The Definitive Guide To Personal Excellence

Some days you need a pick-me-up, some days you need a life preserver. "For most of us," writes Anna Borges, "self-care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with." You may already practice some form of self-care, whether it's taking an extra-long shower after a stressful day, splurging on a ~fancy~ dinner, or choosing Netflix over that friend-of-a-friend's birthday party. But when life gets so overwhelming that you want to stay in bed, some more radical care is crucial to maintain your sanity. The More or Less Definitive Guide to Self-Care is here to help you exist in the world. Borges gathers over 200 tips, activities, and stories (from experts and everyday people alike) into an A-to-Z list—from asking for help and burning negative thoughts to the importance of touch and catching some Zzz's. Make any day a little more OK with new skills in your self-care toolkit—and energy to show up for yourself.

The definitive guide to the modern world of competitive gaming and the official history of Esports™. Almost overnight, esports—or competitive video games—have exploded into the largest entertainment and sporting phenomenon in human history. The Book of Esports answers: What exactly are esports, and how did they become so popular so quickly? Why did blockbuster video games like League of Legends, Fortnite and Starcraft succeed? Where exactly is all this video gaming headed? What do gamers and college students need to know to position themselves for success in the industry? How do you create a billion-dollar esports business? What strategic choices drive success in the modern gaming industry? Can video games really get your kid into college? (All expenses paid, of course...) Whether you are a lifelong gamer, a curious Fortnite parent, or a businessperson seeking to understand all the marketing opportunities of this multibillion-dollar phenomenon, The Book of Esports charts the rise of this exciting new industry, for the first time ever crafting a comprehensive overview of esports and its implications for human competition—and even the future of humanity itself. Gaming luminary and Harvard MBA William Collis has painstakingly translated esports' mysteries into a detailed and accessible testament for today. Featuring select interviews from the biggest names in the industry, The Book of Esportsweaves tales of trust, betrayal, and superhuman reflexes into predictive frameworks, explaining exactly why our industry looks the way it does, and how all this growth—and more—is inevitable as the divide between man and machine blurs into oblivion.

Covers topics including HTTP methods and status codes, optimizing proxies, designing web crawlers, content negotiation, and load-balancing strategies.

Follow Deepak Tailor on a journey to discover how to live for free. For three years Deepak travelled to the distant corners of the world, found a growing global movement and interviewed hundreds of inspiring people. From the founder of LatestFreeStuff.co.uk, the UK's most popular freebie website, learn how to turn your life around, reach your goals and make any part of it free. Packed full of tips, action lists and resources, How To Live For Free will make the biggest change to your life, more than any other book. Among hundreds of topics, discover: - How to attend free restaurant tastings - How to get free clothes and beauty treatments - How to receive freebies from brands - How to forage and cook wild game - The man who lived in luxury flats for two years free of charge - The man who built his own island - How to up cycle furniture - How to sail a yacht and travel the world - The ultimate hitchhiker's guide - The best free living apps - How to get free cinema, theatre and festival tickets - How Deepak gets a free private driver everywhere he goes - How to upgrade your wardrobe for free - And much, much more.

Kerberos, the single sign-on authentication system originally developed at MIT, deserves its name. It's a faithful watchdog that keeps intruders out of your networks. But it has been equally fierce to system administrators, for whom the complexity of Kerberos is legendary. Single sign-on is the holy grail of network administration, and Kerberos is the only game in town. Microsoft, by integrating Kerberos into Active Directory in Windows 2000 and 2003, has extended the reach of Kerberos to all networks large or small. Kerberos makes your network more secure and more convenient for users by providing a single authentication system that works across the entire network. One username; one password; one login is all you need. Fortunately, help for administrators is on the way. Kerberos: The Definitive Guide shows you how to implement Kerberos for secure authentication. In addition to covering the basic principles behind cryptographic authentication, it covers everything from basic installation to advanced topics like cross-realm authentication, defending against attacks on Kerberos, and troubleshooting. In addition to covering Microsoft's Active Directory implementation, Kerberos: The Definitive Guide covers both major implementations of Kerberos for Unix and Linux: MIT and Heimdal. It shows you how to set up Mac OS X as a Kerberos client. The book also covers both versions of the Kerberos protocol that are still in use: Kerberos 4 (now obsolete) and Kerberos 5, paying special attention to the integration between the different protocols, and between Unix and Windows implementations. If you've been avoiding Kerberos because it's confusing and poorly documented, it's time to get on board! This book shows you how to put Kerberos authentication to work on your Windows and Unix systems.

