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KEY=USER - SWANSON ROLAND

COMPLEX MAGAZINE AND GUIDE

ELECTRONICS BUYING GUIDE

THE PEOPLE'S GUIDE TO MEXICO

Avalon Travel Over the past 35 years, hundreds of thousands of readers have agreed: This is the classic guide to "living, traveling, and taking things as they come" in Mexico. Now in its updated 14th edition, The People's Guide to Mexico still offers the ideal combination of basic travel information, entertaining stories, and friendly guidance about everything from driving in Mexico City to hanging a hammock to bartering at the local mercado. Features include: • Advice on planning your trip, where to go, and how to get around once you're there • Practical tips to help you stay healthy and safe, deal with red tape, change money, send email, letters and packages, use the telephone, do laundry, order food, speak like a local, and more • Well-informed insight into Mexican culture, and hints for enjoying traditional fiestas and celebrations • The most complete information available on Mexican Internet resources, book and map reviews, and other info sources for travelers

KIPLINGER'S PERSONAL FINANCE

KIPLINGER'S PERSONAL FINANCE MAGAZINE

GPS MAPPING

MAKE YOUR OWN MAPS

This is the only comprehensive guide to mapping software that clearly explains how to interface your GPS receiver with your computer to create maps, annotate aerial photos, and even create 3-D maps. It includes where to find free software and maps, how to use aerial photos and satellite imagery, and how to view your favorite backcountry locations in 3-D. It brings sophisticated features once available only to professional cartographers within reach, at low cost or even free, to everyone who loves maps. Readers will discover how to make maps for free, download aerial photos, create and customize their own maps, use hidden tips and tricks, reduce the learning curve and get mapping right away, locate trailheads using a real-time moving map on a laptop or PDA, and how to best transfer information between a GPS, computer, and electronic maps.

2021 THE A.T. GUIDE

A HANDBOOK FOR HIKING THE APPALACHIAN TRAIL

Since 2010, The A.T. Guide, a.k.a. "The Awol Guide," has been the guidebook of choice for hikes of any length on the Appalachian Trail. The book contains thousands of landmarks such as campsites, water sources, summits and gaps. The trail's elevation profile is included and every landmark is aligned to the profile. Hikers using this guide know where they are on the trail, what views, streams and campsites are ahead, and whether they'll be hiking uphill or downhill to get there. The A.T. Guide answers all of your questions about how to get rides, where to stay, and where to get supplies. There are 94 maps of towns on or near the trail showing where to find these services and detailed listings for businesses. The A.T. Guide is the most innovative trail guidebook ever developed.

RUN WITH POWER

THE COMPLETE GUIDE TO POWER METERS FOR RUNNING

VeloPress RUN WITH POWER is the groundbreaking guide you need to tap the true potential of your running power meter. From 5K to ultramarathon, a power meter can make you faster—but only if you know how to use it. Just viewing your numbers is not enough; you can only become a faster, stronger, more efficient runner when you know what your key numbers mean for your workouts, races, and your season-long training. In Run with Power, TrainingBible coach Jim Vance offers the comprehensive guide you need to find the speed you want. Run with Power demystifies the data and vocabulary so you can find and understand your most important numbers. You'll set your Running Power Zones so you can begin training using 8 power-based training plans for 5K, 10K, half-marathon, and marathon. Vance shows you how you can compare wattage, heart rate, pace, and perceived exertion to gain the maximum insight into your performances, how you respond to training, and how you can train more effectively. Run with Power will revolutionize how you train and race. Armed with Vance's guidance, you can train more specifically for races, smooth your running technique, accurately measure your fitness, predict a fitness plateau, monitor injuries, know exactly how hard you're training, get more fitness from every workout, recover fully, perfect your tapers, warm up without wasting energy, pace your race on any terrain, know when to open the throttle, and create an unprecedented picture of yourself as an athlete. If you're just glancing at the number on your wrist or computer monitor, you've got a lot more speed potential. Knowledge is power and understanding your power numbers can open the gate to new methods and new PRs. Run with Power introduces the use of power meters to the sport of running and will show you how to break through to all-new levels of performance. Key concepts explored in Run with Power: 3/9 Test, 30-minute Time Trial Test, Running Functional Threshold Power (rFTPw), Running Functional Threshold Pace (rFTPp), Averaged and Normalized Power (NP), Intensity Factor (IF), Peak Power, Variability Index, Efficiency Index (EI), speed per watt, Vance's Power Zones for Running, Training Stress Score (TSS), and Periodization with Power. Includes 6 testing methods and 8 power-based training schedules and workouts for 5K, 10K, half-marathon, and marathon.

