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KEY=ENGINEERING - HESS RICHARD

Contemporary Engineering Economics, Global Edition

Pearson Higher Ed For courses in engineering and economics Comprehensively blends engineering concepts with economic theory Contemporary Engineering Economics teaches engineers how to make smart financial decisions in an effort to create economical products. As design and manufacturing become an integral part of engineers' work, they are required to make more and more decisions regarding money. The 6th Edition helps students think like the 21st century engineer who is able to incorporate elements of science, engineering, design, and economics into his or her products. This text comprehensively integrates economic theory with principles of engineering, helping students build sound skills in financial project analysis. The full text downloaded to your computer With eBooks you can: search for key concepts, words and phrases make highlights and notes as you study share your notes with friends eBooks are downloaded to your computer and accessible either offline through the Bookshelf (available as a free download), available online and also via the iPad and Android apps. Upon purchase, you'll gain instant access to this eBook. Time limit The eBooks products do not have an expiry date. You will continue to access your digital ebook products whilst you have your Bookshelf installed.

Contemporary Engineering Economics

Prentice Hall Contemporary Engineering Economics, 5/e, is intended for undergraduate engineering students taking introductory engineering economics while appealing to the full range of engineering disciplines for which this course is often required: industrial, civil, mechanical, electrical, computer, aerospace, chemical, and manufacturing engineering, as well as engineering technology. This edition has been thoroughly revised and updated while continuing to adopt a contemporary approach to the subject, and teaching, of engineering economics. This text aims not only to build a sound and comprehensive coverage of engineering economics, but also to address key educational challenges, such as student difficulty in developing the analytical skills required to make informed financial decisions.

Fundamentals of Engineering Economics

Pearson Prentice Hall This work offers a concise, but in-depth coverage of all fundamental topics of engineering economics.

Advanced Engineering Economics

John Wiley & Sons Advanced Engineering Economics, Second Edition, provides an integrated framework for understanding and applying project evaluation and selection concepts that are critical to making informed individual, corporate, and public investment decisions. Grounded in the foundational principles of economic analysis, this well-regarded reference describes a comprehensive range of central topics, from basic concepts such as accounting income and cash flow, to more advanced techniques including deterministic capital budgeting, risk simulation, and decision tree analysis. Fully updated throughout, the second edition retains the structure of its previous iteration, covering basic economic concepts and techniques, deterministic and stochastic analysis, and special topics in engineering economics analysis. New and expanded chapters examine the use of transform techniques in cash flow modeling, procedures for replacement analysis, the evaluation of public investments, corporate taxation, utility theory, and more. Now available as interactive eBook, this classic volume is essential reading for both students and practitioners in fields including engineering, business and economics, operations research, and systems analysis.

Basics of Engineering Economy

Second Edition

McGraw-Hill Higher Education This text covers the basic techniques and applications of engineering economy for all disciplines in the engineering profession. The writing style emphasizes brief, crisp coverage of the principle or technique discussed in order to reduce the time taken to present and grasp the essentials. The objective of the text is to explain and demonstrate the principles and techniques of engineering economic analysis as applied in different fields of engineering. This brief text includes coverage of multiple attribute evaluation for instructors who want to include non-economic dimensions in alternative evaluation and the discussion of risk considerations in the appendix, compared to Blank's comprehensive text, where these topics are discussed in two unique chapters.

Engineering Economy

McGraw-Hill College This student-friendly text on the current economic issues particular to engineering covers the topics needed to analyze engineering alternatives. Students use both hand-worked and spreadsheet solutions of examples, problems and case studies. In this edition the options have been increased with an expanded spreadsheet analysis component, twice the number of case studies, and virtually all new end-of-chapter problems. The chapters on factor derivation and usage, cost estimation, replacement studies, and after-tax evaluation have been heavily revised. New material is included on public sector projects and cost estimation. A reordering of chapters puts the fundamental topics up front in the text. Many chapters include a special set of problems that prepare the students for the Fundamentals of Engineering (FE) exam. This text provides students and practicing professionals with a solid preparation in the financial understanding of engineering problems and projects, as well as the techniques needed for evaluating and making sound economic decisions. Distinguishing characteristics include learning objectives for each chapter, an easy-to-read writing style, many solved examples, integrated spreadsheets, and case studies throughout the text. Graphical cross-referencing between topics and quick-solve spreadsheet solutions are indicated in the margin throughout the text. While the chapters are progressive, over three-quarters can stand alone, allowing instructors flexibility for meeting course needs. A complete online learning center (OLC) offers supplemental practice problems, spreadsheet exercises, and review questions for the the Fundamentals of Engineering (FE) exam.