If you're a web designer or app developer interested in sophisticated page styling, improved accessibility, and saving time and effort, this book is for you. This revised edition provides a comprehensive guide to CSS implementation, along with a thorough review of the latest CSS specifications. CSS is a constantly evolving language for describing the presentation of web content on screen, printers, speech synthesizers, screen readers, and chat windows. It is used by all browsers on all screen sizes on all types of IoT devices, including phones, computers, video games, televisions, watches, kiosks, and auto consoles. Authors Eric Meyer and Estelle Weyl show you how to improve user experience, speed development, avoid potential bugs, and add life and depth to your applications through layout, transitions and animations, borders, backgrounds, text properties, and many other tools and techniques. This guide covers: Selectors, specificity, and the cascade Values, units, fonts, and text properties Padding, borders, outlines, and margins Colors,

backgrounds, and gradients Floats and positioning tricks Flexible box layout The new Grid layout system 2D and 3D transforms, transitions, and animation Filters, blending, clipping, and masking Media and feature queries

For web developers and other programmers interested in using JavaScript, this bestselling book provides the most comprehensive JavaScript material on the market. The seventh edition represents a significant update, with new information for ECMAScript 2020, and new chapters on language-specific features. JavaScript: The Definitive Guide is ideal for experienced programmers who want to learn the programming language of the web, and for current JavaScript programmers who want to master it.

Of all the Ajax-specific frameworks that have popped up in recent years, one clearly stands out as the industrial strength solution. Dojo is not just another JavaScript toolkit—it's the JavaScript toolkit—and Dojo: The Definitive Guide demonstrates how to tame Dojo's extensive library of utilities so that you can build rich and responsive web applications like never before. Dojo founder Alex Russell gives a foreword that explains the "why" of Dojo and of this book. Dojo provides an end-to-end solution for development in the browser, including everything from the core JavaScript library and turnkey widgets to build tools and a testing framework. Its vibrant open source community keeps adding to Dojo's arsenal, and this book provides an ideal companion to Dojo's official documentation. Dojo: the Definitive Guide gives you the most thorough overview of this toolkit available, showing you everything from how to create complex layouts and form controls closely resembling those found in the most advanced desktop applications with stock widgets, to advanced JavaScript idioms to AJAX and advanced communication transports. With this definitive reference you get: Get a concise introduction to Dojo that's good for all 1.x versions Well-explained examples, with scores of tested code samples, that let you see Dojo in action A comprehensive reference to Dojo's standard JavaScript library (including fundamental utilities in Base, Dojo's tiny but powerful kernel) that you'll wonder how you ever lived without An extensive look at additional Core features, such as animations, drag-and-drop, back-button handling, animations like wipe and slide, and more Exhaustive coverage of out-of-the-box Dijits (Dojo widgets) as well as definitive coverage on how to create your own, either from scratch or building on existing ones An itemized inventory of DojoX subprojects, the build tools, and the DOH, Dojo's unit-testing framework that you can use with Dojo—or anywhere else If you're a DHTML-toting web developer, you need to read this book—whether you're a one-person operation or part of an organization employing scores of developers. Dojo packs the standard JavaScript library you've always wanted, and Dojo: The Definitive Guide helps you transform your ideas into working applications quickly by leveraging design concepts you already know.

This book highlights the basic concepts underpinning the OSCE, its development and implementation in practice. Practical guidelines and tips are provided based on the authors' extensive experience gained over 40 years. Case studies are included to illustrate the OSCE's use in a wide range of settings and professions to assess the expected learning outcomes. The text is supplemented with personal accounts and anecdotes. Used globally in all phases of education in the different healthcare professions, the OSCE was first described by the lead author, Harden, in 1975 and it is now the gold standard for performance assessment. "This book is an invaluable addition. It pulls together in one place pretty well everything that is known about the OSCE; what works and what doesn't. It is a welcome addition to the bookshelf of any educational leader." Geoff Norman's Foreword