TWIN CITIES NOIR

THE EXPANDED EDITION

Akashic Books "Local editors Schaper and Horwitz have assembled a noteworthy collection of noir-infused stories mixed with laughter...The Akashic noir short-story anthologies are avidly sought and make ideal samplers for regional mystery collecting." --Library Journal "The best pieces in the collection turn the clichés of the genre on their head . . . and despite the unseemly subject matter, the stories are often surprisingly funny." —City Pages (Minneapolis) Brand-new stories from John Jodzio, Tom Kaczynski, and Peter Schilling, Jr., in addition to the original volume's stories by David Housewright, Steve Thayer, Judith Guest, Mary Logue, Bruce Rubenstein, K.J. Erickson, William Kent Krueger, Ellen Hart, Brad Zellar, Mary Sharratt, Pete Hautman, Larry Millett, Quinton Skinner, Gary Bush, and Chris Everheart. "St. Paul was originally called Pig's Eye's Landing and was named after Pig's Eye Parrant--trapper, moonshiner, and proprietor of the most popular drinking establishment on the Mississippi. Traders, river rats, missionaries, soldiers, land speculators, fur trappers, and Indian agents congregated in his establishment and made their deals. When Minnesota became a territory in 1849, the town leaders, realizing that a place called Pig's Eye might not inspire civic confidence, changed the name to St. Paul, after the largest church in the city . . . Across the river, Minneapolis has its own sordid story. By the turn of the twentieth century it was considered one of the most crooked cities in the nation. Mayor Albert Alonzo Ames, with the assistance of the chief of police, his brother Fred, ran a city so corrupt that according to Lincoln Steffans its 'deliberateness, invention, and avarice has never been equaled.' As recently as the mid-'90s, Minneapolis was called 'Murderopolis' due to a rash of killings that occurred over a long hot summer . . . Every city has its share of crime, but what makes the Twin Cities unique may be that we have more than our share of good writers to chronicle it. They are homegrown and they know the territory--how the cities look from the inside, out . . ."

BE EXPERT WITH MAP AND COMPASS

Read Books Ltd Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

ELEVATION BASED CORNEAL TOMOGRAPHY

JP Medical Ltd This book is a concise guide to elevation based tomographic imaging for ophthalmologists and cataract surgeons. Beginning with an introduction and overview of its evolution, the following chapters explain how to understand and interpret the data presented. Various procedures for different conditions are discussed, including the use of Pentacam for cataract disorders. With contributions from internationally renowned authors, this new edition includes more than 200 colour images and illustrations. The final section is a glossary of important terminology.

ROAD & TRACK

TRAINING AND RACING WITH A POWER METER, 2ND ED.

VeloPress Hunter Allen and Andy Coggan, PhD have completely revised the book that made power meters understandable for amateur and professional cyclists and triathletes.