Engineering Economic Analysis

Engineering Economic Analysis

Praised for its accessible tone and extensive problem sets, this trusted text familiarizes students with the universal principles of engineering economics. This essential introduction features a wealth of specific Canadian examples and has been fully updated with new coverage of inflation and environmental stewardship as well as a new chapter on project management.

Fundamentals of Economics for Applied Engineering

CRC Press An easy-to-follow contemporary engineering economics text that helps making sound economic decisions without advanced mathematics. This one-semester introduction to the fundamentals of engineering economics provides an overview of the basic theory and mathematics underlying operational business decisions that engineering technology, engineering, and industrial technology students will face in the workplace. A basic knowledge of economics empowers a manager to balance costs with production. This new edition of Fundamentals of Economics for Engineering Technologists and Engineers is written in plain language. Concepts have been simplified and kept straightforward with an emphasis on "how to apply" economic principles. Practical examples as a tool for managing business data and giving detailed analysis of business operations. throughout the text make good use of Microsoft Excel templates, provided on the book's companion website, for students. Chapter-end exercises provide discussion and multiple-choice questions along with numerical problems, and a solutions manual and instructor resources is given for adopting instructors.

Fundamentals of Engineering Economics

Prentice Hall For Engineering Economics courses, found in departments of Industrial, Civil, Mechanical, and Electrical Engineering. New from the author of the best-selling Contemporary Engineering Economics text, Fundamentals of Engineering Economics offers a concise, but in-depth coverage of all fundamental topics of Engineering Economics.

ENGINEERING ECONOMICS

PHI Learning Pvt. Ltd. Designed as a textbook for undergraduate students in various engineering disciplines—Mechanical, Civil, Industrial Engineering, Electronics Engineering and Computer Science—and for postgraduate students in Industrial Engineering and Water Resource Management, this comprehensive and well-organized book, now in its Second Edition, shows how complex economic decisions can be made from a number of given alternatives. It provides the managers not only a sound basis but also a clear-cut approach to making decisions. These decisions will ultimately result in minimizing costs and/or maximizing benefits. What is more, the book adequately illustrates the concepts with numerical problems and Indian cases. While retaining all the chapters of the previous edition, the book adds a number of topics to make it more comprehensive and more student friendly. **What's New to This Edition**

- Discusses different types of costs such as average cost, recurring cost, and life cycle cost.
- Deals with different types of cost estimating models, index numbers and capital allowance.
- Covers the basics of nondeterministic decision making.
- Describes the meaning of cash flows with probability distributions and decision making, and selection of alternatives using simulation.
- Discusses the basic concepts of Accounting.

This book, which is profusely illustrated with worked-out examples and a number of diagrams and tables, should prove extremely useful not only as a text but also as a reference for those offering courses in such areas as Project Management, Production Management, and Financial Management.

Fundamentals of Engineering Economic Analysis

John Wiley & Sons Fundamentals of Engineering Economic Analysis offers a powerful, visually-rich approach to the subject—delivering streamlined yet rigorous coverage of the use of economic analysis techniques in engineering design. This award-winning textbook provides an impressive array of pedagogical tools to maximize student engagement and comprehension, including learning objectives, key term definitions, comprehensive case studies, classroom discussion questions, and challenging practice problems. Clear, topically—organized chapters guide students from fundamental concepts of borrowing, lending, investing, and time value of money, to more complex topics such as capitalized and future worth, external rate of return, depreciation, and after-tax economic analysis. This fully-updated second edition features substantial new and revised content that has been thoroughly re-designed to support different learning and teaching styles. Numerous real-world vignettes demonstrate how students will use economics as practicing engineers, while plentiful illustrations, such as cash flow diagrams, reinforce student understanding of underlying concepts. Extensive digital resources now provide an immersive interactive learning environment, enabling students to use

integrated tools such as Excel. The addition of the WileyPLUS platform provides tutorials, videos, animations, a complete library of Excel video lessons, and much more.

