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KEY=MANUAL - HOWARD CAROLYN

IPod: The Missing Manual

"O'Reilly Media, Inc." Explains how to use the portable music player to perform functions including play music, store personal contact and calendar information, download and use applications, and use as a video player.

IPad: The Missing Manual

"O'Reilly Media, Inc." Apple's third-generation iPad has a new, razor-sharp Retina display and a robust processor that will dazzle you with their looks and speed, but you won't get far without an owner's manual to all the tablet's features. This comprehensive guide shows you how to transfer media to your iPad, sync and shop wirelessly, tap into WiFi and 4G cellular networks, and use iTunes for media management. The important stuff you need to know: Build your media library. Fill your iPad with music, photos, movies, TV shows, games, eBooks, and more. Sync wirelessly. Keep your iPad's apps, media, and email messages current without cabling up. Capture stunning images. Take photos and HD video with the tablet's new 5 megapixel iSight camera. Get online. Connect via WiFi or the blazing-fast 4G LTE cellular network--and create a free Wi-Fi hotspot with Verizon's iPad. Take dictation.?Speak? email messages and notes, and have the iPad type them up.

iPhone 11 User Instruction Manual

Awesome, Incredible and Excellent Techniques to Get More out of Your iPhone 11

Fehintola Otegbeye The Apple iPhone 11 is the Best Midtier Model the Company's Ever Made. But in my mind, it's a testament to how good the rest of the iPhone 11 is that it's my favorite iPhone I've ever owned. Have you been holding onto a years-old device and just making a switch to the iPhone 11, then this book will help you enjoy the transition smoothly as it contains easy to understand instructions for a beginner and expert user. Did you pick up an iPhone 11 lately? After launching and setting up your iPhone, are you intrigued about the next step? Do you want to master your iPhone 11 without breaking a sweat? Do you want to become better with your iPhone 11 in minutes? Do you want to handle every iPhone 11 challenge with ease? Do you want to turn your iPhone 11 into fantastic gadget? Do you want to grow your creativity using iPhone 11? All right, this book is specifically put together for you! Here Are A Few of the Topics Covered: 1. iPhone 11 Secret Codes 2. How to Perform Recovery Mode 3. How to Carry Out a Factory Reset Using iTunes 4. How to Carry Out a Soft Reset 5. How to Change iPhone 11 Language 6. How to Enable Dark Mode 7. How to Turn Night Shift on 8. How to Switch on 3D Touch Function 9. How to Enable Ring & Alerts Mode 10. How to Regulate Notification Settings 11. How to Enable Do Not Disturb Mode 12. How to Change Screen Auto-Lock Time 13. How to Turn on Lost Mode 14. How to Add or Remove Icons in the Control Centre 15. How to Delete Apps 16. How to Edit Mail Signature 17. How to Adjust Text Size 18. How to Send Messages with Special Effect 19. How to Auto-delete Older iMessage Chats 20. How to Import SIM Card contacts 21. How to Block a Number 22. How to Hide Caller ID or Mobile Number 23. How to Set Live Photo as Wallpaper You'll find fantastic tips on: 1. How to take crisper shots with your iPhone 11 camera and 2. Boosting the battery life. Want To Step Up Your iPhone 11 User knowledge base? You Need To Read This Book.

iPhone 4 Survival Guide

Concise Step-by-Step User Manual for iPhone 4: How to

Download FREE EBooks, Make Video Calls, Multitask, Make Photos and Videos & More

MobileReference This concise iPhone 4 manual provides step-by-step instructions on how to do everything with your iPhone 4 **FASTER**. The iPhone 4 introduced many new features not seen in the iPhone 3G and 3GS, such as FaceTime video calling, multitasking, and even using your iPhone as a modem. This guide will show you these new features and how use them. You will also unlock hidden secrets on your iPhone, such as how to download **FREE** Games and eBooks, send email from your iPhone, surf the web, and read news for **FREE**. This iPhone guide includes:- Getting Started- What's New in iPhone 4- FaceTime- Multitasking- Button Layout- Navigating the Screens- Making Calls- Using the Speakerphone During a Voice Call- Staring a Conference Call- Managing Your Contacts- Adding a New Contact- Adding a Favorite Contact (Speed Dial)- Text Messaging- Adding Texted Phone Numbers to Contacts- Copying, Cutting, and Pasting Text- Sending Picture and Video Messages- Using Safari Web Browser- Adding Bookmarks to the Home Screen- Printing a Web Page- Photos and Videos- Taking Pictures- Capturing Videos- Using the Email Application- Viewing All Mail in One Inbox- Changing Email Options- Managing Applications- Setting Up an iTunes Account- Sending an Application as a Gift- Using iTunes to Download Applications- Reading User Reviews- Deleting an Application- Reading an eBook on the iPhone- How to download thousands of free eBooks- Adjusting the Settings- Turning On Voiceover- Turning Vibration On and Off- Setting Alert Sounds- Changing the Wallpaper- Setting a Passcode Lock- Changing Keyboard Settings- Changing Photo Settings- Turning 3G On and Off- Turning Bluetooth On and Off- Turning Wi-Fi On and Off- Turning Airplane Mode On and Off- Tips and Tricks- Using the Voice Control Feature- Maximizing Battery Life- Taking a Screenshot- Scrolling to the Top of a Screen- Saving Images While Browsing the Internet- Deleting Recently Typed Characters- Resetting Your iPhone- Viewing the Full Horizontal Keyboard- Calling a Number on a Website- Troubleshooting- List of iPhone-friendly websites that save you time typing in long URL addresses

iPod: The Missing Manual

"O'Reilly Media, Inc." Explains how to use the portable music player to perform functions including play music, store personal contact and calendar information, download and use applications, and use as a video player.

