

Listening Skills Book 2 Mactop

Take your MacBook Air to new heights! Discover how to get more than ever before out of Apple's incredibly thin and light notebooks with help from this hands-on guide. How to Do Everything: MacBook Air shows you how to harness the power of the new Mac OS X Mountain Lion operating system, and use iTunes, iWork, iLife, iCloud, Safari, Contacts, Calendar, Reminders, Notification Center, Mail, and other powerful apps. Tap into all the computing power built into Apple's ultra-portable MacBook Air while you're at home, at work, or on-the-go. Custom configure your MacBook Air and navigate with the Multi-Touch trackpad Get the most out of the new Mac OS X Mountain Lion operating system Transfer data from a PC or another Mac Manage your email accounts with the Mail app Sync all of your data and devices via iCloud Connect peripherals—Bluetooth devices, printers, cameras, and more Use your MacBook Air to connect to Facebook, Twitter, Google+, Flickr, Tumblr, LinkedIn, and other services Maximize productivity tools, such as Microsoft Office and the iWork apps Download and play movies, TV shows, and games Manage your iTunes Library Get organized with the new Contacts, Calendar, and Reminders apps Communicate efficiently using the Messages app Video chat with FaceTime or Skype Run Microsoft Windows programs on your MacBook Air Update, back up, troubleshoot, and maintain your MacBook Air

Get the most out of the latest MacBook Air with this easy-to-read visual guide Who doesn't love the MacBook Air? It's light as a feather, yet delivers heavyweight functionality. If you want clear, practical, visual instructions on how to use your new MacBook Air, this is the book for you. Using tons of illustrations and step-by-step explanations, Teach Yourself VISUALLY MacBook Air gets you up and running by clearly showing you how to do everything. From the basics to everything the new OS X operating system brings to the table, this book guides you through. Walks you through all the new features and functions of the new MacBook Air Shows you how to work with the new OS X Mavericks operating system, iCloud, FaceTime, and more Covers basics, such as powering up and shutting down to running Windows applications and downloading apps from the Mac Store Features full-color screen shots to reinforce your visual learning of processes Find all the cool and practical ways to use your MacBook Air with Teach Yourself VISUALLY MacBook Air.

Got a new MacBook, MacBook Air, or MacBook Pro? Want the scoop on Mac laptop basics, using Mac OS X Leopard, networking a laptop, or connecting your laptop to wireless devices? There's no better place to find what you need than MacBook For Dummies, 2nd Edition! With your Mac laptop, you can take your movies, music, documents, e-mail, and Internet wherever the action is. MacBook For Dummies, 2nd Edition provides the lowdown on maintaining and upgrading your MacBook, customizing the Dock and desktop, traveling with a laptop, turning iPhoto into your portable darkroom, and much more. Learn to: Locate the battery compartment, iSight camera, ports, and "on" button Move your existing files from an older computer Use all the cool new features of Mac OS X Leopard Work with iTunes, iMovie, iPhoto, iDVD, and GarageBand, all packaged with your MacBook Identify the signs of a well-functioning laptop and check for trouble Set up your Mac for multiple users Explore the cool options available with a .Mac account and iDisk storage that lets you retrieve your files anywhere Manage your digital music, photos, and movies Use Bluetooth and get all your wireless devices communicating with each other And if you've been considering switching from a PC to a Mac, MacBook For Dummies, 2nd Edition guides you through the process and even shows you how to run Windows on your Mac laptop. If there's a MacBook in your future — or present — this is the book for you!

One mistake can shatter dreams and shape the future. Alexis knows this first hand. Even though her memory of that day is hazy, she has spent the last ten years trying to put it behind her. Armed with the knowledge that her career will be her only legacy, Alexis works night and

day to prove that she is more than just her last name. It's not only that she doesn't have time for love. She doesn't have the heart for it. After all, there's no point in starting something you can't finish. When she meets Adam, she's drawn to him in a way even she can't deny. The film student is dark and brooding and strangely charming. He's the perfect distraction from her mundane life. And, as if fate is pushing them together, he seems to be around every corner. It's enough to almost make her entirely forget about her past and take a chance. But Adam can recall every detail that she's forgotten. What she doesn't remember, he can't forget.