Forty Centuries of Wage and Price Controls

How Not to Fight Inflation

Ludwig von Mises Institute The Mises Institute is thrilled to bring back this popular guide to ridiculous economic policy from the ancient world to modern times. This outstanding history illustrates the utter futility of fighting the market process through legislation. It always uses despotic measures to yield socially catastrophic results. It covers the ancient world, the Roman Republic and Empire, Medieval Europe, the first centuries of the U.S. and Canada, the French Revolution, the 19th century, World Wars I and II, the Nazis, the Soviets, postwar rent control, and the 1970s. It also includes a very helpful conclusion spelling out the theory of wage and price controls. This book is a treasure, and super entertaining!

Heartbreak on a Stick

Sabrina York When A-List movie star Jason Sherwood returns to the hometown that once rejected him, he has one goal in mind: Getting revenge on the woman who broke his heart so many years ago. But when he discovers his assumptions about her were wrong, he only wants to win her back. Hopefully, it's not too late. Gina Fox has always pined for her high school lover...and now he has returned, turning her world upside down. But life isn't as simple now as it was then. And she can't get over the fact that Jason walked away from her without a word. When he launches a sultry seduction, she tries, with everything in her, to resist...because at his core, Jason is nothing but heartbreak on a stick.

The Litigants

Dr. Dropo's Juggling Buffoonery

Piccadilly Books, Ltd. People who want to develop an act for birthday parties or street corners will find this book a blessing. Easy-to-follow directions on how to juggle, manipulate cigar boxes, do balancing tricks, and become an hilariously funny juggler. Contains 25 complete comic juggling routines. Simple enough for beginners, funny enough for professionals.

Alone In Vietnam

Robert B Boyd Jr

Engineering Economics

Financial Decision Making for Engineers

Engineering Economics: Financial Decision Making for Engineers is designed for teaching a course on engineering economics to match engineering practice today. It recognizes the role of the engineer as a decision maker who has to make and defend sensible decisions. Such decisions must not only take into account a correct assessment of costs and benefits, they must also reflect an understanding of the environment in which the decisions are made. The 5th edition has new material on project management in order to adhere to the CEAB guidelines as well the new edition will have a new spreadsheet feature throughout the text.

Tomorrow's Heroes

For People in Pursuit of a Difficult Dream

Tomorrow's Heroes is a multimedia project designed to offer support and encouragement to people in pursuit of a difficult dream. Think of it as a toolkit to carry with you on your journey. The audio CD or song downloads are sold separately from the book. Songs may be heard on for free SoundCloud.com or purchased on Amazon.com. Search for Lou Heffernan.

Shifting Gears: A Brain-Based Approach to Engaging Your Best Self

Rose translates the best from brain-based research into practical skills and strategies anybody can use. Field-tested on more than 100,000 people, these core concepts really work to reduce stress, manage anger, and improve relationships.

Informationalism

Computer Systems and the Values of Triple Surplus Labor

Nevertheless, as computer engineering organizations demanded more growth from the production process, they initiated a transformation of the production infrastructure by creating multitasking production devices, automation and internet communication. This production infrastructure was comprised by 4 new components: (1) Waterfall was changed to the Iterative production framework method, (2) single function base production devices were changed to multifunctional production devices, (3) singular specialization based Division of Labor forces were changed to multifunctional based Division of Labor forces, and finally, (4) the manual individual based production process became a multitasking based production process. This was followed by a transformation of the hierarchy management infrastructure to a macro-matrix management infrastructure, along with the replacement of the pyramid organizational structure with the upside-down and linear organizational structure.