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

Mac users everywhere--even those who know nothing about programming--are discovering the value of the latest version of AppleScript, Apple's vastly improved scripting language for Mac OS X Tiger. And with this new edition of the top-selling AppleScript: The Definitive Guide, anyone, regardless of your level of experience, can learn to use AppleScript to make your Mac time more efficient and more enjoyable by automating repetitive tasks, customizing applications, and even controlling complex workflows. Fully revised and updated--and with more and better examples than ever--AppleScript: The Definitive Guide, 2nd Edition explores AppleScript 1.10 from the ground up. You will learn how AppleScript works and how to use it in a variety of contexts: in everyday scripts to process automation, in CGI scripts for developing applications in Cocoa, or in combination with other scripting languages like Perl and Ruby. AppleScript has shipped with every Mac since System 7 in 1991, and its ease of use and English-friendly dialect are highly appealing to most Mac fans. Novices, developers, and everyone in between who wants to know how, where, and why to use AppleScript will find AppleScript: The Definitive Guide, 2nd Edition to be the most complete source on the subject available. It's as perfect for beginners who want to write their first script as it is for experienced users who need a definitive reference close at hand. AppleScript: The Definitive Guide, 2nd Edition begins with a relevant and useful AppleScript overview and then gets quickly to the language itself; when you have a good handle on that, you get to see AppleScript in action, and learn how to put it into action for you. An entirely new chapter shows developers how to make your Mac applications scriptable, and how to give them that Mac OS X look and feel with AppleScript Studio. Thorough appendixes deliver additional tools and resources you won't find anywhere else. Reviewed and approved by Apple, this indispensable guide carries the ADC (Apple Developer Connection) logo.
Learn how to use, deploy, and maintain Apache Spark with this comprehensive guide, written by the creators of the open-source cluster-computing framework. With an emphasis on improvements and new features in Spark 2.0, authors Bill Chambers and Matei Zaharia break down Spark topics into distinct sections, each with unique goals. You'll explore the basic operations and common functions of Spark's structured APIs, as well as Structured Streaming, a new high-level API for building end-to-end streaming applications. Developers and system administrators will learn the fundamentals of monitoring, tuning, and debugging Spark, and explore machine learning techniques and scenarios for employing MLlib, Spark's scalable machine-learning library. Get a gentle overview of big data and Spark Learn about DataFrames, SQL, and Datasets—Spark's core APIs—through worked examples Dive into Spark's low-level APIs, RDDs, and execution of SQL and DataFrames Understand how Spark runs on a cluster Debug, monitor, and tune Spark clusters and applications Learn the power of Structured Streaming, Spark's stream-processing engine Learn how you can apply MLlib to a variety of problems, including classification or recommendation
The measure of the executive, Peter Drucker reminds us, is the ability to 'get the right things done'. Usually this involves doing what other people have overlooked, as well as avoiding what is unproductive. He identifies five talents as essential to effectiveness, and these can be learned; in fact, they must be learned just as scales must be mastered by every piano student regardless of his natural gifts. Intelligence, imagination and knowledge may all be wasted in an executive job without the acquired habits of mind that convert these into results. One of the talents is the management of time. Another is choosing what to contribute to the particular organization. A third is knowing where and how to apply your strength to best effect. Fourth is setting up the right priorities. And all of them must be knitted together by effective decision-making. How these can be developed forms the main body of the book. The author ranges widely through the annals of business and government to demonstrate the distinctive skill of the executive. He turns familiar experience upside down to see it in new perspective. The book is full of surprises, with its fresh insights into old and seemingly trite situations.
The UK's bestselling guide to successful interviews is back, with a new editionupdated with expanded content on planning for interviews and tailoring your interview to a specific role. This is the definitive, bestselling guide to planning, preparing and performing in interviews to maximise your chances of landing the job you want. The guidance in this book has been tried, tested and honed to perfection. The unique content includes a chapter on avoiding the most common interview mistakes, and important information on how to handle and benefit from the post-interview period. Written by the CEO of the UK's leading CV consultancy service, James Innes, the book is supported by exclusive online tools and bonus content including sample interview questions, templates and best-practice scenarios.
Imagine what you could do if scalability wasn't a problem. With this hands-on guide, you'll learn how the Cassandra database management system handles hundreds of terabytes of data while remaining highly available across multiple data centers. This expanded second edition—updated for Cassandra 3.0—provides the technical details and practical examples you need to put this database to work in a production environment. Authors Jeff Carpenter and Eben Hewitt demonstrate the advantages of Cassandra's non-relational design, with special attention to data modeling. If you're a developer, DBA, or application architect looking to solve a database scaling issue or future-proof your application, this guide helps you harness Cassandra's speed and flexibility. Understand Cassandra's distributed and decentralized structure Use the Cassandra Query Language (CQL) and cqlsh—the CQL shell Create a working data model and compare it with an equivalent relational model Develop sample applications using client drivers for languages including Java, Python, and Node.js Explore cluster topology and learn how nodes exchange data Maintain a high level of performance in your cluster Deploy Cassandra on site, in the Cloud, or with Docker Integrate Cassandra with Spark, Hadoop, Elasticsearch, Solr, and Lucene
A game-changing framework for self-discovery, personal branding, marketing and online authority building by notable personal brander and online business builder Rachel Gogos. Whether you're an entrepreneur starting a business, an author, coach, small or medium-sized business owner looking to build your brand, or a marketer or innovator with a DIY spirit, "Build Your Personal Brand" will walk you through unearthing your essential self, connecting it to