In his first work of narrative nonfiction, Matthew Pearl, bestselling author of acclaimed novel *The Dante Club*, explores the little-known true story of the kidnapping of legendary pioneer Daniel Boone's daughter and the dramatic aftermath that rippled across the nation. On a quiet midsummer day in 1776, weeks after the signing of the Declaration of Independence, thirteen-year-old Jemima Boone and her friends Betsy and Fanny Callaway disappear near the Kentucky settlement of Boonesboro, the echoes of their faraway screams lingering on the air. A Cherokee-Shawnee raiding party has taken the girls as the latest salvo in the blood feud between American Indians and the colonial settlers who have decimated native lands and resources. Hanging Maw, the raiders' leader, recognizes one of the captives as Jemima Boone, daughter of Kentucky's most influential pioneers, and realizes she could be a valuable pawn in the battle to drive the colonists out of the contested Kentucky territory for good. With Daniel Boone and his posse in pursuit, Hanging Maw devises a plan that could ultimately bring greater peace both to the tribes and the colonists. But after the girls find clever ways to create a trail of clues, the raiding party is ambushed by Boone and the rescuers in a battle with reverberations that nobody could predict. As Matthew Pearl reveals, the exciting story of Jemima Boone's kidnapping vividly illuminates the early days of America's westward expansion, and the violent and tragic clashes across cultural lines that ensue. In this enthralling narrative in the tradition of Candice Millard and David Grann, Matthew Pearl unearths a forgotten and dramatic series of events from early in the Revolutionary War that opens a window into America's transition from colony to nation, with the heavy moral costs incurred amid shocking new alliances and betrayals.

Five more authentic TOEFL iBT® tests in print and on DVD-ROM -- from ETS, the makers of the test! This book contains five actual retired TOEFL® test forms with authentic reading, listening, speaking, and writing questions. Each form includes an Answer Key, sample responses for Speaking and Writing questions, and complete audio scripts. The TOEFL® test is the most respected English-language proficiency exam accepted by colleges, universities, and agencies around the world. The accompanying DVD-ROM provides interactive, computer-delivered versions of all five tests, plus separate audio tracks for all listening sections for readers who are working with the print version. Includes: Over 300 real TOEFL® questions from the test makers Real TOEFL® essay-writing prompts Sample responses for Speaking and Writing questions Computerized, interactive tests on DVD-ROM For even more practice, look out for McGraw-Hill Education's Official TOEFL iBT Tests, Volume 1, which contains five additional real past TOEFL tests. About the Authors At Educational Testing Service (ETS; Princeton, NJ) we advance quality and equity in education for people worldwide by creating assessments based on rigorous research. ETS serves individuals, educational institutions, and government agencies by providing customized solutions for teacher certification, English language learning, and elementary, secondary, and postsecondary education, and by conducting education research, analysis, and policy studies. Founded as a non-profit in 1947, ETS develops, administers, and scores more than 50 million tests annually—including the TOEFL® and TOEIC® tests, the GRE® tests, and the Praxis® assessments—in more than 180 countries, at over 9,000 locations worldwide.

The instant New York Times bestseller A step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most

anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can't think our way out of or use willpower to overcome. Dr. Brewer teaches us map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel.