Reducing Global Road Traffic Tragedies

The Lost History of Success in the Rich World Now Urgently Needed in Developing Nations

Road traffic crashes in low- and middle-income countries have claimed over a million lives, and caused upwards of 20 million injuries, every year for over a decade. The UN and the WHO have been unsuccessful in reducing this tragedy. This book provides practical and prioritized recommendations of what to do now in low- and middle-income countries.

Jobs of Our Own

Building a Stake-holder Society : Alternatives to the Market and the State

Comerford & Miller This study works from the premise that there is little enthusiasm today for massive state ownership, and no trust in the alternative of unbounded capitalism. Third Way proposals have often turned out to be no less sterile.

Hidden in Plain Sight: the Hermann Klein Phono-Vocal Method Based Upon the Famous School of Manuel Garcia

Daniel James Shigo The legendary singing method of Manuel Garcia as illuminated by his student Hermann Klein. Written in New York City with accompanying gramophone recordings, Klein's "lost" manual reappears after more than a century with a new introduction that highlights its importance for modern teachers and students of singing."

Tropical Depression

CreateSpace "As enjoyable as a day at the beach." That's how USA TODAY summed up this hilarious and big-hearted romp in the Florida sunshine. When Murray Zemelman, a.k.a. The Bra King, pops another Prozac and heads to the Keys, he has nothing much in mind beyond a quixotic hope of winning back his first wife, Franny, whom he dumped years before. But when he forms an unlikely friendship with Tommy Tarpon, the last remaining member of an obscure Indian tribe, another plan also starts shaping up in his fevered brain. Why not open up Key West's first casino? Why not? Well, how about because the Mafia, in league with some of the nastiest politicians you will ever meet, is determined to kill anyone who tries? Somehow, Murray, Tommy, and Franny didn't think of that until they were in way too deep. Laugh along as they improvise a manic and ever more desperate campaign to keep their casino dreams--and themselves--alive.

SQL Bootcamp

Learn the Basics of SQL Programming in 2 Weeks

Createspace Independent Publishing Platform Want To Master The Basics Of SQL Programming In A Short Period? If so, you're in the right place! This book is exactly what you need. Plus FREE Bonus Material. If you've wanted to learn how to program using SQL you have probably thought it was a difficult and long process. This is actually not the case at all. SQL can be an extremely easy and straightforward process. The days of searching countless websites to find what you're looking for are over. With this book you will have everything you could possibly need, all in one place! What This Book Will Give You: SQL Basics For Beginners This book will take the process of programming and break it down into straightforward simple steps that anyone can follow along to. The Different Types Of Data This book will present all of the important data you need to know and will walk you through how to use it. The Common Errors This book will show you the most common errors you will experience and how to fix them and avoid them all together. What You Will Learn: The basics of SQL Normal vs Interactive mode How to create programs What are variables and strings How to use variables and strings The fundamental concepts SQL sequences What are lists The different types of data Mutable and immutable objects The most common errors and how to handle them And much more! All of this information will be presented to you in easy to understand, straightforward steps. For anyone starting out, this is your best option to learn SQL in a quick period of time. Try it out for yourself.

You won't be disappointed. Now it's time for you to start your journey into SQL programming! Click on the Buy Now button above and get started today! I look forward to hearing about your success!

Living Beyond the Waves

Living Beyond the Waves is a poetry collection unlike any other It contains poems that are part memoir and part journey towards acceptance. They are Wolf's attempt to find a life beyond disease or disability. The poems contained within deal with Wolf accepting all part of himself, even those he has no control over. They are a testament to the strength of the human spirit. The poems show us that whatever life throws at us, with courage anything is possible. With unflinching honesty, Wolf talks about disease, sexuality, physical disability and the healing power of love.