work you're proud of, and letting the world know who you are and what you have to offer. In this new guide, Rachel Gogos, Founder, and CEO of brandiD—a soulful personal branding and web development agency— unveils her SOULiD framework to help new and existing business owners take their brands from unknown to known. Walking through this personal branding framework will expand your self-awareness, help boost your confidence, and increase your clarity in communicating what you do, whom you do it for, and why your ideal customers need to work with or buy from you. Whether you sell your own intellectual property, a product, or a service, this book will show you how to shift how you present yourself online, and amplify it in a way that creates a thoughtful, honest connection with the people you should reach. In this easy-to-use guide, Gogos shares insight, research, exercises, and helpful examples that teach you: - The steps to identifying your voice - How to project your personal brand in a way that feels aligned with your personality- How to differentiate yourself from competitors in one-of-a-kind ways - Who your ideal customer is, and how to write their story- How to identify your product and the market it can serve best- Why setting and writing your goals actually helps you reach them- How your brand touchpoints can grow your business- The step-by-step approach to creating your marketing planGogos has worked with and taught hundreds of entrepreneurs, innovators and experts from all over the world through one-on-one services, workshops, and speaking engagements. If you want to build a business and serve others in a way that sets you apart from the crowd, this workbook will guide you down your chosen path. Visit www.thebrandiD.com to learn more.

Real-Time Data and Stream Processing at Scale
The Definitive Guide to Personal Excellence
The Definitive Guide to The Process, Principles and Skills of Personal Coaching
Self-Leadership
Crack Climbing
JavaScript: The Definitive Guide
MacRuby: The Definitive Guide
The Definitive Guide to NetBeansTM Platform 7
The Definitive Guide to the OSCE
Kafka: The Definitive Guide
The Room
Closure: The Definitive Guide

Whether you need full-text search or real-time analytics of structured data—or both—the Elasticsearch distributed search engine is an ideal way to put your data to work. This practical guide not only shows you how to search, analyze, and explore data with Elasticsearch, but also helps you deal with the complexities of human language, geolocation, and relationships. If you're a newcomer to both search and distributed systems, you'll quickly learn how to integrate Elasticsearch into your application. More experienced users will pick up lots of advanced techniques. Throughout the book, you'll follow a problem-based approach to learn why, when, and how to use Elasticsearch features. Understand how Elasticsearch interprets data in your documents Index and query your data to take advantage of search concepts such as relevance and word proximity Handle human language through the effective use of analyzers and queries Summarize and group data to show overall trends, with aggregations and analytics Use geo-points and geo-shapes—Elasticsearch's approaches to geolocation Model your data to take advantage of Elasticsearch's horizontal scalability Learn how to configure and monitor your cluster in production

Urban designer Mikael Colville-Andersen draws from his experience working for dozens of cities around the world on bicycle planning, strategy, infrastructure design, and communication. In Copenhagenize he shows cities how to effectively and profitably re-establish the bicycle as a respected, accepted, and feasible form of transportation. Building on his popular blog of the same name, Copenhagenize offers entertaining stories, vivid project descriptions, and best practices, alongside beautiful and informative visuals to show how to make the bicycle an easy, preferred part of everyday urban life.

(Applause Books). Oh Hai! The Room: The Definitive Guide is the ultimate key to the biggest pop culture phenomenon of the 21st century, Tommy Wiseau's The Room . Arguably the worst film of all time and certainly one of the most beguiling, the masterpiece of so-bad-it's-good filmmaking has grown since its release in 2003 to become one of the most popular theatrical releases of all time, with an extremely loyal and vocal fan base. Within the book, readers will find everything required to step into The Room for the first time and understand the traditions, characters, and (lack of) logic at play within the ultimate cult film. Favorite customers of the film will also find a dozen red roses as the book takes a look back at the history of the phenomenon, features extensive and in-depth analysis of the film, includes extensive interviews with the cast and crew, and, of course, studies the film's enigmatic and visionary auteur, Tommy Wiseau. This is the first available book guide to The Room . And an added bonus is the graphic design from cult film artist Mute, which will give the book an eye-catching and distinctive look. So get your tuxedo on, grab your football, have your spoons at the ready, and prepare to shout, "You're tearing me apart, Lisa!" for the first or thousandth time, as we enter The Room .