NEW YORK TIMES BEST SELLER • A grand, devastating portrait of three generations of the Sackler family, famed for their philanthropy, whose fortune was built by Valium and whose reputation was destroyed by OxyContin. From the prize-winning and bestselling author of *Say Nothing*, as featured in the HBO documentary *Crime of the Century*. The Sackler name adorns the walls of many storied institutions—Harvard, the Metropolitan Museum of Art, Oxford, the Louvre. They are one of the richest families in the world, known for their lavish donations to the arts and the sciences. The source of the family fortune was vague, however, until it emerged that the Sacklers were responsible for making and marketing a blockbuster painkiller that was the catalyst for the opioid crisis. *Empire of Pain* begins with the story of three doctor brothers, Raymond, Mortimer and the incalculably energetic Arthur, who weathered the poverty of the Great Depression and appalling anti-Semitism. Working at a barbaric mental institution, Arthur saw a better way and conducted groundbreaking research into drug treatments. He also had a genius for marketing, especially for pharmaceuticals, and bought a small ad firm. Arthur devised the marketing for Valium, and built the first great Sackler fortune. He purchased a drug manufacturer, Purdue Frederick, which would be run by Raymond and Mortimer. The brothers began collecting art, and wives, and grand residences in exotic locales. Their children and grandchildren grew up in luxury. Forty years later, Raymond's son Richard ran the family-owned Purdue. The template Arthur Sackler created to sell Valium—co-opting doctors, influencing the FDA, downplaying the drug's addictiveness—was employed to launch a far more potent product: OxyContin. The drug went on to generate some thirty-five billion dollars in revenue, and to launch a public health crisis in which hundreds of thousands would die. This is the saga of three generations of a single family and the mark they would leave on the world, a tale that moves from the bustling streets of early twentieth-century Brooklyn to the seaside palaces of Greenwich, Connecticut, and Cap d'Antibes to the corridors of power in Washington, D.C. *Empire of Pain* chronicles the multiple investigations of the Sacklers and their company, and the scorched-earth legal tactics that the family has used to evade accountability. The history of the Sackler dynasty is rife with drama—baroque personal lives; bitter disputes over estates; fistfights in boardrooms; glittering art collections; Machiavellian courtroom maneuvers; and the calculated use of money to burnish reputations and crush the less powerful. *Empire of Pain* is a masterpiece of narrative reporting and writing, exhaustively documented and ferociously compelling. It is a portrait of the excesses of America's second Gilded Age, a study of impunity among the super elite and a relentless investigation of the naked greed and indifference to human suffering that built one of the world's great fortunes.

With half a million copies in print, *How to Read a Book* is the best and most successful guide to reading comprehension for the general reader, completely rewritten and updated with new material. A CNN Book of the Week: "Explains not just why we should

read books, but how we should read them. It's masterfully done.” –Farheed Zakaria
Originally published in 1940, this book is a rare phenomenon, a living classic that introduces and elucidates the various levels of reading and how to achieve them—from elementary reading, through systematic skimming and inspectional reading, to speed reading. Readers will learn when and how to “judge a book by its cover,” and also how to X-ray it, read critically, and extract the author’s message from the text. Also included is instruction in the different techniques that work best for reading particular genres, such as practical books, imaginative literature, plays, poetry, history, science and mathematics, philosophy and social science works. Finally, the authors offer a recommended reading list and supply reading tests you can use measure your own progress in reading skills, comprehension, and speed.

From the Academy Award®-winning actor, an unconventional memoir filled with raucous stories, outlaw wisdom, and lessons learned the hard way about living with greater satisfaction “Unflinchingly honest and remarkably candid, Matthew McConaughey’s book invites us to grapple with the lessons of his life as he did—and to see that the point was never to win, but to understand.”—Mark Manson, author of *The Subtle Art of Not Giving a F*ck* I’ve been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. Recently, I worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life’s challenges—how to get relative with the inevitable—you can enjoy a state of success I call “catching greenlights.” So I took a one-way ticket to the desert and wrote this book: an album, a record, a story of my life so far. This is fifty years of my sights and seens, felts and figured-outs, cools and shamefuls. Graces, truths, and beauties of brutality. Getting away withs, getting caughts, and getting wets while trying to dance between the raindrops. Hopefully, it’s medicine that tastes good, a couple of aspirin instead of the infirmary, a spaceship to Mars without needing your pilot’s license, going to church without having to be born again, and laughing through the tears. It’s a love letter. To life. It’s also a guide to catching more greenlights—and to realizing that the yellows and reds eventually turn green too. Good luck.