Power meters have become essential tools for competitive cyclists and triathletes. No training tool can unlock as much speed and endurance as a power meter--for those who understand how to interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics. Training and Racing with a Power Meter makes it possible to exploit the incredible usefulness of the power meter by explaining how to profile strengths and weaknesses, measure fitness and fatigue, optimize workouts, time race readiness, and race using power. This new edition: Enables athletes to predict future performance and time peak form Introduces fatigue profiling, a new testing method to pinpoint weaknesses Includes two training plans to raise functional threshold power and time peaks for race day Offers 75 power-based workouts tuned for specific training goals This updated edition also includes new case studies, a full chapter on triathlon training and racing, and improved 2-color charts and tables throughout. Training and Racing with a Power Meter, will continue to be the definitive guide to the most important training tool ever developed for endurance sports.

CAR AND DRIVER

THE 9TH SYMBOL

Rose is a princess, a Cinder, and half-human. She is the last one born of her kind, and on her twenty-first birthday, she must enter the woods and travel to find her Prince, as her sisters did before her. ". . . And we will all dance at the Grand Ball," her sisters would always say. But the Human servants are keeping a secret that could prevent the Cinders from reaching their Happily Ever After....Hidden in Rose's dreams and vision are the answers of the past between Cinders and Humans, and she is quickly running out of time trying to solve their hidden messages. She knows the answer lies in her first clue--identifying an animal she has never seen before--that persistent vision of a furry white animal, holding a gold metal object and exclaiming, "Oh dear! Oh dear! I shall be too late!"

GENERATIONS AND GLOBALIZATION

YOUTH, AGE, AND FAMILY IN THE NEW WORLD ECONOMY

Indiana University Press A glimpse into how globalization shapes and is shaped by family life around the world

LOVE IN THE TIME OF CORONA: ADVICE FROM A SEX THERAPIST FOR COUPLES IN QUARANTINE

Do you want to get the most out of your time together in quarantine?Sex therapist Dr. Diana Wiley tells you how to: * Enjoy a more sensual and sexual connection with your partner. * Relieve stress and strengthen your relationship. * Have more fun!"Dr. Diana is the voice of relationship wisdom-mindful, playful, and pleasure-positive!"-Sheri Winston, author of Succulent SexCraftInvite more intimacy and sensuality back into your relationship. Such healthy pleasures will soothe your anxieties amid the coronavirus pandemic and bring you closer together as a couple. You could even heal your relationship.You can make a choice about whether you either enjoy or merely endure this time of forced togetherness.Dr. Diana gives advice and prescribes fun and easy exercises to get to know your partner better, plan your date night at home, be more playful, and even try something new in the bedroom. She offers helpful guidance on using touch to relieve stress and revitalize your senses. Learn ways to integrate gratitude and mindfulness into your sex life. All of these contribute to increased pleasure and satisfaction. You'll even learn about "pandemic sex!"Love in the Time of Corona is endorsed by a wide range of professionals: doctors, therapists, researchers, professors, filmmakers, sex educators, authors, a divorce attorney ... and even a porn star!Order now and start reaping the benefits from this unique opportunity to enhance your love life."Well-written and practical, it's the perfect book for couples who want to pluck something good out of a demanding and dangerous period in world history."-Pepper Schwartz, PhD, professor of sociology and author of The Normal Bar

GRANDAD MANDELA

Lincoln Children's Books "...profoundly moving..." -Publishers Weekly Nelson Mandela's two great-grandchildren ask their grandmother, Mandela's youngest daughter, 15 questions about their grandad - the global icon of peace and forgiveness who spent 27 years in prison. They learn that he was a freedom fighter who put down his weapons for the sake of peace, and who then became the President of South Africa and a Nobel Peace Prize-winner, and realise that they can continue his legacy in the world today. Seen through a child's perspective, and authored jointly by Nelson Mandela's great-grandchildren and daughter, this amazing story is told as never before to celebrate what would have been Nelson's Mandela 100th birthday.

