will take you through all the steps of building your own home. You will learn how to: choose a site, draw up a construction time line, apply for construction loans and financing, obtain essential insurance information, buy or prepare inexpensive plans, find and negotiate with subcontractors, comply with building codes, select features and fixtures, choose the style of the house, decide on the size of the rooms, and get building permits. You will learn about building materials and foundations, floors, walls, paint, windows, decks, garage doors, roofing, flashings, chimneys, plumbing, wiring, ceilings, floors, railings, and attics. In addition, you will learn how to design a home that will meet your needs, perform constructions tasks safely, and build amenities. This book will inform you about common problems to watch for, including foundation, roofing, walls, stairs, sidewalks, driveways, heating and cooling, electrical capacity, and wiring. This book will detail money-saving options and environmentally friendly techniques, while at the same time allowing you to monitor the quality of the materials and the workmanship, fine-tune the design, and make sure the results are exactly what you had envisioned. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award

winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed. Are you intent on capturing the perfect sunset? A budding photojournalist? Or ready to take your holiday snaps to the next level? The Complete Guide to Digital Photography is your definitive guide to taking, processing and printing sharper, more colourful and better looking pictures. Ian Farrell's expert tips take you from the basics of using your camera to advanced darkroom techniques with 52 step-by-step projects including portraits, landscapes, still-life images, fast-moving objects and photographing live events. Introducing you to the latest software and techniques and featuring technical tips, interviews with the professionals, troubleshooting and over 400 inspirational images, the Complete Guide to Digital Photography is the ultimate master class in digital photography. Contents include: Portrait photography, Landscape photography, Street photography, Nature and wildlife, Dynamic live action, Special effects, Macro photography, Travel photography, Wedding photography, Digital darkroom, Colour management, Sharpening, High dynamic range, Skin smoothing, Printing your images, Making a portfolio, Your first exhibition, Selling your photographs. This book provides owners a thorough understanding of basic cat anatomy, physiology, and psychology. It also includes a comprehensive guide to cat breeds, which will aid those who are looking for a specific breed, and help other prospective owners select shelter pets whose breed or breed mixes best fit their own personality. A comprehensive guide to lighting techniques in digital photography covering topics including working with artificial light and daylight. From 'The hobbit' to 'The Silmarillion' Now in its third edition, Academic Writing offers a succinct and practical introduction to the development of research papers across the disciplines. Structured around contemporary genre theory, which establishes the importance of context for effective communication, the text describes the writing process step by step, including how to formulate a topic; gather and properly document sources; develop strong proposals, introductions, core paragraphs, and conclusions; and refine the final draft. Additionally, readers will observe the progress and thought processes of Jenna, a first-year student, as she crafts her own paper. New to this edition are materials for instructors that include full-length research papers, PowerPoint slides, an exam bank, and ideas for study. Rich with such pedagogical features as chapter learning objectives, annotated passages that illustrate aspects of academic style, and a glossary, Academic Writing is a must-have textbook for students developing their research and writing skills. Master the art of article writing! The world of journalism is changing rapidly, and the modern journalist needs more than a basic knowledge of article writing to navigate it. The Complete Guide to Article Writing provides a compass for freelancers and students of journalism looking to write successfully on a wide variety of topics and for many different markets--both in print and online. From researching and interviewing to writing features, reviews, news articles, opinion pieces, and even blog posts, this one-stop guide will illuminate the intricacies of article writing so you can produce entertaining, informative, and salable articles. • Learn how to write coherently, cohesively, and concisely. • Choose the proper structure for the article you want to write. • Weave narrative and fact seamlessly into your pieces. • Develop your freelance platform with the latest in social media outlets. • Pitch your ideas like a pro. • Develop a professional relationship with editors. • And much more! Modern journalism can be a treacherous terrain, but with The Complete Guide to Article Writing as your companion, you'll not only survive the journey--you'll be able to write pieces that inform, entertain, inspire, delight--and sell! The Complete Guide to IELTS deconstructs the IELTS test and works systematically through each paper, covering all task types, text types and skills. No stone is left unturned. The material can be used in class or by students working on the own. Argues that fasting can be an effective approach to weight loss