True or false? In selling high-value products or services: 'closing' increases your chance of success; it is essential to describe the benefits of your product or service to the customer; objection handling is an important skill; open questions are more effective than closed questions. All false, says this provocative book. Neil Rackham and his team studied more than 35,000 sales calls made by 10,000 sales people in 23 countries over 12 years. Their findings revealed that many of the methods developed for selling low-value goods just don't work for major sales. Rackham went on to introduce his SPIN-Selling method. SPIN describes the whole selling process: Situation questions Problem questions Implication questions Need-payoff questions SPIN-Selling provides you with

a set of simple and practical techniques which have been tried in many of today's leading companies with dramatic improvements to their sales performance. A step-by-step blueprint to grow your ministry. In this book, you will find out the exact steps to take to jumpstart your efforts and take your ministry to the next level. Every one of these tips is packed with the potential to help you build a better youth ministry...one day at a time. When your ministry gets better, it will grow bigger. In the next 30 days, you'll learn how to: Create goals that inspire peak performance. Make small improvements that get big results. Identify the areas that are holding your ministry back. Get access to resources you thought were beyond your reach. Keep students on the edge of their seats when you speak. Plan a program that makes students say, "Wow!" Inspire your volunteers to make a bigger difference. Make announcements that people remember. Get first-time visitors to come back next week. If you apply what you learn in this book, you will see massive results in just one month! GUARANTEED. Plus, you'll get a FREE Bonus Gift When You Buy This Book! When you order Building a Better Youth Ministry, you'll also get: A cheat sheet of the Big Ideas covered in the book An mp3 coaching lesson on leading volunteers and A 2-week message series you can use with your students! Order your copy today! This book gives you practical tips and proven strategies that will help you build a better youth ministry. Order your copy today and get ready to see results!

Stopping the spiral of toxic thoughts. In *Get Out of Your Head*, a six-session video-based Bible study, Jennie inspires and equips us to transform our emotions, our outlook, and even our circumstances by taking control of our thoughts. Our enemy is determined to get in our heads to make us feel helpless, overwhelmed, and incapable of making a difference for the kingdom of God. But when we submit our minds to Christ, the promises of goodness of God flood our lives in remarkable ways. It starts in your head. And from there, the possibilities are endless. This guide serves as a tool to prepare you in leading this *Get Out of Your Head* study and to encourage you along the way. It helps you as the leader to effectively point your group to the overarching theme of each lesson and point them to the themes of each study. This *Get Out of Your Head* Leader's Guide includes: Session-by-session helps to guide your group through the study. Walk-through for using each piece of the study: Videos, Study Guide, and Conversation Card Deck. The vision for *Get Out of Your Head*. Tips for leading your group, and much more. This guide is designed for use with the *Get Out of Your Head* Video Study (9780310116394), sold separately. Streaming video, study guide, and conversation cards also available.

Claire Randall is leading a double life. She has a husband in one century, and a lover in another... In 1945, Claire Randall, a former combat nurse, is back from the war and reunited with her husband on a second honeymoon—when she innocently touches a boulder in one of the ancient stone circles that dot the British Isles. Suddenly she is a Sassenach—an "outlander"—in a Scotland torn by war and raiding border clans in the year of our Lord...1743. Hurlled back in time by forces she cannot understand, Claire's destiny is soon inextricably intertwined with Clan MacKenzie and the forbidden Castle Leoch. She is catapulted without warning into the intrigues of lairds and spies that may threaten her life ...and shatter her heart. For here, James Fraser, a gallant young Scots warrior, shows her a passion so fierce and a love so absolute that Claire becomes a woman torn between fidelity and desire...and between two vastly different men in two

irreconcilable lives.

GET THE MOST OUT OF YOUR 16-INCH MODEL MACBOOK PRO (UPDATED VERSION) This book is an easy to understand practical guide with tips and tricks to assist you to get the most out your new 16-inch model MacBook Pro laptop. It is written in simple language to help both beginners and seniors and contains an updated information on the features and functionalities of the MacBook Pro and the new macOS Catalina 10.15. Setting up of the 16-inch model MacBook Pro is well discussed in this book. Some of the Apps and features also discussed include but not limited to the following: Notification center, Dock, Finder, Touch Bar, Accessibility, FaceTime, Messages, Mails, Safari, Photos, Notes, Podcasts, Find My, etc. This book also covers tips and tricks to help you make the most out of your MacBook Pro. Are you ready to explore our tips and tricks in order to enjoy some of the hidden functionalities of your new MacBook Pro and macOS Catalina 10.15? Do you wish to become a master of your new 16-inch model MacBook Pro? Wait no further, scroll up and click on Buy Now to get started!