iTunes and iCloud for iPhone, iPad, & iPod touch Absolute Beginner's Guide

Que Publishing FULL COLOR Covers iTunes 11 and iCloud for Mac and Windows Make the most of iTunes® or iCloud®-without being a technical expert! This book is the fastest way to use iTunes and iCloud to enjoy your media anywhere you go, on any iPhone®, iPad®, or iPod® touch. Even if you've never used iTunes or iCloud before, this book will show you how to do what you want, one incredibly clear and easy step at a time. iTunes and iCloud have never been this simple! Who knew how simple iTunes and iCloud could be? This is today's best beginner's guide to using iTunes and iCloud... simple, practical instructions for doing everything you really want to do. Here's a small sample of what you learn: • Explore iTunes and discover better ways to enjoy it • Build your iTunes library with both free content and paid iTunes media • Label your iTunes media with information so that finding what you want is always easy • Hear exactly the music you want to hear, when you want to hear it • Discover, subscribe, and listen to the world's best podcasts • Wirelessly stream your iTunes media to other devices with AirPlay • Set up iCloud on your Mac, Windows PC, iPad, iPhone, or iPod touch • Use iCloud to automatically share your media across all your "iDevices" • Use Photo Stream to automatically save your photos and share them with others • Preview and download new music to your iPhone, iPad, or iPod touch • Carry and read entire libraries of electronic books • Control syncing and preferences so your devices always work the way you want

iPhone: The Missing Manual

"O'Reilly Media, Inc." With the iOS 6 software and the new iPhone 5, Apple has two world-class hits on its hands. This sleek, highly refined pocket computer comes with everything—cellphone, iPod, Internet, camcorder—except a printed manual. Fortunately, David Pogue is back with this expanded edition of his witty, full-color guide: the world's most popular iPhone book. The important stuff you need to know: The iPhone 5. This book unearths all the secrets of the newest iPhone. Taller screen, faster chip, 4G LTE Internet, thinner than ever. The iOS 6 software. Older iPhones gain Do Not Disturb, the new Maps app, shared Photo Streams, camera panoramas, smarter Siri, and about 197 more new features. It's all here. The apps. That catalog of 750,000 add-on programs makes the iPhone's phone features almost secondary. Now you'll know how to find, manage, and exploit those apps. The iPhone may be the world's coolest computer, but it's still a computer, with all of a computer's complexities. iPhone: The Missing Manual is a funny, gorgeously illustrated guide to the tips, shortcuts, and workarounds that will turn you, too, into an iPhone addict.

iPhone 11: The Latest User Manual for Beginners, Kids, Teens, and Seniors

Lulu.com Do you just acquire an iPhone 11 and iPhone 11 Pro or iPhone 11 Pro Max, for the first time, or you probably need in-depth tips and tutorials on how to use your device optimally? This is the guide you need. The iPhone 11, iPhone 11 pro and iPhone 11 Pro Max, which are the latest addition to the Apple invention is finally out after much anticipations and speculations. With this concise book, you will be guided by hand to the tips, shortcuts, and workarounds that will turn you into an iPhone master in less than 30 minutes of reading this book. There's no better resource around for dummies and seniors like this bestselling guide. It's a must-have manual that every iPhone user must-own and also be gifted to friends and family. It is the complete guide for you, as you would get simplified follow-through instructions on every possible thing you should know about iPhone 11, iPhone 11 pro and iPhone 11 Pro Max.

iPhone 11: The iPhone Manual for Beginners, Seniors & for All iPhone Users (The Simplified Manual for Kids and Adults) (4th Edition)

Lulu.com The iPhone 11, iPhone 11 Pro, and iPhone 11 Pro Max are faster than ever and have more powerful cameras. With the latest edition of this bestselling guide, you get a funny, simplified guide to the tips, shortcuts, and workarounds that will turn you into an iPhone master. For those who want the most sophisticated technology available in a mobile phone, but without a sky-high price, the iPhone 11 made from surgical-grade stainless steel with a selection of colors to choose from, and a double-lens camera array at the back is the best mobile phone available to date. Millions of people all over the world are excited about this new iPhone 11, iPhone 11 pro and iPhone 11 Pro Max, simply because the iPhone offers many advance and exciting features, including a camera like no other, Siri, turn-by-turn driving directions, a calendar, and a lot more.

iPhone 11: The Complete User Manual For Dummies, Beginners, and Seniors (The User Manual like No Other (4th Edition))

Lulu.com Are you new to iPhone 11, iPhone 11 Pro, and iPhone 11 Pro max? This book shows you exciting tips and in-depth tutorials you need to know about the new iPhone 11 features and the iOS 13 user interface. This iPhone 11 Guide is packed with top tips and in-depth tutorials. You'll uncover the exclusive features of this new iPhone, learn how to take incredible photos, learn how to start dark mode settings and customize your phone, discover how to use iOS 13, how to create and use iPhone 11 shortcuts and gestures, and its built-in apps, plus much more. This book is the best user manual you need to guide you on how to use and optimally maximize your iPhone. This book has comprehensive tips & in-depth tutorials for beginners, dummies, seniors, kids, teens, and adults. By the time you've finished reading this book, you'll be a pro in nearly everything related to iPhone and iOS.