and diabetes control, and includes four fasting protocols, tips and tricks for managing common concerns during a fast, and twenty recipes for between-fast days. Written by an attorney with over 30 years of experience in the music industry, Music Publishing: The Complete Guide is the definitive manual on music copyright. Whereas many books on the subject are aimed at artists and songwriters, this book will serve as a thorough guide for industry pros, lawyers, and music business and law students. Subjects covered include copyright; performing rights organizations; mechanical, synchronization, and print licensing; songwriter and composer agreements; publishing administration and foreign sub-publishing; production music libraries; pitching and placement companies; sampling; and much more. The discussion also delves into historical perspective and current trends and revenue opportunities in the evolving digital marketplace. Easy-to-read narratives explain the key points for all of these types of deals. There are many sample agreements included in the book, all annotated in simple terms that explain the often complex contract language. There are also links to copyright and publishing resources, listings of foreign performance and mechanical societies, and anecdotes and case studies from real world incidents. If you're looking for a thorough grounding and go-to reference book on music copyright, not just a quick crash course, your search is over. This Title Is Aimed At Both The Cigar Novice And The Aficionado. Arranged Into Four Chapters, The Book Provides A General History And Overview Of Tobacco And Cigars, Its Discovery By Columbus, Today'S Cigar-Producing Countries As Well As An Indepth Look A The Complete Guide to Self Care features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again. Caring for yourself is far from selfish and self-care is far from a new phenomenon, but it's recently been in the popular vernacular. With screens, work emails on our phones, notifications, and poor boundaries between ourselves and the world around us, taking time and making space for ourselves has become more and more important. Therapy, caring for plants, making your favorite dish...these are all little ways to reclaim parts of yourself that you've lost track of in the daily hustle of life. With encouraging reminders, inspiring thoughts, easy wins, and practical advice, The Complete Guide to Self Care helps you identify your needs so you can relax, refuel, and find calm in your hectic life. This book tells you why mindset is key, how to nourish instead of punish yourself, how to exercise and sleep, and why it is important to go slow sometimes. You live your whole life being you, so why not be your own best friend? The Complete Guide to Self Care is a book for people who need to relax, chill out, or recenter. You'll learn how to achieve this by: Setting an effective and fruitful sleep schedule Creating exercise routines and not feeling bad about falling off the bike Saying no to things you don't want to do (and things that maybe you do but don't have space for) Reading, writing, art, music, and all forms of expression that water our soul Setting aside time that is only for you, no one else, no exceptions Watering yourself and giving yourself proper nutrients In the tumults of our hectic world and your busy life, if you're working toward being emotionally available and hungry for stability, a happier and healthier you is within your grasp. Discover today's top trending health and wellness topics with the Everyday Wellbeing series from Chartwell Books. From smart eating habits to personal growth advice, these engaging lifestyle guides give you the expert tips and life hacks you need to help you make good choices while practicing mindfulness and self-love. Whether you want to explore cooking with new ingredients like adaptogens and CBD, or make it a priority to incorporate self-care into your daily routine, these brightly colored take-along handbooks have the tools you need to succeed. Other titles in the series include: The Celery Juice Cookbook, Adaptogens, The CBD Handbook, The Instant Pot and Air Fryer Cookbook, and The Plant-Based Cookbook. The twenty-first century edition of this groundbreaking work presents authoritative health and nutrition information available in an easy-to-use format and a friendly, engaging tone. "An excellent guide for those wishing to make smarter dietary choices."—Andrew Weil, M.D., author of Healthy Aging Decades of practical experience and scientific research from Dr. Elson Haas and Dr. Buck Levin are compiled into one encyclopedic volume that features newly expanded chapters on special supplements, lifestage programs, and breakthrough medical treatment protocols for fatigue, viruses, weight management, and mental and mood disorders such as anxiety, ADHD, and depression. Part One gives a detailed analysis of the building blocks of nutrition: water, carbohydrates, proteins, fats and oils, vitamins, minerals, and other nutrients. Part Two evaluates food and diets, discussing every food group and most diets around the world. A special chapter on the environment and nutrition raises awareness and offers guidance about food additives, industrial chemicals, food irradiation, electro-pollution, and other health and ecological issues. Part Three brings all of this nutritional information together, showing readers how to make wise and commonsense choices while building a healthy diet. A personalized eating plan for the year, the Ideal Diet is both seasonally and