A YEAR IN THE NATIONAL PARKS

THE GREATEST AMERICAN ROAD TRIP

On January 1 of 2016, Stefanie Payne, a creative professional working at NASA Headquarters, and Jonathan Irish, a photographer with National Geographic, left their lives in Washington, D.C. and hit the open road on an expedition to explore and document all 59 of America's national parks during the centennial celebration of the U.S. National Park Service - 59 parks in 52 weeks - the Greatest American Road Trip. Captured in more than 300,000 digital photographs, written stories, and videos shared by the national and international media, their project resulted in an incredible view of America's National Park System seen in its 100th year. 'A Year in the National Parks, The Greatest American Road Trip' is a gorgeous visual journey through our cherished public lands, detailing a rich tapestry of what makes each park special, as seen along an epic journey to visit them all within one special celebratory year.

THE VEILED SUITE

THE COLLECTED POEMS

Penguin Books India Presents a selection of the author's poems from throughout his life, from playful early poems to themes of mourning and loss.

THE BOOK OF L

Springer Science & Business Media This book is dedicated to Aristid Lindenmayer on the occasion of his 60th birthday on November 17, 1985. Contributions range from mathematics and theoretical computer science to biology. Aristid Lindenmayer introduced language-theoretic models for developmental biology in 1968. Since then the models have been customarily referred to as L systems. Lindenmayer's invention turned out to be one of the most beautiful examples of interdisciplinary science: work in one area (developmental biology) induces most fruitful ideas in other areas (theory of formal languages and automata, and formal power series). As evident from the articles and references in this book, the interest in L systems is continuously growing. For newcomers the first contact with L systems usually happens via the most basic class of L systems, namely, DOL systems. Here "0" stands for zero context between developing cells. It has been a major typographical problem that printers are unable to distinguish between 0 (zero) and 0 (oh). Thus, DOL was almost always printed with "oh" rather than "zero", and also pronounced that way. However, this misunderstanding turned out to be very fortunate. The wrong spelling "DOL" of "DOL" could be read in the suggestive way: DO L Indeed, hundreds of researchers have followed this suggestion. Some of them appear as contributors to this book. Of the many who could not contribute, we in particular regret the absence of A. Ehrenfeucht, G. Herman and H.A. Maurer whose influence in the theory of L systems has been most significant.

THE SECOND LIFE OF TIGER WOODS

Avid Reader Press / Simon & Schuster "Fascinating...[Bamberger] knows the world of professional golf, and the pressures it exacts, like few others." —The Wall Street Journal It's one of the greatest comebacks of all time. And for Tiger Woods—his game, his body, and his life in shambles—getting back to the winner's circle was only half the story. Here's the rest of it. Tiger Woods's long descent into a personal and professional hell reached bottom in the early hours of Memorial Day in 2017. Woods's DUI arrest that night came on the heels of a desperate spinal surgery, just weeks after he told close friends he might never play tournament golf again. His mug shot and alarming arrest video were painful to look at and, for Woods, a deep humiliation. The former paragon of discipline now found himself hopelessly lost and out of control, exposed for all the world to see. That episode could have marked the beginning of Tiger's end. It proved to be the opposite. Instead of sinking beneath the public disgrace of drug abuse and the private despair of a battered and ailing body, Woods embarked on the long road to redeeming himself. In The Second Life of Tiger Woods, Michael Bamberger, who has covered Woods since the golfer was an amateur, draws upon his deep network of sources inside locker rooms, caddie yards, clubhouses, fitness trailers, and back offices to tell the true and inspiring story of the legend's return. Packed with new information and graced by insight, Bamberger's story reveals how this iconic athlete clawed his way back to the top. Here you'll meet the people who have shaped and saved Tiger's life. It's a disparate group: a Florida police officer, an old friend from Tiger's boyhood, his girlfriend, his manager, his caddie. You'll go inside the ropes and see Tiger's interactions with fellow pros, with broadcasters and rules officials and Tour executives, with legends young (Rory McIlroy) and old (Jack Nicklaus) and in between (Fred Couples). On the Sunday before Masters Sunday, you'll join Tiger as he takes a long, slow, contemplative walk across Augusta National, and you'll be with him again seven days later in the splendid isolation of the tee at thirteen, in the rain, his right foot slipping while he swings his driver at 120 miles per hour. This is an intimate portrait of a man who has spent his life in front of the camera but has done his best to make sure he was never really known. Here is Tiger, barefoot, in handcuffs, showing a police officer a witty and self-deprecating side of himself that the public never sees. Here is Tiger on the verge of tears with his children at the British Open. Here is Tiger trying to express his gratitude to his mother at a ceremony at the Rose Garden. In these pages, Tiger is funny, cold, generous, self-absorbed, inspiring—and real. The Second Life of Tiger Woods is not only the saga of an exceptional man but also a celebration of second chances. Bamberger's bracingly honest book is about what Tiger Woods did, and about what any of us can do, when we face our demons head-on.