The Unauthorized Guide to iPhone, iPad, and iPod Repair

A DIY Guide to Extending the Life of Your iDevices!

Que Publishing DON'T JUNK IT, FIX IT--AND SAVE A FORTUNE! The only reference & tutorial of its kind--in full color! Fix your own iPhone, iPad, or iPod with secret repair knowledge Apple doesn't want you to have! This groundbreaking, full-color book shows you how to resurrect expensive Apple mobile iDevices you thought were dead for good, and save a fortune. Apple Certified Repair Technician Timothy L. Warner demystifies everything about iDevice repair, presenting simple, step-by-step procedures and hundreds of crisp, detailed, full-color photos. He'll walk you through safely taking apart your iDevice, replacing what's broken, and reliably reassembling it. You'll learn where to get the tools and exactly how to use them. Warner even reveals sources for broken Apple devices you can fix at low cost--for yourself, or even for resale! Replace All These iDevice Components: • Battery • Display • SIM card • Logic board • Dock connector Take Apart, Fix, and Reassemble: • iPod nano (5th & 7th Gen) • iPod touch (4th & 5th Gen) • iPhone (3GS, 4, 4S, & 5) • iPad (iPad 2, iPad 4th Gen, & iPad mini) Fix Common Software-Related Failures: • Emergency data recovery • Jailbreaking • Carrier unlocking Do What Apple Never Intended: • Resurrect a waterlogged iDevice • Prepare an iDevice for resale • Install non-Apple Store apps • Perform out-of-warranty repairs All technical content reviewed & approved by iFixit, world leader in iDevice parts, tools, and repair tutorials!

The Internet: The Missing Manual

The Missing Manual

"O'Reilly Media, Inc." The Internet is almost synonymous with change--that's one of its charms, and one of its headaches. You may think you know the Internet, but are you really up to speed on internet telephones, movie and TV downloading, blogging, gaming, online banking, dating, and photosharing? This utterly current book covers: Getting Online. Readers will have all the information they need to decide what kind of broadband connection works best for them, which browser they should use, and what kind of spyware-fighting and virus-and spam-protection measures they need to protect themselves. Finding Information. Google may be the leading search site, but it's certainly not the only game in town. This book introduces a diverse and useful collection of sites that help uncover everything from health care information, to shopping, travel and finance, to dependable reviews and ratings. Movies, music, and photos. The Web's teeming with entertainment--and not just the sort of postage-stamp sized videos that only a geek could love. Learn where to download movies, watch TV online, listen to music, play games, and post and share photos with friends. Keeping in touch. Email's only the beginning. This book introduces readers to the many tools that make the modern Internet such a great way to stay connected. From Web-based discussion groups to instant messaging programs, and from blogs and podcasts to Internet-based phone calls, this book will help you join the conversation. Ideal for anyone just venturing into cyberspace, this book is also perfect for more experienced users who could use an update to today's most exciting internet applications.

iPhone 11 Guide: The Ultimate Beginners, Dummies and Seniors's Tips and Tricks Manual on How to Use Your Phone Optimally

Lulu.com This book shows you exciting tips and in-depth tutorials you need to know about the new iPhone 11 features and the iOS 13 user interface which is why over-100 million people all over the world are lovers of iPhone. If you're acquiring the iPhone 11 and iPhone 11 Pro and iPhone 11 Pro Max, for the first time, or you probably need more information on how to use your device optimally, and this is the guide for you. You would discover how to do everything from the set-up process to customizing the iPhone, as well as amazing Tips & tricks you never would find in the original iPhone manual. ...and a lot more. You'll uncover the exclusive features of this new iPhone, plus much more as you read this book.

macOS Mojave: The Missing Manual

The book that should have been in the box

O'Reilly Media Answers found here! Apple's latest Mac software, macOS Mojave, is a glorious boxcar full of new features and refinements. What's still not included, though, is a single page of printed instructions. Fortunately, David Pogue is back, delivering the expertise and humor that have made this the #1 bestselling Mac book for 18 years straight. The important stuff you need to know Big-ticket changes. The stunning new Dark Mode. Self-tidying desktop stacks. FaceTime video calls with up to 32 people. New screen-recording tools. If Apple has it, this book covers it. Apps. This book also demystifies the 50 programs that come with the Mac, including the four new ones in Mojave: News, Stocks, Home, and Voice Memos. Shortcuts. This must be the tippiest, trickiest Mac book ever written. Undocumented surprises await on every page. Power users. Security, networking, remote access, file sharing with Windows--this one witty, expert guide makes it all crystal clear. macOS Mojave gives the Mac more polish, power, and pep-- and in your hands, you hold the ultimate guide to unlocking its potential.