Record, arrange, mix, produce, and polish your audio files with this best-selling, Apple-certified guide to Logic Pro X 10.4. Veteran producer and composer David Nahmani uses step-by-step, project-based instructions and straightforward explanations to teach everything from basic music creation to sophisticated production techniques. Using the book's downloadable lesson files and Logic Pro X, you'll begin making music in the first lesson. From there, learn to record audio and MIDI data, create and edit sequences, and master mixing and automation techniques such as submixing with track stacks. Create both acoustic and electronic virtual drum performances using Drummer tracks with Drum Kit Designer and Drum Machine Designer. Use Logic Pro X MIDI FX and Smart Controls to control software synthesizers from a MIDI controller or an iPad. Harness the power of Smart Tempo to make sure all recordings, imported audio files, and samples play in time. Flex Time allows you to precisely edit the timing of notes inside an audio recording, and you'll explore Flex Pitch to correct the pitch of a vocal recording. Finally, you mix, automate, and master the song, using plug-ins to process only selected sections or entire tracks, giving your audio creations the final polish needed to achieve a professional sound. Downloadable lesson and media files allow you to perform the hands-on exercises. Focused lessons take you step by step through practical, real-world tasks. Accessible writing style puts an expert instructor at your side. Ample illustrations help you master techniques fast. Lesson goals and time estimates help you plan your time. Chapter review questions summarize what you've learned and help you prepare for the Apple certification exam.

A hands-on, practical survival guide from retired Navy SEAL Clint Emerson, from eluding pursuers, evading capture, and surviving dangerous situations.

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more. An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychiatrist, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a

brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Working his way through a list of hit targets who were responsible for the Pan Am Flight 103 bombing, assassin Mitch Rapp shoots a drunken Libyan diplomat in Paris only to discover that he has been set up and that his handlers want him permanently silenced.

The bestselling official guide to the TOEFL iBT® test, from ETS, the maker of the test! Now expanded with a fourth authentic TOEFL iBT practice test. The new Official Guide to the TOEFL® Test is the best, most reliable guide to the test that is used to meet English-language proficiency requirements at more than 10,000 institutions worldwide, including top universities in Australia, Canada, the U.K. and the U.S. This completely updated fifth edition includes real TOEFL test questions for practice, as well as explanations of all four sections of the test. The guide provides learners with information on how to integrate reading, listening, speaking and writing skills in order to construct effective answers that demonstrate university-level English proficiency. Inside you'll find: Hundreds of authentic TOEFL test questions and essay topics from the test maker Four authentic TOEFL iBT practice tests (available in the book and on DVD) Test-taking strategies to help you do your very best on the test.

100 Deadly Skills
The SEAL Operative's Guide to Eluding Pursuers, Evading Capture, and Surviving Any Dangerous Situation
Simon and Schuster

The epic fifth novel in the Matthew Shardlake Tudor Mystery series by the bestselling author of Winter in Madrid and Dominion Summer 1545. A massive French armada is threatening England, and Henry VIII has plunged the country into economic crisis to finance the war. Meanwhile, an old servant of Queen Catherine Parr has asked Matthew Shardlake to investigate claims of "monstrous" wrongs committed against a young ward of the court. As the French fleet approaches, Shardlake's inquiries reunite him with an old friend-and an old enemy close to the throne. This fast-paced fifth installment in C. J. Sansom's "richly entertaining and reassuringly scholarly series" (Marilyn Stasio, The New York Times Book Review) will enchant fans of Wolf Hall, Bring Up the Bodies, and The Other Boleyn Girl.