101 SO BAD, THEY'RE GOOD DAD JOKES

Createspace Independent Publishing Platform Dad jokes. They make you cringe, they make you groan but the one thing they have in common is they come from dad. Be it during a wedding toast or when introducing your dad to someone you want to impress, dad never fails to insert a dad joke wherever he can. This dad joke book makes a great gift for the dad

who has everything and has heard everything. Or maybe you want to buy it for yourself and come prepared the next time dad wants to have a joke off. In any event, 101 So Bad, They're Good Dad Jokes will have your eyes rolling into the back of your head faster than dad can strip to his tighty-whities on a hot summer day!

BROOKINGS PAPERS ON ECONOMIC ACTIVITY

MICROECONOMICS, 1998

DINNER JUST FOR TWO

The Countryman Press From the blogger behind Dessert for Two, a cookbook that inspires couples to get into the kitchen together Sharing a meal is something most couples love to do; meal-planning programs such as Blue Apron have made it easy and fun to prepare dinner together, too. But home cooks who enjoy homemade food at a reasonable cost really only need a great cookbook, with a friendly voice and delicious recipes, designed to be made and eaten by two. Here is that book. From simple meals to celebratory dinners, comfort food to healthy but hearty options, Dinner Just for Two features 100 dishes, including: Bourbon- Glazed Turkey Burgers Creamy Baked Spaghetti for Two Pear Pecorino Pasta Sheet Pan Summer Salmon gorgeously designed with more than 100 photographs, Dinner Just for Two is destined to be a classic.

MAP AND COMPASS

Falcon Guides Describes different types of maps, introduces the basic skills of map reading, and looks at how compasses are used in conjunction with maps

BEN HOGAN'S FIVE LESSONS

THE MODERN FUNDAMENTALS OF GOLF

Simon and Schuster The professional golfer provides tips on the grip, stance, and swing of successful golf shots

CULTURAL TRANSLATIONS IN MEDIEVAL ROMANCE

D. S. Brewer New approaches to this most fluid of medieval genres, considering in particular its reception and transmission.

OTILLO

2017   Swim Run World Championship was a race to remember. This was the first time Rich Roll and Chris Hauth took on this challenge together as a team. Photographer Tomasz Jakubowski followed them through the race as they tackled 26 islands in the Stockholm archipelago.

FROM BICYCLE TO SUPERBIKE

THE CHRISTMAS CRAFT BOOK

Simply made decorations for home or school are an absorbing way for children to become involved in the celebration of Advent and Christmas. Parents, teachers and children will quickly learn to make crib figures, candles, lanterns, angels, Advent calendars and a variety of Christmas tree decorations. The projects are all described and fully illustrated with diagrams and colour photographs.

DAD, I WANT TO HEAR YOUR STORY

A FATHER'S GUIDED JOURNAL TO SHARE HIS LIFE & HIS LOVE (CASSETTE TAPE COVER)

A HISTORY OF THE ROMAN PEOPLE

Pearson College Division The Fifth Edition of A History of the Roman People continues to provide a comprehensive analytical survey of Roman history from its prehistoric roots in Italy and the wider Mediterranean world to the dissolution of the Roman Empire in Late Antiquity in A.D. 600. Clearly organized and highly readable, the text's narrative of major political and military events provides a chronological and conceptual framework for the social, economic, and cultural developments of the periods covered. Major topics are treated separately so that students can easily grasp key concepts and ideas.