Crack climbing is a highly technical form of movement in which climbers position their hands, feet, and even their entire body in cracks to make upward progress on rock. An advocate for the sport's aesthetic lines, physicality, and technical know-how, author Pete Whittaker teaches more than sixty Crack School Masterclasses each year and was featured in the popular climbing film Wide Boyz. This detailed and comprehensive guide teaches step-by-step techniques and tips, including for: Jamming (finger, hand, fist, foot, arm, leg, body) Crack types (chimneys, liebacks, underclings, roof cracks) How to safely lead and place protection Efficient positioning and movement Strength recovery while climbing

Written by the scholars who first developed the theory of self-leadership (Christopher P. Neck, Charles C. Manz, & Jeffery D. Houghton), Self-Leadership: The Definitive Guide to

Personal Excellence offers powerful yet practical advice for leading yourself to personal excellence. Grounded in research, this milestone book is based on a simple yet revolutionary principle: First learn to lead yourself, and then you will be in a solid position to effectively lead others. This inclusive approach to self-motivation and self-influence equips readers with the strategies and tips they need to build a strong foundation in the study of management, as well as enhancing their own personal effectiveness.

In today's complex commercial environments, marketing has become a central aspect to every successful business. Businesses need flexible, effective means of gaining commercial traction by managing their relationships with audiences, stakeholders and competitors. They require effective marketing and branding that move beyond the standard forms of brand orientation and commercial interaction. New marketing models must think smart to create innovative strategies which have long-term sustainable goals. The Smart Marketing Book is a practical, reliable and concise title that offers the core marketing principles - applicable for anyone who wishes to improve their business's effectiveness. It is a straightforward guide that avoids unnecessary and time-consuming marketing practices. A credible statement to all marketers trying to source the most relevant strategies from a field cursed with infinite information.

A pre-release edition enables developers to tap the author's unedited content while offering access to significant updates and the final ebook version, in a guide that explains how to develop application for Mac OS X with MacRuby and provides coverage of Interface Builder, the Cocoa libraries and more. Original.

SELF-MADE IS A TRULY DEFINITIVE GUIDE; A 'GO-TO' BOOK FOR ALL ENTREPRENEURS AT ANY STAGE OF BUSINESS. This authoritative, focused guide by two of the UK's brightest young entrepreneurs - The Apprentice runner-up, Bianca Miller and serial entrepreneur, Byron Cole - is a comprehensive toolkit for anyone who wants to make a success of running their own business. Featuring interviews with well known entrepreneurs, entertainers and industry experts, the book covers every tier of the business development process, from start-up to exit, offering practical, implementable and global advice on the start up process. De-coding the jargon that is prevalent in business circles today, this book provides straightforward advice on converting an innovative business concept into a commercially viable proposition. It will help you to avoid the costly common mistakes of many who have gone before you, and create a sustainable enterprise that will flourish. Read Self Made and run your own business without fear of failure.

Big Data Processing Made Simple
Spark: The Definitive Guide
The Definitive Guide to Global Bicycle Urbanism
Cassandra: The Definitive Guide
The Effective Executive
How to Live for Free
The Definitive Guide to Soul-Based Marketing
The Definitive Guide to Effective Marketing Strategies
The Coaching Manual ePub eBook
Master the World's Most-Used Programming Language
Google Tools to Add Power to Your JavaScript
XMPP

There are three simple stages to achieving goals: 1. set the goal 2. create a sequence of steps for achieving it 3. monitor progress and make adjustments Easy. In theory. So why do some people consistently beat goals - and become serial success stories - whereras others find it much more difficult and tend to stumble every time? The answer is not in the goal setting, but that some of us fall over hurdles that we place before ourselves. These mental and emotional blocks act as self-sabotaging strategies. This is the book that will show you how to clear the way by removing mental blocks and creating the conditions for not just achieving your goals, but beating them and realising your fullest potential. Examples from serial goal beaters describe the strategies they used and suggest how they can be adapted to work for you - whatever your goal.

A guide to the Extensible Messaging and Presence Protocol covers such topics as architecture, data forms, Jingle, binary data, remote commands, connection methods, and security.