naturally based, and a healthy lifelong diet. Part Four contains specific nutritional and life-style therapies for enhancing all stages of life and suggests treatments for common conditions and diseases such as aging, menopause, bone loss, weight loss, and cancer by focusing on nutritional applications: thirty-two special diet and supplemental programs. Anyone interested in enhancing wellness, eating right, treating illness naturally, and living in harmony with nature will find *Staying Healthy with Nutrition* to be the ultimate handbook for optimal health and vitality. Blender™ is a free Open Source 3D Creation Suite supporting the entire modeling and animation pipeline – modeling, rigging, animation, simulation, rendering, compositing and motion tracking. The program also includes Video Editing and Grease Pencil 2D Animation. The program is free to download and use by anyone for anything. *The Complete Guide to Blender Graphics: Modeling and Animation, 5th Edition* is a unified manual describing the operation of Blender version 2.80 with its New Improved Interface, New Workspaces and New Eevee Render System. This book introduces the program's Graphical User Interface and shows how to implement tools for modeling and animating characters and creating scenes with the application of color, texture and special lighting effects. Key Features: The book is designed to lead new users into the world of computer graphics using Blender 2.80 and to be a reference for established Blender artists. The book presents instruction in a series of short chapters with visual references and practical examples. Instructions are structured in a building-block fashion using contents in earlier chapters to explain more complex operations in later chapters. Master Square Enix's critically acclaimed RPG *Octopath Traveler* with this comprehensive guide! Explore every corner of Orsterra with the help of this complete guide which includes insight and explanation of the main narrative as well as boss strategies for each of the games' eight protagonists! Dive deeper with detailed environment maps, subquest information, and beautiful illustrations that fully realize *Octopath Traveler's* HD-2D graphics with exclusive explanations and commentary from the development team. Dark Horse Books and Square Enix present a faithful localization of the original Japanese volume, offered in English for the first time! Whether you're a first-time player or looking to take your game to one hundred percent completion, this guide book is not to be missed! Presents advice and written exercises for college graduates, covering issues that deal with work, friends, family, dating, health, leisure, personal growth, and life goals. The ultimate sourcebook from America's leading alternative health expert. Yes, you can feel better, look better, and extend the best years of your life through proper nutrition and exercise. And there is no better guide to optimum health than this classic reference and sourcebook. Compiled by Gary Null, Ph.D., America's leading health and fitness expert, a TV regular and host of his own nationally syndicated radio program, this invaluable resource offers a comprehensive overview of protein, carbohydrates, lipids, vitamins and minerals with the facts about their role in maintaining and restoring health. Learn what's in the food you eat and what it can do for--and to--you. Discover the pros and cons of supplements, which to take, how to take them and safe and effective dosages for each. Find out: The best way to lower high blood pressure and lose weight How to know if you're getting enough--or too much--protein The role of sugar in cardiovascular disease The best foods--and supplements--to meet changing nutritional needs Why exercise is more important than diet for weight control, and which exercise is best of all The vitamin that slows down the aging process Why you may be inviting heart disease when you eliminate all cholesterol-containing foods from your diet Gary Null cuts through the myths and hype and presents the facts: everything you need to know about living well every day of your life. With an intense focus on strategy that won't be found in any other guide, this invaluable resource will be of immediate help to publishers, authors, and most anyone who wants to succeed in the publishing industry. Completely updated and expanded with an enhanced focus on selling outside traditional channels, *The Complete Guide to Book Marketing* features systematic, results-oriented approaches to reaching the largest amount of readers for the least amount of money. Readers will find no-nonsense advice for building a publishing identity, cultivating feedback from your audience, and implementing an effective publicity campaign. This new edition also features a brand-new section on marketing to the lucrative education market, as well as new information on e-book marketing, print-on-demand, and marketing backlist and reprint titles. Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers. The definitive sports nutrition book is now in its 9th edition - regarded in the industry as core reading for anyone involved in sport and fitness. Anita Bean once again succeeds in demystifying the sports person's diet in her inimitable clear and concise style. Interesting to read and easy to consult, *The Complete Guide to the Bible* is a reliable, jargon-free handbook for average people who want to better understand the entire Bible. Captivating writing along with beautifully designed and illustrated pages entice readers into the book and keep them lingering throughout its 512 pages. This latest project from Steve Miller, author of the best-selling *Who's Who and Where's Where in the Bible*, provides both the big-picture view of the whole Bible and its individual books, as well as fascinating detail on particular passages and topics. Written by an attorney with over 30 years of experience in the music industry, *Music Publishing: The Complete Guide* is the definitive manual on music copyright. Whereas many books on the subject are aimed at artists and songwriters, this book will serve as a thorough guide for industry pros, lawyers, and music business and law students. Subjects covered include copyright; performing rights organizations; mechanical, synchronization, and print licensing; songwriter and composer agreements; publishing administration and foreign sub-publishing; production music libraries; pitching and placement companies; sampling; and much more. The discussion also delves into historical perspective and current trends and revenue opportunities in the evolving digital marketplace. Easy-to-read narratives explain the key points for all of these types of deals. There are many sample agreements included in the book, all annotated in simple terms that explain the often complex contract language. There are also links to copyright and publishing resources, listings of foreign performance and mechanical societies, and anecdotes and case studies from real world incidents. If you're looking for a thorough grounding and go-to reference book on music copyright, not just a quick crash course, your search is over. "Steve's Music Publishing text is fantastic. It is personal, practical, and even includes excellent real world case studies. Furthermore, the helpful agreement annotations and comments are a most excellent resource for breaking down agreement language and terms for the reader. His knowledge, experience, and sense of humor make this the best music publishing text I've read. I will be using Steve's book as the official text for our Music Publishing course at The University of Colorado Denver's Music Industry Program. All those interested in learning more about music publishing or having a sharp reference text should get this book!"---Benom Plumb, Assist Uncover the mysteries of space, from stars and planets to space travel. Explore the International Space Station, meet the Curiosity rover as it tours Mars, and learn how to observe the night sky.-- In RECOVERY OPTIONS: THE COMPLETE GUIDE, you will learn what addiction is--and what it isn't. You will examine both the mechanism of addiction and how you can make the best treatment choices...why some people are particularly prone to substance problems...and the genetic and learning mechanisms that help create these conditions. Leading experts on the science, history, politics, medicine, and potential of America's most popular recreational drug • With contributions by Andrew Weil, Michael Pollan, Lester Grinspoon, Allen St. Pierre (NORML), Tommy Chong, and others • Covers marijuana's physiological and psychological effects, its medicinal uses, the complex politics of cannabis law, pot and parenting, its role in creativity, business, and spirituality, and much more Exploring the role of cannabis in medicine, politics, history, and society, *The Pot Book* offers a compendium of the most up-to-date information and scientific research on marijuana from leading experts, including Lester Grinspoon, M.D., Rick Doblin, Ph.D., Allen St. Pierre (NORML), and Raphael Mechoulam. Also included are interviews with Michael Pollan, Andrew Weil, M.D., and Tommy Chong as well as a pot dealer and a farmer who grows for the U.S. Government. Encompassing the broad spectrum of marijuana knowledge from stoner customs to scientific research, this book investigates the top ten myths of marijuana; its physiological and psychological effects; its risks; why