Previously published Wiltshire, 1967. Guide to personal health and success

Coloring books became a thing when adults discovered how relaxing and meditative they were. Jigsaw puzzles roared back into popularity as an immersive activity, not to mention a great alternative to television. How exciting is it, then, to introduce an activity that tops them both: reverse coloring, which not only confers the mindful benefits of coloring and puzzling but energizes you to feel truly creative, even when you're weary and just want to zone out. It's so simple, yet so profoundly satisfying. Each page in The Reverse Coloring Book has the colors, and you draw the lines. Created by the artist Kendra Norton, these beautiful and whimsical watercolors provide a gentle visual guide so open-ended that the possibilities are limitless. Trace the shapes, draw in figures, doodle, shade, cover an area with dots. Be realistic, with a plan, or simply let your imagination drift, as if looking at clouds in the sky. Each page is an invitation to slow down, let go, and thoughtfully (or thoughtlessly) let your pen find its way over the image. The Reverse Coloring Book includes 50 original works of art, printed on sturdy paper that's single-sided and perforated. And unlike with traditional coloring books, all you need is a pen.

Features 500 real TOEFL questions straight from the test-makers Attractive all-new interior design for easier access and greater readability

New York Times bestseller • Finalist for the Pulitzer Prize “This is a book to shake up the world.” —Ann Patchett Nicholas Carr’s bestseller *The Shallows* has become a foundational book in one of the most important debates of our time: As we enjoy the internet’s bounties, are we sacrificing our ability to read and think deeply? This 10th-anniversary edition includes a new afterword that brings the story up to date, with a deep examination of the cognitive and behavioral effects of smartphones and social media.

Over 55% of your day is spent listening; yet only 2% of us have been trained in how to listen. What is poor listening costing you? Do you rush from meeting to meeting, your head buried in the last conversation you had, without time to think of the next? Or feel frustrated with unproductive discussions where the loudest in the room adds limited insight and drowns out everyone else? We usually think of these situations as communication problems; that we have not spoken our needs correctly or clearly. Yet, conflict, chaos and confusion are the costs of not listening. Many communication and listening books say the most important person in a conversation is the speaker - not true! This pocket-sized guide will help you to reconnect with your innate gift of deep listening, to create the right space to listen to yourself before you listen to others. You'll learn to listen beyond the words that are spoken, to add context and meaning and listen in to what's not being said. Deep Listening will help you move from confusion and conflict to thoughtful, insightful and powerful discussions that will transform not just your work, but your whole life.

Updated November 2018 for macOS Mojave In many ways, the MacBook Pro is the ultimate Mac. It's powerful, yet small enough to carry comfortably with one hand. It features a Retina display which makes images, video, and the web look pin-sharp. It can be plugged into a 5K monitor and used as a desktop computer. It's also a beautiful device to behold. MacBook Pro Guide is the perfect companion for your new Mac. Brought to you by the expert team at Tap Guides, and written by best-selling technology author Tom Rudderham, MacBook Pro Guide is packed with top tips and in-depth tutorials. You'll learn about key MacBook Pro features, such as the Touch Bar and Trackpad, discover how to use macOS and its built-in apps, plus much more. By the time you've finished reading MacBook Pro Guide, you'll be an expert in nearly everything MacBook and macOS related. Inside you'll discover: * Everything you need to know about MacBook Pro * How to set up your Mac * How to use the Touch Bar and TrackPad * Detailed app tutorials * How to edit photos * Essential Settings and configurations * Troubleshooting tips

Checklist: 1) Get detention on purpose. 2) Help the shy girl with a makeover. 3) Throw the coolest beach party ever. 4) Meet the boy of your dreams. Chloe and Riley Carlson, so much to do, so little time.

The #1 New York Times bestseller. Over 2 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading

experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Your "get-started" guide to the world of macOS Big Sur Wherever you like to Mac—at home in front of your trusty iMac or over a coffee with your portable MacBook Air—macOS provides you with the seamless, efficient, and reliable user experience that makes these devices so famously a pleasure to use. macOS Big Sur For Dummies is here to heighten the experience for new users and upgraders alike by providing the very latest on the ways macOS Big Sur can enhance how you work and play. Written in a no-jargon style by Bob LeVitus—the Houston Chronicle's much-loved "Dr. Mac" since 1996—this guide starts with the basics, like getting set up, and explains more advanced uses, like making music and movies, exploring the expanding universe of apps and giving tips on how to save time and enhance productivity along the way. With this book, you'll learn to Set up and connect your Mac Get friendly with Siri Enhance your world with apps Work better and faster Use the comprehensive capabilities of macOS Big Sur to do anything and everything you would like to do—and do it even better. For beginners and experts alike, macOS Big Sur For Dummies is the best way to step into the magical world of getting things done with Mac.