Written by the scholars who first developed the theory of self-leadership, Self-Leadership: The Definitive Guide to Personal Excellence by Christopher P. Neck, Charles C. Manz, and Jeffery D. Houghton offers powerful yet practical advice for leading oneself to personal excellence. Grounded in the most recently published, cutting-edge self-leadership research, this milestone book is based on a simple yet revolutionary principle: first learn to lead yourself, and you will then be able to effectively lead others. This inclusive approach to self-motivation and self-influence equips readers with the strategies and tips they need to build a strong foundation in the study of management, as well as enhancing their own personal effectiveness. The updated Second Edition resonates with today's students by featuring contemporary examples and showcasing a greater degree of diversity throughout. New to this Edition Self-Leadership Research features have been updated or replaced to offer the most up-to-date, cutting-edge research, exposing students to timely developments in the field. Real-World Self-Leadership Cases and new Profiles in Self-Leadership are updated to feature new, contemporary personalities that will resonate with today's diverse students, with more cases featuring women and/or people of color. Self-Leadership in the Movies features have been updated to reflect contemporary people and movies that showcase a greater degree of diversity, offering students relatable, exciting examples to keep them engaged. All in-text examples and supporting citations have been updated.

Make no mistake, etiquette is as important in business as it is in everyday life — it's also a lot more complicated. From email and phone communications to personal interviews to adapting to corporate and international cultural differences, Business Etiquette For Dummies, 2nd Edition, keeps you on your best behavior in any business situation. This friendly, authoritative guide shows you how to develop good etiquette on the job and navigate today's diverse and complex business environment with great success. You'll get savvy tips for dressing the part, making polite conversation, minding your manners at meetings and meals, behaving at off-site events, handling ethical dilemmas, and conducting international business. You'll find out how to behave gracefully during tense negotiations, improve your communication skills, and overcome all sorts of work-related challenges. Discover how to: Make a great first impression Meet and greet with ease Be a good company representative Practice proper online etiquette Adapt to the changing rules of etiquette Deal with difficult personalities without losing your cool Become a well-mannered traveler Develop good relationships with your peers, staff, and superiors Give compliments and offer criticism Respect physical, racial, ethnic, and gender differences at work Learn the difference between "casual Friday" and sloppy Saturday Develop cubicle courtesy Avoid conversational faux pas Business etiquette is as important to your success as doing your job well. Read Business Etiquette For Dummies, 2nd Edition, and make no mistake.

Mooting offers an excellent opportunity to develop your skills in an enjoyable, interactive and challenging way. Participation in mooting can lead to improved academic performance, enhancing your knowledge and your ability to handle complex legal materials as well as improving the power of your persuasive argument and vital skills, which will enhance your profile for prospective employers. In this book, Eric Baskind provides a seamless and comprehensive examination of the various areas involved in mooting and advocacy, combining both theoretical and practical aspects as well as the organisation of and participation in mooting competitions. Online video footage of an actual moot brings the practical nature of mooting alive and will give you expert advice and analysis of successful mooting technique as well as tips for improvement. Each moot video is highlighted at various points of interest to provide expert commentary and analysis of the mooters' presentation, identifying the mooters' strengths and weaknesses and how successfully they use cases and other materials to support their argument. These sections will then be re-enacted, incorporating the suggestions for improvements to help you to see how the overall performance could have been improved. This definitive guide will equip you with a complete grasp of mooting from the initial preparatory stages through to advocacy in the moot itself.

Complete source for current information on boosting the immune system, fighting illness, and maximizing health. Explains how age, nutritional value of food, the environment and other factors affect our bodies' absorption of nutrients.

Ready to unlock the power of your data? With this comprehensive guide, you'll learn how to build and maintain reliable, scalable, distributed systems with Apache Hadoop. This book is ideal for programmers looking to analyze datasets of any size, and for administrators who want to set up and run Hadoop clusters. You'll find illuminating case studies that demonstrate how Hadoop is used to solve specific problems. This third edition covers recent changes to Hadoop, including material on the new MapReduce API, as well as MapReduce 2 and its more flexible execution model (YARN). Store large datasets with the Hadoop Distributed File System (HDFS) Run distributed computations with MapReduce Use Hadoop's data and I/O building blocks for compression, data integrity, serialization (including Avro), and persistence Discover common pitfalls and advanced features for writing real-world MapReduce programs Design, build, and administer a dedicated Hadoop cluster—or run Hadoop in the cloud Load data from relational databases into HDFS, using Sqoop Perform large-scale data processing with the Pig query language Analyze datasets with Hive, Hadoop's data warehousing system Take advantage of HBase for structured and semi-structured data, and ZooKeeper for building distributed systems