joints are better than water pipes and other harm-reduction tips for users; how humanity and cannabis have co-evolved for millennia; the brain's cannabis-based neurochemistry; the complex politics of cannabis law; its potential medicinal uses for cancer, AIDS, Alzheimer's, multiple sclerosis, and other illnesses; its role in creativity, business, and spirituality; and the complicated world of pot and parenting. As legalization becomes a reality, this book candidly offers necessary facts and authoritative opinions in a society full of marijuana myths, misconceptions, and stereotypes. A clear understanding of God's grace is empowering but explanations of grace often do more to muddy the water than clarify the meaning. The words grace, mercy and salvation are used interchangeably in ways inconsistent with the original Hebrew and Greek. Frequently grace is defined as unmerited favor; however, when we focus on how unworthy we are to receive it, we make it more about us than about God and risk missing the full impact of his favor. The Complete Guide to Grace is a refreshing, motivating and comprehensive study that clears up misconceptions about grace. It reveals foundational truths about grace, mercy and forgiveness that can radically change your life. It will help you discover for yourself what Abraham discovered about grace, faith and obedience. Worksheets throughout the book make it useful as a personal or group study guide.

- Reviews of more than 900 manga series
- Ratings from 0 to 4 stars
- Guidelines for age-appropriateness
- Number of series volumes
- Background info on series and artists

THE ONE-STOP RESOURCE FOR CHOOSING BETWEEN THE BEST AND THE REST! Whether you're new to the world of manga-style graphic novels or a longtime reader on the lookout for the next hot series, here's a comprehensive guide to the wide, wonderful world of Japanese comics!

- Incisive, full-length reviews of stories and artwork
- Titles rated from zero to four stars—skip the clunkers, but don't miss the hidden gems
- Guidelines for age-appropriateness—from strictly mature to kid-friendly
- Profiles of the biggest names in manga, including CLAMP, Osamu Tezuka, Rumiko Takahashi, and many others
- The facts on the many kinds of manga—know your shōjo from your shōnen
- An overview of the manga industry and its history
- A detailed bibliography and a glossary of manga terms

LOOK NO FURTHER, YOU'VE FOUND YOUR IDEAL MANGA COMPANION! This project-based guide is a blueprint for service learning—from getting started to assessing the experience—and integrates the K–12 Service-Learning Standards for Quality Practice. It provides ideas for incorporating literacy into service learning and suggestions for creating a culture of service. An award-winning treasury of activities, ideas, annotated book recommendations, author interviews, and expert essays—all presented within a curricular context and organized by theme. Digital Content contains all of the planning and tracking forms from the book plus bonus service learning plans, and more. Praise for the previous edition: "This is a text that should accompany every student teacher of English and find its way on to the shelf of all practising teachers. This book excited me. It is written in a style that makes you want to try out activities and take up challenges. This book will encourage the student teacher to embrace the subject of English along with its associated values and debates" - ESCalate "If I was training to teach English today, this is the book I would want - an extraordinarily professional handbook of good practice" - Geoff Barton, Times Educational Supplement, Teacher Magazine

This essential companion for aspiring secondary English teachers has been extensively reworked to help students meet the very latest professional and academic standards, while also equipping them with the knowledge and skills they will need for the beginning of their teaching career. Focusing on the essentials needed to be a successful English teacher, the authors combine subject knowledge with ideas, examples and approaches for creating an effective, vibrant learning environment, and real examples of lesson plans and schemes of work. Each chapter clearly links practice to theoretical and critical perspectives on teaching, making this an ideal text for students working towards M-level credits or a Masters in Teaching and Learning. There are also brand new chapters which explore in greater depth specific areas of contention and challenging issues, including:

- Diversities, including global perspectives on teaching English
- The application and implications of using ICT
- Multi-agency provision in personalising learning
- Research methodologies
- Transition from the training year and the first year as a teacher

The latest requirements for Qualified Teacher Status are clearly signposted throughout, and activities at the end of each chapter help to reinforce knowledge and encourage reflection. Written by a team of highly respected authors, this new edition should be on every secondary English student's bookshelf. If you're looking for practical information to answer all your "How?" "What?" and "Why?" questions about money, this book is for you. Dave Ramsey's Complete Guide to Money covers the A to Z of Dave's money teaching, including how to budget, save, dump debt, and invest. You'll also learn all about insurance, mortgage options, marketing, bargain hunting and the most important element of all?giving. This is the handbook of Financial Peace University. If you've already been through Dave's nine-week class, you won't find much new information in this book. This book collects a lot of what he's been teaching in FPU classes for 20 years, so if you've been through class, you've already heard it! It also covers the Baby Steps Dave wrote about in The Total Money Makeover, and trust us?the Baby Steps haven't changed a bit. So if you've already memorized everything Dave's ever said about money, you probably don't need this book. But if you're new to this stuff or just want the all-in-one resource for your bookshelf, this is it! Discusses the physical properties of various rocks and minerals and gives instructions for collecting and identifying specimens. For painters of every level, this comprehensive volume presents each creative process in clear, full-color photographic sequences. From mixing colors and applying washes to tonal studies and pattern in landscapes, The Complete Guide to Watercolor contains everything one needs to know about working in this very expressive medium. This all-in-one volume presents each process in clear, full-color photographic sequences, reveals secrets of the trade, and contains easy-to-follow projects to help master new techniques.