IPad 2: The Missing Manual

"O'Reilly Media, Inc." With iOS 5, Apple added more than 200 new features to the iPad 2, but there's still no printed guide to using all its amazing capabilities. That's where this full-color Missing Manual comes in. You'll learn how to stuff your iPad with media, organize your personal life, wirelessly stream content to and from your tablet, stay connected to friends, and much more. The important stuff you need to know: Build your media library. Fill your iPad with music, movies, TV shows, eBooks, eMagazines, photos, and more. Go wireless. Sync content between your computer and iPad--no wires needed. Get online. Connect through WiFi or Wi-Fi + 3G, and surf the Web using the iPad's new tabbed browser. Consolidate email. Read and send messages from any of your email accounts. Get social. Use built-in apps like iMessage, Twitter, and Ping to stay in touch. Store stuff in iCloud. Stash your content online for free, and sync up all your devices automatically. Interact with your iPad. Learn new finger moves and undocumented tips, tricks, and shortcuts.

iPod & iTunes

The Missing Manual

"O'Reilly Media, Inc." Explains how to use the portable music player with a Windows PC or a Macintosh computer to perform functions including play music, store personal contact and calendar information, and use as a portable FireWire drive.

iPod

The Missing Manual

"O'Reilly Media, Inc." Explains how to use the portable music player to perform functions including play music, store personal contact and calendar information, download and use applications, and use as a video player.

The Washington Manual of Medical Therapeutics

Lippincott Williams & Wilkins Established for over 40 years as the "bible" of the medical ward, The Washington Manual® of Medical Therapeutics is now in its Thirty-Third Edition and builds upon that proud tradition—with even more of the current information you need, delivered in a timesaving, quick-reference style. Its portability, comprehensiveness, and ease of access makes it a favorite on-call resource for housestaff and faculty around the world. In this edition, color has been added for better navigation, new decision support algorithms have been added, and an improved templated and bulleted format facilitates a quicker answer. With this edition you now have the capability to upload this content to your handheld device and receive updates to the information throughout the activation period. Plus, you have access to eight medical calculators that include: GFR - Cockcroft-Gault Method (Adult) Urea Reduction % (Hemodialysis) Transtubular Potassium Gradient Osmolal Gap Anion Gap Serum Osmolality Reticulocyte Index Body Mass Index (BMI) The Washington Manual® is a registered mark belonging to Washington University in St. Louis to which international legal protection applies. The mark is used in this publication by LWW under license from Washington University. Available in North America Only

iPhone 11 Guide: The iPhone Manual for Beginners, Seniors & for All iPhone Users (Tips & Tricks Version) (The Simplified Manual for Kids and Adults) 3rd Edition

Lulu.com The iPhone 11, iPhone 11 Pro, and iPhone 11 Pro Max are faster than ever and have more powerful cameras. With the latest edition of this bestselling guide, you get a funny, simplified guide to the tips, shortcuts, and workarounds that will turn you into an iPhone master. For those who want the most sophisticated technology available in a mobile phone, but without a sky-high price, the iPhone 11 made from surgical-grade stainless steel with a selection of colors to choose from, and a double-lens camera array at the back is the best mobile phone available to date. Millions of people all over the world are excited about this new iPhone 11, iPhone 11 pro and iPhone 11 Pro Max, simply because the iPhone offers many advance and exciting features, including a camera like no other, Siri, turn-by-turn driving directions, a calendar, and a lot more. But if you're acquiring the iPhone 11 and iPhone 11 Pro and iPhone 11 Pro Max.

iPhone 11 Pro User Manual

The Easy User Guide to Master Your iPhone 11 Pro with Helpful Tips

Fehintola Otegbeye IT'S OFFICIAL: the 2019 iPhone 11 Pro from Apple is out! The Pro model is the first to carry triple-camera arrays; it also features a new design made of polished stainless steel, Super Retina RDX displays that is much sharper, an improved battery life, the newly launched Apple's A13 Bionic CPU for faster response time, and a lovely range of colors to choose from. You've just recently purchased the iPhone 11 Pro, and you've learned nothing new on the device? Have you searched for some tips and tricks to master this device? Are you an Android user or an iPhone Newbie searching for a manual that'll help you navigate the phone? This manual is for you! It's time to explore the features and settings of your iPhone 11 Pro to make the most out of it. This manual will steer you through rudimentary to advanced features and improve your iPhone 11 Pro ownership as well. It also reveals some hidden tips and tricks on the device that you never knew existed. Inside this book, you'll discover: How to Move Data to Your New iPhone 11 Pro

From Your Previous iPhone How to Setup and Use Dual SIM How to Prepare Your iPhone for a Repair How to Backup Your iPhone 11 Pro in Mac How to Restore Your iPhone 11 Pro from a Backup in Mac How to Backup Your iPhone to iCloud How to Reinstate Your iPhone From An iCloud Backup How to Power On and Off How to Use the Camera How to Crop and Trim a Video How to Change Wallpaper How to Take Screenshots How to Change Font Size How to Switch on AirDrop How to Change Screen Timeout Wait no longer, scroll up and click the BUY button to get this book to conquer your iPhone 11 Pro