A guide to using the Ghidra software reverse engineering tool suite. The result of more than a decade of research and development within the NSA, the Ghidra platform was developed to address some of the agency's most challenging reverse-engineering problems. With the open-source release of this formerly restricted tool suite, one of the world's most capable disassemblers and intuitive decompilers is now in the hands of cybersecurity defenders everywhere -- and The Ghidra Book is the one and only guide you need to master it. In addition to discussing RE techniques useful in analyzing software and malware of all kinds, the book thoroughly introduces Ghidra's components, features, and unique capacity for group collaboration. You'll learn how to: • Navigate a disassembly • Use Ghidra's built-in decompiler to expedite analysis • Analyze obfuscated binaries • Extend Ghidra to recognize new data types • Build new Ghidra analyzers and loaders • Add support for new processors and instruction sets • Script Ghidra tasks to automate workflows • Set up and use a collaborative reverse engineering environment Designed for beginner and advanced users alike, The Ghidra Book will effectively prepare you to meet the needs and challenges of RE, so you can analyze files like a pro.

Ant is the premiere build management tool for use in Java environments. Unlike traditional build management tools such as GNU Make, Ant is itself written in Java, is platform independent, and interfaces well with the utilities in Sun's Java software development kit (SDK). In addition to being platform independent, Ant is also independent of the integrated development environment (IDE) being used. IDE independence is important for open source projects (or other projects) in which the various developers might use different IDEs. Using Ant, Java developers can: define build chunks, the results that they must produce, and the dependencies between them; automatically retrieve source code from source control systems such as PVCs; build applications by having Ant compile the necessary source files in the proper order. Ant build files are written using XML---a well-established standard---so programmers using Ant are not required to learn yet another scripting language. They will likely already know XML, and will be able to leverage that knowledge. Ant is an open source project, and part of the Jakarta project. Jakarta is Sun's open source reference implementation for the JSP and Servlets specifications, and is part of the Apache group's work.

If you're ready to use Closure to build rich web applications with JavaScript, this hands-on guide has precisely what you need to learn this suite of tools in depth. Closure makes it easy for experienced JavaScript developers to write and maintain large and complex codebases—as Google has demonstrated by using Closure with Gmail, Google Docs, and Google Maps. Author and Closure contributor Michael Bolin has included numerous code examples and best practices, as well as valuable information not available publicly until now. You'll learn all about Closure's Library, Compiler, Templates, testing framework, and Inspector—including how to minify JavaScript code with the Compiler, and why the combination of the Compiler

and the Library is what sets Closure apart from other JavaScript toolkits. Learn how the Compiler significantly reduces the amount of JavaScript users have to download when visiting your site Discover several ways to use the Compiler as part of your build process Learn about type expressions, primitives, and common utilities Understand how Closure emulates classes and class-based inheritance Use Closure Templates on the server and the client from either JavaScript or Java Test and debug your JavaScript code, even when it's compiled

"We need to do Community Involvement better – we know we're spending millions each year on charitable causes; how can we find out what is really effective and what people will appreciate us for? Who should we partner with? How can we make a real difference in society and help our business?" Companies around the world are trying to answer these questions. Many are asking the same questions even as, collectively, they continue to spend billions on their communities. How do they know which activities are really worthwhile? Building on the authors' own extensive global experience at Nokia and E.ON, as well as the experience of many other experts in the field, this book offers the first-ever "how to" roadmap for managers on the comprehensive implementation of strategic Community Involvement inside their companies. It is designed to be practical, for those who want to act upon what they have read. It will fill a long-neglected niche as a day-to-day reference guide for practitioners. Corporate Community Involvement demonstrates what to do and how to do it. The advice is backed up by inspiring interviews with best-in-class practitioners from businesses such as Microsoft, GlaxoSmithKline, Ericsson, and Deutsche Bank and leading international Corporate Responsibility and Community Involvement experts. The book highlights proven best-practice approaches, effective methods, and concise tools to help managers "get there faster" and "get it right first time." The core of the book is a step-by-step guide to developing and implementing a comprehensive and successful approach to Corporate Community Involvement. It shows how to: conduct a current state analysis and devise a strategy, organize staffing and budgets, integrate Corporate Community Involvement throughout the business and create high-profile programs, partner across sectors, measure and evaluate results, communicate successful activities, and overcome challenges. Corporate Community Involvement has an international perspective: the models and principles advocated are adaptable anywhere in the world. Also, it is designed to have as much relevance to a small or medium-sized enterprise as to a multinational. The book outlines the history and future of Corporate Community Involvement, explaining the business context and why companies need to manage their programs strategically. It also distinguishes between the growing lexicon of terminologies and provides clear definitions of terms such as "philanthropy", "sponsorship", "Corporate Citizenship", "Corporate Responsibility" and "Sustainability", advising when they are appropriate and how each can add value to corporate activities. This will be an indispensible resource for those working at the interface between business and the community. New or developing practitioners will learn from both the successes and failures of those before them. Representatives from other sectors, notably government, international agencies, NGOs, and academia, will come to understand companies' internal requirements for cross-sector collaboration programs in the community better. And students interested in this field will be better equipped to start careers.