The Global Financial Crisis Is Not Financial

Createspace Independent Pub The solution is shown on page 239. Rest of the book is a step-by-step logical progression to the solution. Why? Last century has seen many crisis unfold, but the learning from them had not been applied to make our system, safer and secured. According to the author, the prevailing Financial Crisis resulted from a poor quality of information, running the global financial system. The author uses the 'information asymmetry' and 'information lifecycle' to put forth his argument. As this book extracts learning from this crisis, it explains how financial sector and other businesses can apply the concept of 'High Quality of Information' to run a 'crisis-proof- business. In this book, the author constructs the global financial architecture, that can resist crises in future. So, are we more wiser, living through the current crisis? What can the non-financial sector learn from this crisis? Make an assessment for yourself, using the C(X)O checklist at the end of the book.

Winter Interlude

Createspace Independent Publishing Platform Do you remember your mother telling you when you were little that you'd never meet Mr. Right if you were spending all your time and energy with Mr. Wrong? And what about the book out a few years ago that created such a hoopla with the single crowd – He's Just Not That Into You? The two main characters in Winter Interlude either didn't heed their mother's advice or haven't read the book. Now, add into the plot that the two in question are enemies who regularly run into each other, given their current relationships. Paul Morrison, a hunky, blond, financial planner, has been putting time and energy

into winning the heart of Kate Winter's best friend for almost as long as Kate, a strong willed antiques dealer, has been dating James Morrison, Paul's brother. The sparks start to fly when the two get stuck together for a three-hour drive to the mountains and years of misconceptions about each other are slowly being wiped out. It is in the confines of the BMW that the two begin their journey, taking them from being mortal enemies to lovers. Winter Interlude tells the story of their adventure - of how they finally find love. Kate and Paul's story is the first one in a series of four friends caught in a time warp. They can't move on because they are stuck on their idea of their perfect dreams. But sometimes life works in mysterious ways and they are all forced by circumstances to change.[Show More](#)
[Show Less](#)

Solving Separation Anxiety

Over 77 Savvy Solutions for Herd-Bound Behavior

Createspace Independent Publishing Platform The book begins with an educational theory guide, to help deepen your understanding of why your horse is acting the way he does and what his motivating factors are. Following the theory guide are over 77 Solutions for herd bound behavior. Included in these solutions are exercises divided into sections individualized to how your horse is kept; Stall, Pasture, Pair bonded, etc. It also includes strategies for riding, Emergency "In the moment" solutions and pages to record your progress on. These strategies can be used with each member of the herd, this is most valuable in situations where a single buddy horse is left behind. By using the exercises, programs and approaches you can create horses that are more self confident and able to be separated with more ease and relaxation. I am incredibly excited to get this information in the hands of horse lovers who struggle with this frustrating and destructive issue! There is nothing more peaceful then hearing horses munching on grass instead of screaming for their herd mate!

The Soul of the Nurse

Createspace Independent Pub The nurse is central to healthcare and has always been the most prominent figure in times of vulnerability throughout the life cycle. The Soul of the Nurse uncovers the complexity of the nurse by tracing her origins as far back as Neolithic times. The author explains how, over time, the nurse image has been split into one-dimensional disguises ranging from angelic heroine to sex object. Without moralizing or dividing the good from the bad, this book investigates the dynamic energy of the

nurse archetype and uncovers what has been lost through splits, repressions, and distortions. Mythology, folklore, archeology, and popular culture are explored, while considering history and archetypal psychology, revealing new insights into the vast capacities of the nurse. Through personal and collective stories, The Soul of the Nurse reveals why the nurse captivates the imagination and is the most trusted professional in society.

Memoirs of a Muppets Writer

(You Mean Somebody Actually Writes That Stuff?)