Mac OS X Lion: The Missing Manual

"O'Reilly Media, Inc." With Lion, Apple has unleashed the most innovative version of Mac OS X yet—and once again, David Pogue brings his humor and expertise to the #1 bestselling Mac book. Mac OS X 10.7 completely transforms the Mac user interface with multi-touch gestures borrowed from the iPhone and iPad, and includes more than 250 brand-new features. This book reveals them all with a wealth of insight and detail—and even does a deep dive into iCloud, Apple's wireless, free syncing service for Macs, PCs, iPhones, and iPads. Perfect for newcomers. Get crystal-clear, jargon-free introduction to the Dock, the Mac OS X folder structure, Safari, Mail, and iCloud. Go in-depth. Learn how use key new features such as full-screen apps, Mission Control, the new Mac App Store, Launchpad, Resume, Auto Save, Versions, AirDrop, and more. Are you even more of a power user? Learn to set up a network, make a Lion flash drive, and even learn the basics of Lion's underlying Unix. There's something new on practically every page of this new edition, and David Pogue brings his celebrated wit and expertise to every one of them. Apple's brought a new cat to town, and Mac OS X Lion: The Missing Manual is the best way to tame it.

iPad 2: The Missing Manual

"O'Reilly Media, Inc." With iOS 5, Apple added more than 200 new features to the iPad 2, but there's still no printed guide to using all its amazing capabilities. That's where this full-color Missing Manual comes in. You'll learn how to stuff your iPad with media, organize your personal life, wirelessly stream content to and from your tablet, stay connected to friends, and much more. The important stuff you need to know: Build your media library. Fill your iPad with music, movies, TV shows, eBooks, eMagazines, photos, and more. Go wireless. Sync content between your computer and iPad—no wires needed. Get online. Connect through WiFi or Wi-Fi + 3G, and surf the Web using the iPad's new tabbed browser. Consolidate email. Read and send messages from any of your email accounts. Get social. Use built-in apps like iMessage, Twitter, and Ping to stay in touch. Store stuff in iCloud. Stash your content online for free, and sync up all your devices automatically. Interact with your iPad. Learn new finger moves and undocumented tips, tricks, and shortcuts.

The Vaccine Handbook

A Practical Guide for Clinicians

Lippincott Williams & Wilkins The Vaccine Handbook has a simple purpose- to draw together authoritative information about vaccines into a simple and concise resource that can be used in the office, clinic, and hospital. Not an encyclopedia or scientific textbook, The Vaccine Handbook gives practical advice and provides enough background for the practitioner to understand the recommendations and explain them to his or her patients. For each vaccine, the authors discuss the disease and its epidemiology, the vaccine's efficacy and safety, and the practical questions most frequently asked about the vaccine's use. The authors also discuss problems such as allergies, breastfeeding, dosing intervals and missed vaccines, and immunocompromised individuals. This handbook is also available electronically for handheld computers. See Media listing for details.

iPod & iTunes

The Missing Manual

"O'Reilly Media, Inc." Explains how to use the portable music player with a Windows PC or a Macintosh computer to perform functions including play music, store personal contact and calendar information, and use as a video player.

Switching to the Mac: The Missing Manual, Yosemite Edition

"O'Reilly Media, Inc." What makes Windows refugees decide to get a Mac? Enthusiastic friends? The Apple Stores? Great-looking laptops? A "halo effect" from the popularity of iPhones and iPads? The absence of viruses and spyware? The freedom to run Windows on a Mac? In any case, there's never been a better time to switch to OS X—and there's never been a better, more authoritative book to help you do it. The important stuff you need to know: Transfer your stuff. Moving files from a PC to a Mac by cable, network, or disk is the easy part. But how do you extract your email, address book, calendar, Web bookmarks, buddy list, desktop pictures, and MP3 files? Now you'll know. Recreate your

software suite. Many of the PC programs you've been using are Windows-only. Discover the Mac equivalents and learn how to move data to them. Learn Yosemite. Apple's latest operating system is faster, smarter, and more in tune with iPads and iPhones. If Yosemite has it, this book covers it. Get the expert view. Learn from Missing Manuals creator David Pogue—author of OS X Yosemite: The Missing Manual, the #1 bestselling Mac book on earth.

Pilates Mat Training Manual E-Book

Mat Training Manual

PAPT and The Pilates Studio of Los Angeles For Detailed Pilates Instruction, get THE OFFICIAL PILATES TRAINING MANUALS offered by The Pilates Studio® of Los Angeles, since 1992. Written by best selling author Melinda Bryan, founder and director of Performing Arts Physical Therapy & The Pilates Studio of Los Angeles, world renowned Physical Therapist, and Principal Pilates Master Teacher Trainer for over 20 years! With PICTURES to accompany every exercise... Available for the first time to the general public since 1992, the easy to follow industry secret Official Pilates training manuals, previously available only to a selective few, are now available to everyone. The manuals are based on The Original Pilates Teacher Certification Program developed by The Pilates Studio. The industry standard manuals are used by Certified Pilates Experts, Health Care Practitioners, as The Universal Official Pilates Training Manuals Worldwide. All manuals have been recently revised to meet today's medical information, while at the same time maintaining all of the original principles and purity of the method. Some hard to find rarely taught Pilates routines are included. For the absolute best most up to date, complete Pilates repertoire get the official manuals by Melinda Bryan and the Pilates Studio. Collect all 6 OFFICIAL PILATES TRAINING MANUALS here today!