When he discovers his brother's ex-girlfriend Sophie and his nephew Noah are living in near poverty, tattooed biker Ruger steps in to help them and gets more than he bargained for when Sophie shows him just how much she wants him in her life--and in her bed. Original. 75,000 first printing.

An album-by-album celebration of the life and music of Mac Miller through oral histories, intimate reflections, and critical examinations of his enduring work. “One of my most vivid memories of him is the way he would look at you while he was playing you a song. He tried to look you right in the eyes to see how you were feeling about it.” —Will Kalson, friend and first manager Following Mac Miller’s tragic passing in 2018, Donna-Claire Chesman dedicated a year to chronicling his work through the unique lens of her relationship to the music and Mac’s singular relationship to his fans. Like many who’d been following him since he’d started releasing mixtapes at eighteen years old, she felt as if she’d come of age alongside the rapidly evolving artist, with his music being crucial to her personal development. “I want people to remember his humanity as they’re listening to the music, to realize how much bravery and courage it takes to be that honest, be that self-aware, and be that real about things going on internally. He let us witness that entire journey. He never hid that.” —Kehlani, friend and musician. The project evolved to include intimate interviews with many of Mac’s closest friends and collaborators, from his Most Dope Family in Pittsburgh to the producers and musicians who assisted him in making his everlasting music, including Big Jerm, Rex Arrow, Wiz Khalifa, Benjy Grinberg, Just Blaze, Josh Berg, Syd, Thundercat, and more. These voices, along with the author’s commentary, provide a vivid and poignant portrait of this astonishing artist—one who had just released a series of increasingly complex albums, demonstrating what a musical force he was and how heartbreaking it was to lose him. “As I’m reading the lyrics, it’s crazy. It’s him telling us that he hopes we can always respect him. I feel like this is a message from him, spiritually. A lot of the time, his music was like little letters and messages to his friends, family, and people he loved, to remind them of who he really was.” —Quentin Cuff, best friend and tour manager

Quickly get up to speed on your MacBook Pro This handy resource is not only visually appealing but offers excellent step-by-step guidance to your MacBook Pro. Following the illustrated instructions will empower you to accomplish everyday tasks quickly and easily. The book covers the basics such as powering on or shutting down the MacBook Pro and working on the Mac desktop with the new Mission Control and Launchpad--to downloading applications with the Mac App Store, running Windows applications, and more. Use this clear, visual guide and quickly learn the ins and outs of your MacBook Pro. Covers new hardware updates, Mac OS X Lion, iLife, iTunes, and more Shows you how to work on the desktop, configure widgets on the dashboard, run Windows applications, and do your own troubleshooting Teach Yourself VISUALLY MacBook Pro offers fully illustrated instructions for learning how to use your MacBook Pro to its full potential.

Benny Lewis, who speaks over ten languages—all self-taught—runs the largest language-learning blog in the world, Fluent In 3 Months. Lewis is a full-time "language hacker," someone who devotes all of his time to finding better, faster, and more efficient ways to learn languages. Fluent in 3 Months: How Anyone at Any Age Can Learn to Speak Any Language from Anywhere in the World is a new blueprint for fast language learning. Lewis argues that you don't need a great memory or "the language gene" to learn a language quickly, and debunks a number of long-held beliefs, such as adults not being as good of language learners as children.

Clear instructions to help visual learners get started with their MacBook Pro Covering

all the essential information you need to get up to speed with your MacBook Pro, this new edition provides you with the most up-to-date information on performing everyday tasks quickly and easily. From basics such as powering on or shutting down the MacBook Pro to more advanced tasks such as running Windows applications, this visual guide provides the help and support you need to confidently use your MacBook Pro to its full potential. Empowers you to perform everyday tasks quickly and easily Covers new hardware updates, the latest version of OS X, troubleshooting, iCloud, FaceTime, and more Walks you through working on the Mac desktop with Mission Control and Launchpad Explains how to download applications from the Mac App Store Teach Yourself VISUALLY MacBook Pro, Second Edition is an ideal, fully illustrated guide for learning how to make the most of all your MacBook Pro has to offer.