TROPE LONDON

Trope City Editions Trope London, the second volume in the Trope City Editions series highlighting the world's most architecturally compelling cities, is a highly curated collection of photographic images from an active community of urban photographers who have passionately captured their city like never before.

DABBING UNICORN AWESOME SINCE 2012 8TH BIRTHDAY

BIRTHDAY DABBING UNICORN SKETCHBOOK 100 PAGES, 6 X 9 (15.24 X 22.86 CM), SOLT COVER, MATTE FINISH (BIRTHDAY THEMED SKETCHBOOK)

Large Notebook (SketchBook) With Birthday Dabbing Unicorn Cover For Drawing, Painting Doodling, Writing, Sketching. Suitable for all types of drawing tools, such as markers, crayons, pensils and watercolor paints. - 6 x 9 inches - 100 blank white papers - Stylish matte finish cover Check out other awesome designs for all ages by clicking on our brand name.

SUPERIOR HIKING TRAIL DATABOOK

THE COMPACT, ESSENTIAL GUIDE FOR THE SHT EXPLORER

The Superior Hiking Trail Databook is a lightweight and easy-to-carry guide designed to help you explore over 300 miles of footpath and 94 backcountry campsites along the North Shore of Lake Superior in Minnesota. Whether you're a thru-hiker, backpacker, day hiker, trail runner, or occasional saunterer, this guide provides the most vital information you need to enjoy the Trail. Databook features include: accurate mileage between trailheads, campsites, water crossings, trail and road junctions, and more; elevation profiles; and south-bound and north-bound compatibility. However you prefer to travel on the world-class Superior Hiking Trail, this Databook is your easiest guide to exploring the rugged, challenging, and beloved footpath through the northwoods of Minnesota.

TOM KUNDIG

WORKS

Princeton Architectural Press In Tom Kundig: Works, the celebrated Seattle-based architect presents nineteen new projects, from Hawaii to New York City. Kundig's award-winning houses, known for their rugged yet elegant and welcoming style, are showcased in lush photography with drawings and sketches, and appear alongside his commercial work—from multistory complexes to the Tacoma Art Museum to a line of hardware (handles, door pulls, hinges, and more). In firsthand accounts, Kundig describes the projects and his design process with many personal anecdotes, making Tom Kundig: Works as much memoir as monograph. The book also includes an introduction by design editor Pilar Viladas and in-depth conversations with Kundig's frequent collaborators—"gizmologist" Phil Turner and contractor Jim Dow (Schuchart/ Dow)—and clients (Bigwood Residence and Studhorse).

ODIN'S RAVENS

A MYTHICAL RACE GAME FOR 2 PLAYERS

ATHEISM

A READER

An anthology of writings on atheism, agnosticism, and skepticism by some of the world's most celebrated thinkers.

GAME ON! 2018

ALL THE BEST GAMES: AWESOME FACTS AND COOLEST SECRETS

Get ready for another awesome year of gaming with this ultimate guide to the best games including a definitive list of the biggest games of the past year and the new ones coming in 2018. Game On! 2018, the most comprehensive guide to all the best games, tech, and YouTube stars, features some of the year's greatest moments including exclusive interviews with YouTube legends like Minecraft superstar CaptainSparklez, top streamers and game developers. This complete guide is packed with information on all the latest gaming hardware, tech, and essential mobile games. Also includes the best gaming secrets, stats, tips, and tricks to help unlock achievements and trophies on games like Pokmon Sun & Moon, LEGO Worlds, Zelda: Breath of the Wild, and so much more! All games featured in Game On! 2018 are rated T for Teen or younger keeping it appropriate for young gamers.