Beginner's Manual to iPhone 11, 11 Pro and 11 Pro Max

A Complete Step by Step 'HOW To' Manual to Master the iPhone 11, 11 Pro and 11 Pro Max; Including Tips and Tricks to Troubleshoot Common Issues

Are you looking to gain full mastery the new iPhone 11, 11 Pro and 11 Pro Max? Unlock the full potentials of the new iPhone 11 series with this complete practical 'HOW TO' user guide. A lot of iPhone users never get to explore the full functionalities of their device. Most are usually always stuck with so many unanswered 'how to questions'. If you belong to this category, you're in luck. This book has been written to provide answers to the entire 'how to' questions you may have. Because the new iPhone series run on the latest IOS 13, there are new upgraded features which may seem tricky to most people. This book promises to explore all these new and exciting features, showing you exactly how to access them and how to utilize them in your everyday life. Inside you will find step by step instructions to help you get started with your device; taking you from novice to pro in just 30 minutes. The instructions contained in this book are detailed and straight to the point. I have also simplified all terminologies so you don't have to be super techy to understand the book. You'll learn:

- *How to set up your iPhone 11, 11 Pro, and Pro Max
- *How to transfer data from your old iPhone to your new iPhone
- *How to use Move To iOS to move data from Android to iPad or iPhone
- *How to transfer or restore data using iCloud
- *How to set up Face ID
- *Set haptic feedback for Face ID phone unlock
- *How to enable Dark Mode
- *How to enable Voice Control
- *How to turn on Dark Mode with Siri
- *How to set up a profile picture and name in iMessage
- *How to pair your iPhone with DualShock 4 and Xbox One S
- *How to share music over AirPods
- *How to use Screen Time
- *Use new gestures for copy cut, paste redo and undo
- *How to use Find My app
- *How to edit photos and rotate videos
- *Keyboard functionalities and shortcuts
- *How to set app limits
- *How to connect 2 AirPods to one iPhone
- *How to add Siri shortcut
- *How to interact with new Volume HUD
- *How to use Cycle Tracking in Health
- *How to Play Live Radio through Siri
- *How to use Medical ID selection
- *How to toggle Wi-Fi and Bluetooth
- *How to disable Swipe Typing in Apple iOS 13 keyboard
- *How to back up your files using iTunes on PC or Mac
- *How to use Sign In With Apple
- *How to scan documents in file apps
- *How to find new app updates
- *How to use Favorite in Apple Map
- *Look Around feature in Apple Maps
- *How to copy contacts from your email
- *How to disable True Tone display
- *Connect to Wi-Fi through the control center
- *How to access Website Settings on Safari
- *How to access Safari download manager
- *How to factory reset your iPhone 11
- *How to complete a soft reset
- *How to enable and disable Content Blocker
- *How to zip and unzip files in file app
- *How to connect a wireless or USB mouse to your iPhone
- *How to start a Group FaceTime call
- *extend your battery life
- *How to Connect to Paired Bluetooth Devices or Wi-fi from Control Center
- *How to Download Large Apps over Cellular Network
- *How to Scan Documents and Save screenshots Straight to Files App
- *Operating the Safari Browser
- *And lots more!

By the time you are done reading, you would have gain total mastery of your device, navigating it like a pro. Scroll up and click the buy button to get your copy now! PS: when you buy the paperback of this book, you get the ebook version for free.

IPad 2

The Missing Manual

"O'Reilly Media, Inc." Looks at the features and functions of the iPad2, covering such topics as accessing the Internet, setting up an email account, using built-in apps, playing games, using iTunes, watching videos, and syncing with MobileMe.

Professional Troublemaker

The Fear-Fighter Manual

Penguin INSTANT NEW YORK TIMES BESTSELLER From the New York Times bestselling author of *I'm Judging You*, a hilarious and transformational book about how to tackle fear--that everlasting hater--and audaciously step into lives, careers, and legacies that go beyond even our wildest dreams Luvvie Ajayi Jones is known for her trademark wit, warmth, and perpetual truth-telling. But even she's been challenged by the enemy of progress known as fear. She was once afraid to call herself a writer, and nearly skipped out on doing a TED talk that changed her life because of imposter syndrome. As she shares in *Professional Troublemaker*, she's not alone. We're all afraid. We're afraid of asking for what we want because we're afraid of hearing "no." We're afraid of being different, of being too much or not enough. We're afraid of leaving behind the known for the unknown. But in order to do the things that will truly, meaningfully change our lives, we have to become professional troublemakers: people who are committed to not letting fear talk them out of the things they need to do or say to live free. With humor and honesty, and guided by the influence of her professional troublemaking Nigerian grandmother, Funmilayo Faloyin, Luvvie walks us through what we must get right within ourselves before we can do the things that scare us; how to use our voice for a greater good; and how to put movement to the voice we've been silencing--because truth-telling is a muscle. The point is not to be fearless, but to know we are afraid and charge forward regardless. It is to recognize that the things we must do are more significant than our fears. This book is about how to live boldly in spite of all the reasons we have to cower. Let's go!

iPhone 11 Series Beginner's Manual

A Complete Step by Step 'HOW TO' Manual to Master The iPhone 11, 11 Pro and 11 Pro Max; Including Tips and Tricks to Troubleshoot Common Issues