Here comes the Best Seller! Since its first edition in 2012, Fast Track Objective Arithmetic has been great architect for building and enhancing Aptitude skills in lakhs of aspirant across the country. The first book of its kind has all the necessary elements required to master the concepts of Arithmetic through Level Graded Exercises, namely Base Level & Higher Skill Level. Comprehensively covering the syllabus of almost all competitive examinations like, RBI, SBI, IBPS PO, SSC, LIC, CDS, UPSC, Management and all other Entrance Recruitment and Aptitude Test, the books has perfect compilation of Basic Concepts & Short Tricks to solve different types of Arithmetical problems. Unlike before, this completely revised 2018 edition promises to be more beneficial than the older ones. With up to date coverage of all exam questions, new types of questions and tricks, the thoroughly checked error free edition will ensure Complete Command over the subject and help you succeed in the examinations.

The rapid growth of the financial system presents a number of challenges to maintaining financial stability in Nepal. There has been a rapid growth of the banking sector over the last few years. State-owned institutions continue to dominate the banking system. Equity market capitalization has increased sharply while government debt markets remain underdeveloped. Despite a challenging macroeconomic environment, the financial performance of the banking system has improved. The rapid increase in credit growth in recent years suggests growing credit risk.

Inspired by the true story of a kleptomaniac cat who stole his way into America's heart . . . HE'S THE CAT THIEF OF LOVE MacGyver the tabby is feeling very pleased with himself. His human, Jamie Snyder, has found the perfect packmate—and it's all thanks to Mac. By stealing personal items from the home of Jamie's handsome neighbor David, the matchmaking cat brought these two L.A. singles together. Now, while the newlyweds are off on their honeymoon, MacGyver is ready for a well-deserved cat nap. That is, until he meets his cat sitter Briony. Like most humans, she's hopeless when it comes to romance. And Mac can't resist a challenge . . . SHE'S FOUND THE ESCAPE CLAWS Briony feels terrible about leaving her fiancé at the altar. When her cousin Jamie offers her the chance to cat sit MacGyver, the runaway bride leaps at the chance to cuddle up with the only male creature she trusts herself around. But MacGyver has other plans. He lures Briony to a friendly neighborhood retirement community—run by a charming young hottie named Nate. Briony and Nate hit it off instantly. But Briony's still not sure she's ready for a relationship. And Nate's got problems of his own—someone is sabotaging his community. Crazy humans. Why can't they follow their instincts and go after the love they deserve? MacGyver is on the case.

And this time, he's not pussyfooting around . . . **RAVES FOR TALK TO THE PAW**
"Filled with romance and adorable kitty antics . . . a light and cozy read!" —Modern Cat
"Surpassingly cute story of a matchmaking cat determined to pair off his human with a neighbor through the power of stinky laundry." —Kirkus Reviews "Whimsical . . . fans of cozy romances will root for these . . . appealing characters." —Publishers Weekly
"Open Water is tender poetry, a love song to Black art and thought, an exploration of intimacy and vulnerability between two young artists learning to be soft with each other in a world that hardens against Black people."—Yaa Gyasi, author of **HOMEGOING**
In a crowded London pub, two young people meet. Both are Black British, both won scholarships to private schools where they struggled to belong, both are now artists—he a photographer, she a dancer—and both are trying to make their mark in a world that by turns celebrates and rejects them. Tentatively, tenderly, they fall in love. But two people who seem destined to be together can still be torn apart by fear and violence, and over the course of a year they find their relationship tested by forces beyond their control. Narrated with deep intimacy, *Open Water* is at once an achingly beautiful love story and a potent insight into race and masculinity that asks what it means to be a person in a world that sees you only as a Black body; to be vulnerable when you are only respected for strength; to find safety in love, only to lose it. With gorgeous, soulful intensity, and blistering emotional intelligence, Caleb Azumah Nelson gives a profoundly sensitive portrait of romantic love in all its feverish waves and comforting beauty. This is one of the most essential debut novels of recent years, heralding the arrival of a stellar and prodigious young talent.

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