In his 20 year affiliation with Jim Henson's Muppets Joseph A. Bailey was a staff writer on both Sesame Street and The Muppet Show. He also co-wrote the television specials Big Bird in China, Christmas Eve on Sesame Street and Rocky Mountain Holiday, starring John Denver and the Muppets on location in Aspen, Colorado. Additionally, Mr. Bailey wrote Sesame Street song lyrics, albums, five 90-minute Sesame Street Live! musicals, Muppet Business Meeting Films and special material for Big Bird's appearances in the White House and Carnegie Hall. The Muppet Show guest stars he wrote for include George Burns, Bob Hope, Steve Martin, Rudolf Nureyev, John Cleese, Milton Berle and Peter Sellers. For his writing, Mr. Bailey has garnered 5 Emmys, 3 Emmy nominations, a Writers Guild of America Award and a George Foster Peabody Award. Mr. Bailey lives in Manhattan with his wife, Gail. He indulges in occasional long-distance motorcycle trips and claims to speak French and play piano to the equal amusement of others.

Good Vibrations

Overcoming Spasmodic Dysphonia

Every Word Publishing Good Vibrations is my story of how I had my voice restored to functional use. It is a step by step account of the exercises I did, and the fears I encountered. It also contains email correspondence of two people who were diagnosed with SD and I instructed each of them in the exercises by email with their voices being improved.

Remember Who You Truly Are

Createspace Independent Publishing Platform This book will help you to remember who you truly are, and to be your true, authentic self, in its entirety, to unlock the beautiful spirit and essence of you. You have a soul mission: it's time to wake up to it and fulfill your destiny and be everything you ever dreamed of being, your soul and spirit self really are, unafraid to shine in a world that all too often might seem might seek to undermine or limit you...You are filled with infinite possibilities and great gifts. Many of us are waking up from the illusion of fear, lower consciousness and vibration that we have been trapped in. Though times may be dark, the light can prevail and by holding on to our dreams and visions, we will emerge with a higher consciousness. We will shed all the restrictions of the past, and break the chains of the judgmental and fear-based systems which have ruled and limited our lives in so many ways, to take a jump and leap of faith and really be the full expression of our unique and special souls. "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul.... I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure" "What a beautiful book; one that touches you and works on so many levels." "It doesn't matter where you are on your journey, in this book you will find something new, something to remind you of who and where you are, why you are following the path you have chosen and affirmation that you are not alone, the Universe is always supporting you. I found the book easy to read, to me the energy of the words just flow off the page, and hit the spot. Read it from cover to cover, dip in and out, the choice is yours and the book supports you in what ever way you wish to connect with it. Bursting with information and and workable ways to experiment and include in your spiritual practice. Sally has worked really hard to make this work appeal to as wider audience as possible and I feel she has pulled it off with a flourish. Well done Sally, when's the next one?" "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul and I felt curiously emotional. I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure & refer to when I am in need of uplifting"

Snow Buster

CreateSpace For ages 3 to 5 years. With the city blanketed in a deep snow, Ryan's dad is worried about how he will get to work. However, four year old, Ryan, knows just what to do. With the help of his snow blower, snowplow, dump truck, front loader, and a train, he clears the streets so that his dad can safely get to work.

Running, Winning, Serving

The Candidate's Guide to Local Elections

Createspace Independent Publishing Platform When you're running for local office for the first time, there are plenty of mistakes you can make. The good thing is that you're not the first person ever to face the challenges of running for office - even though sometimes it might seem like it. In this book, Craig W. Turner collects stories, advice, warnings and best practices from local candidates from around the country who have been there and done that. They've already seen what you're about to see, and they've generously shared their experiences for the benefit of you and other first-time candidates for local office. This is no poli-sci class. This is "in the trenches" life experience. Everyone interviewed for this book as part of The Campaign Coach Podcast, has run and won at least one election. Some are now retired, some have moved on to higher office, and some are still serving in the capacity we discussed in their interview. In these pages, you will find insights that no guidebook or online course can give you - they will inspire you, and scare you, and motivate you and smack you in the face with a reality check. But, they will also make you a stronger candidate. Whether it's talking with voters, fundraising, understanding local government policy, promoting your candidacy or even knowing how to best serve your community, learning from these people's experiences - and avoiding mistakes that they've already made for you - will give you a leg up on any opponent.