Are you looking to gain full mastery the new iPhone 11, 11 Pro and 11 Pro Max? Unlock the full potentials of the new iPhone 11 series with this complete practical 'HOW TO' user guide. A lot of iPhone users never get to explore the full functionalities of their device. Most are usually always stuck with so many unanswered 'how to questions'. If you belong to this category, you're in luck. This book has been written to provide answers to the entire 'how to' questions you may have. Because the new iPhone series run on the latest iOS 13, there are new upgraded features which may seem tricky to most people. This book promises to explore all these new and exciting features, showing you exactly how to access them and how to utilize them in your everyday life. Inside you will find step by step instructions to help you get started with your device; taking you from novice to pro in just 30 minutes. The instructions contained in this book are detailed and straight to the point. I have also simplified all terminologies so you don't have to be super techy to understand the book. You'll learn: -How to set up your iPhone 11, 11 Pro, and Pro Max-How to transfer data from your old iPhone to your new iPhone-How to use Move To iOS to move data from Android to iPad or iPhone-How to transfer or restore data using iCloud-How to set up Face ID-Set haptic feedback for Face ID phone unlock-How to enable Dark Mode-How to enable Voice Control -How to turn on Dark Mode with Siri-How to set up a profile picture and name in iMessage -How to pair your iPhone with DualShock 4 and Xbox One S-How to share music over AirPods-How to use Screen Time-Use new gestures for copy cut, paste redo and undo-How to use Find My app-How to edit photos and rotate videos-Keybaord functionalities and shortcuts-How to set app limits-How to connect 2 AirPods to one iPhone-How to add Siri shortcut-How to interact with new Volume HUD-How to use Cycle Tracking in Health-How to Play Live Radio through Siri-How to use Medical ID selection-How to toggle Wi-Fi and Bluetooth-How to disable Swipe Typing in Apple iOS 13 keyboard-How to back up your files using iTunes on PC or Mac -How to use Sign In With Apple-How to scan documents in file apps-How to find new app updates-How to use Favorite in Apple Map-Look Around feature in Apple Maps-How to copy contacts from your email -How to disable True Tone display-Connect to Wi-Fi through the control center-How to access Website Settings on Safari-How to access Safari download manager-How to factory reset your iPhone 11-How to complete a soft reset-How to enable and disable Content Blocker-How to zip and unzip files in file app-How to connect a wireless or USB mouse to your iPhone-How to start a Group FaceTime call-extend your

battery life -How to Connect to Paired Bluetooth Devices or Wi-fi from Control Center-How to Download Large Apps over Cellular Network-How to Scan Documents and Save screenshots Straight to Files App-Operating the Safari Browser-And lots more!By the time you are done reading, you would have gain total mastery of your device, navigating it like a pro. Scroll up and click the buy button to get your copy now! PS: when you buy the paperback of this book, you get the ebook version for free.

Switching to the Mac: The Missing Manual, Mavericks Edition

"O'Reilly Media, Inc." Ready to move to the Mac? This incomparable guide from New York Times columnist and Missing Manuals creator David Pogue helps you make a smooth transition to OS X Mavericks, a beautiful machine with a thoroughly reliable system. Whether you're using Windows XP, Windows 7, or Windows 8, we've got you covered --

The Rust Programming Language (Covers Rust 2018)

No Starch Press The official book on the Rust programming language, written by the Rust development team at the Mozilla Foundation, fully updated for Rust 2018. The Rust Programming Language is the official book on Rust: an open source systems programming language that helps you write faster, more reliable software. Rust offers control over low-level details (such as memory usage) in combination with high-level ergonomics, eliminating the hassle traditionally associated with low-level languages. The authors of The Rust Programming Language, members of the Rust Core Team, share their knowledge and experience to show you how to take full advantage of Rust's features-- from installation to creating robust and scalable programs. You'll begin with basics like creating functions, choosing data types, and binding variables and then move on to more advanced concepts, such as: • Ownership and borrowing, lifetimes, and traits • Using Rust's memory safety guarantees to build fast, safe programs • Testing, error handling, and effective refactoring • Generics, smart pointers, multithreading, trait objects, and advanced pattern matching • Using Cargo, Rust's built-in package manager, to build, test, and document your code and manage dependencies • How best to use Rust's advanced compiler with compiler-led programming techniques You'll find plenty of code examples throughout the book, as well as three chapters dedicated to building complete projects to test your learning: a number guessing game, a Rust implementation of a command line tool, and a multithreaded server. New to this edition: An extended section on Rust macros, an expanded chapter on modules, and appendixes on Rust development tools and editions.

iPod & iTunes For Dummies

John Wiley & Sons Whether you're completely new to iPod and iTunes or you'd like to discover advanced techniques for playing, managing, browsing, buying, and storing music and other files, iPod & iTunes For Dummies, 6th Edition can help you! The iPod and iTunes have revolutionized how we enjoy music, and this bestselling guide has been updated to keep you current. Here's how to use the newest iPods, set up iTunes on your Mac or PC, purchase music and movies, rip CDs, organize your media library, make the most of digital sound, and so much more! The latest iPods are much more than just digital music players. Now, surf the Web, rent movies, buy songs and directly download them, send and receive e-mails, store photos, play slideshows, watch videos, and play games. You'll find information about all iPod models and how to set up iTunes so you can start enjoying your iPod right away. You'll learn how to: Learn how to use the iPod displays and scrolling wheels Install iTunes and load your music Keep your library organized so you can search, browse, and sort Create playlists and burn CDs Use your iPod as a hard drive Share content legally Synchronize your e-mail, contacts, and bookmarks Complete with lists of ten common problems and solutions, and eleven tips for the equalizer, iPod & iTunes for Dummies, 6th Edition includes bonus chapters about early iPod models, creating content for iPod, tips for working with MusicMatch, using your iPod for backup and restore, and 14 web sources for additional information.