The NetBeans Platform is the world's only modular Swing application framework, used by very large organizations in mission-critical scenarios, such as at Boeing and Northrop Grumman, as well as in the financial sector and in the oil/gas industry. For these large customers in enterprises who are increasingly interested in Maven and OSGi, the book will have particular relevance. The Definitive Guide to NetBeansTM Platform 7 is a thorough and authoritative introduction to the open-source NetBeans Platform, covering all its major APIs in detail, with relevant code examples used throughout. Provides a completely updated definitive guide to the NetBeans Platform, using the latest APIs, coding patterns, and methodologies. Focuses strongly on business features in an application, since Oracle's customers are particularly interested in business-related aspects. For example, how to use OSGi, how to add authentication/security, how to monetize from a modular application. The original German book on which this title is based was well received. The NetBeans Platform Community has put together this English translation, which covers the latest NetBeans Platform 7 APIs. With an introduction by known NetBeans Platform experts Jaroslav Tulach and Tim Boudreau, this is the most up-to-date book on this topic at the moment. All NetBeans Platform developers will gain something from this book, because several topics in the book have not been documented anywhere else.

Widely recognised as a leading practical handbook on coaching, The Coaching Manual combines an understanding of coaching principles, skills, attitudes and behaviours, along with practical guidance and a comprehensive tool kit for coaches. The Coaching Manual demystifies the full coaching process, from first step to final meeting. This is the complete guide to coaching and includes: models, perspectives, skills, case studies, tips and advice.

REALbasic is a powerful yet easy-to-learn programming environment for the Macintosh, including Mac OS X. Using REALbasic, even novice programmers can create interfaces in minutes, and can generate entire, compiled applications for Mac and Windows without having to learn a complicated language. In REALbasic, you work in an intuitive and easy-to-use IDE (Integrated Development Environment) that accesses a powerful object-oriented version of the BASIC programming language. REALbasic : The Definitive Guide, Second Edition provides complete coverage of REALbasic 3,2,1 and later as well as a thorough introduction to the major concepts of object-oriented programming. This book takes the reader from

zero knowledge of programming to the ability to program every aspect of REALbasic. The book is divided into three main sections : Part 1, Fundamentals, provides a detailed and comprehensive summary of the language. It quickly shows you how to think about programming and how to accomplish your goals in less time. Part 2, User Interface, details the rich classes and predefined tools that make life so much easier for the REALbasic programmer, including such familiar components of the visual arsenal as windows, buttons, and editable text fields. Part 3, Reaching Out, rounds out the book with comprehensive coverage of internet communications, multimedia, animation, and more. A new appendix, Growing an Application, takes readers through the stop-by-stop process of building an example application, which offers a glimpse into the author's own style of programming, complete with example code, expert tips, and practical advice. The first edition of REALbasic : The Definitive Guide was the winner of the 2000 Cubie award, given by REAL Software, in the category REALbasic Advocate of the Year. The book also won the Book Bytes award as best Mac programming book of 2000. REALbasic : The Definitive Guide, Second Edition is the essential reference for the expanding legion of Mac users who are discovering the power and flexibility of this programming environment. This edition has been completely rewritten to cover Mac OS X, to reflect new features of REALbasic Version 3, and to respond to readers'suggestions.

In late 2016, internationally acclaimed blogger and podcaster Chris Ducker coined the term "Youpreneur" to describe the rise of the personal brand entrepreneur, a new business model that very few people saw coming. Since then, the Youpreneur has risen to the top across sectors. A Youpreneur transcends the old rules of business and builds a sustainable business from the foundation of their experience, interests, and personality--their personal brand. Youpreneurs draw an engaged, loyal audience even as they pursue varying, changing interests. They play by their own rules, and they reap the benefits. Ready to pivot for the last time, guarantee the success of your business, and become the go-to leader in your industry? Chris Ducker will show you how to develop the Business of You and build a future-proof business model.

Corporate Community Involvement
Distributed Data at Web Scale
Build Your Personal Brand
The Objective Structured Clinical Examination As a Performance Assessment
Your definitive guide to the perfect interview
Copenhagenize
AppleScript
The Real Vitamin & Mineral Book
The Definitive Guide to Personal Area Networks
The definitive guide to business startup success