Altered America

Martinus Publishing 21 exciting tales of Alternate History! What if fate had turned out differently in these United States? What if the Louisiana Purchase never happened? What if George Washington had been a Loyalist? What if a billionaire cloned the Founding Fathers? What if the Vikings had settled North America? What if the Apollo 11 moon landing had failed? These and many other scenarios are explored in Altered America! Featuring stories by Jackson Kuhl, Dan Gainor, Bruno Lombardi, Edmund Wells, Sam Kepfield, Brad Hafford, Erik Bundy, Dusty Wallace, Owen Morgan, Ryan McCall, Jason Sharp, Sean Menken, William R.D. Wood, Jeff Provine, James S. Dorr, Martin T. Ingham, Lauren A. Forry, Cyrus P. Underwood, Charles Wilcox, and Philip Overby.

Blood Pressure

Blood Pressure Solution: the Step-by-Step Guide to Lowering High Blood Pressure the Natural Way in 30 Days! Natural Remedies to Reduce Hypertension Wi

Createspace Independent Publishing Platform A Proven Step-By-Step Process to Controlling and Lowering Blood Pressure Without Prescription Medication Start Lowering Your Blood Pressure Now - The Natural Way INCLUDES 3 BONUSES! (DASH Diet Recipes, Juicing Recipes, and 5 Secret Supplements) This book provides you with all the knowledge and strategies you can take to prevent, control, and lower high blood pressure - from adopting healthy lifestyle modifications and understanding dietary requirements, to using natural remedies! By the end of this comprehensive guide, you will: - Understand the causes of high blood pressure and it affects your body and health. - Know how to measure your own blood pressure. Be aware of the risk factors associated with high blood pressure. - Know how to control and reduce your blood pressure. - Know how to incorporate lifestyle changes that can lower your blood pressure. - Know how to treat high blood pressure once you have been diagnosed. - Be able to develop a nutritious and balanced diet plan! - Be able to develop an exercise program, lose weight and stay healthy! - Know how to manage stress healthily, practice relaxation and other mind-body therapies. - Know what substances and medications to avoid. Understand dietary electrolytes and how they can help stabilize your blood pressure. - Know what natural remedies can be used to reduce blood pressure. - Be able to reduce your blood pressure and improve your health and wellbeing for the long-term! - And much more! All of this is presented with clear and easy-to-follow steps. Guidelines, exercise and eating plans are provided to make sure you are on track to lowering your blood pressure and improving your health for the long-term! Get Started Now and Finally Take Complete Control of Your Health!

Slave to the Trade

Createspace Independent Pub In this gritty urban novel, a pimp named Anthony Davis (AD) and police officer George Pratt wage war with one another on the rain-slicked streets of Seattle. Slave to the Trade is packed with jaded cops, wannabe pimps, hardened prostitutes, gangbanging drug dealers, and several down-and-out drug addicts. The sad but true reality of the streets has never been painted so clearly and colorfully. The novel begins in a police station where Detective Pratt is pestered by the rookie partner about a mysterious piece of paper with a single calendar date on it that has been hanging on the wall for years. Now that the date has arrived, Pratt decides to finally divulge its meaning. He explains that a pimp named AD is being released from prison and needs to be tracked down and watched. When the rookie asks for further information, Pratt becomes irritated and evasive...making it apparent that the beef between the two men would remain a mystery until a later time. Upon his release, AD returns to his former stomping grounds and finds that the power structure of the game has changed dramatically. Where he was once a shot caller, the gangbangers are now firmly in control. AD does his best to make headway with the youngsters, but one of them just so happens to be an aspiring wannabe pimp and decides that AD is a threat that needs to be dealt with. Meanwhile, the mystery of AD and Pratt's past grows in intensity as the rookie and the veteran cruise the streets watching the pimp's every move. However, things get forced to a head when a young runaway girl turns up working the streets. Sadly, without her consent or knowledge, the young girl becomes a pawn in AD and Pratt's personal war of wills. Steamy, gritty, and violent, Slave to the Trade is a work of urban fiction that brims with authenticity. The spitfire dialogue drives the intricate plot as the manipulative pimp and jaded cop head for an inevitable collision that will shake the street game to its very foundation.

Engineering Economy