The Wills Eye Manual

Office and Emergency Room Diagnosis and Treatment of Eye Disease

Lippincott Williams & Wilkins A best-selling source of compact, authoritative guidance on the treatment of ocular disorders in a variety of settings, The Wills Eye Manual, 8th Edition, is the comprehensive, high-yield reference of choice for both trainees and seasoned practitioners. It provides highly illustrated information on more than 200 ophthalmic conditions along with proven clinical recommendations from initial diagnosis through extended treatment. The consistent, bulleted outline format makes it ideal for portability and quick reference.

The Autoimmune Wellness Handbook

A DIY Guide to Living Well with Chronic Illness

Rodale The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. The Autoimmune Wellness Handbook, from Mickey Trescott and Angie Alt of Autoimmune-Paleo.com, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises laid out in the book. The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life.

iCloud Starter Guide

Master Apple's free sync service

IDG Consumer & SMB, Inc. iCloud does a lot of amazing things: It keeps your mail, contacts, calendars, reminders, and notes in sync. It instantly (almost magically) copies that photo you took of your cousin on your iPhone to your Mac, iPad mini, and laptop. It lets you work with your Macs from afar. It helps you find stranded and wayward devices, and lets you know when your friends are nearby. And it does it all for free. iCloud encompasses so very many different features and fun bits that it's surprising to realize just how much you can do with a free account. Let Macworld's editors help you get the most out of it. This book collects all the material we've written in the last year on Apple's sync service, and we hope it will help you get to know iCloud and learn how best to use it in your life. This book focuses on OS X 10.8 (Mountain Lion), Windows 8, iOS 6, and iTunes 11 - but we still have some helpful hints for those users with older operating systems. We hope that you enjoy our Starter Guide, but, even more important, that you enjoy iCloud and find ways to incorporate it into your daily routine. If you want to learn more about your other iOS devices, make sure to check out our available Superguides including our iPhone 5 Superguide, iPad Mini Starter Guide, iPad Starter Guide, Fourth Edition (for Retina iPads; Apple's latest iPad, or third generation iPad users running iOS 6), iPhone 5 Starter Guide, iOS 6 Upgrade Guide, and Master iPhone Photography. Looking for Mac and OS X books? We also sell our Total Mountain Lion Superguide, Mac Basics, Mountain Lion, and Mac Gems, Mountain Lion edition.

iPhone 11 Pro Max Guide for Elderly

The Ultimate Tips and Tricks on How to Use Your iPhone 11 Pro Max in the Best Optimal Way (2019 Edition)

Apple iPhone Pro Max Guide For Elderly!! Apple introduced its New Smartphones, the iPhone 11, iPhone 11 Pro and the iPhone 11 Pro Max. We'll show you How to Enable and use the Features!! We have the most important information about the Features and the release of the new iPhones. The next in line to the iPhone XS and the iPhone XS Max is called iPhone 11 Pro and iPhone 11 Pro Max. Compared to the predecessor models, the screen diagonals remain unchanged at 5.8 Or 6.5 inches. The True Tone screen has a contrast ratio of 2,000,000: 1, reaches a maximum brightness of 1200 nits and supports the HDR formats HDR10 and Dolby Vision - causing Apple to market the screen as a "Super Retina XDR". As expected, the most significant and most striking innovation of the Pro-iPhones is the new Triple Camera System - which stands under the motto "pro-photography". Part of the new main camera is three 12-MP lenses for wide-angle, ultra-wide-angle and telephoto. The combination of the three lenses enables a 4x optical zoom. In this book, you will learn Tips and Tricks on how to use your iPhone 11 Pro Max like a Pro!! Other things you will learn in this Book include: iPhone 11 Pro Max Wireless Capability iPhone 11 Pro Max Battery Life and Charging Features of iPhone 11 Pro Max iOS 13 Steps to Insert Your Nano SIM Card into iPhone 11 Pro Max How to Turn ON iPhone 11 Pro Max Turning OFF iPhone 11 Pro Max Set up and Activate iPhone 11 Pro Max Set Date and Time Link your iPhone 11 Pro Max to Computer Connect iPhone 11 Pro Max to the Internet Setting Your Mail and Other Account Set up Your iCloud with iPhone 11 Pro Max Get Your Apple ID Synchronizing with iTunes How to Launch Apple Pay and Apple pay Set-Up Making a contactless payment using Apple pay Making payment within an App Steps to check out with Apple Pay How to get back to iPhone 11 Pro Max Home Screen How to Lock and Unlock iPhone 11 pro-Max Setting up Your Device Privacy Setting up Your Device Security Controlling iPhone 11 Pro Max with your Voice Steps to Set/Change Your Device Language How to access the Control center of the iPhone 11 Pro Max Customizing iPhone 11 Pro Max Control center Using the Control Centre Choosing Settings for the Control Centre Accessing/Managing Bluetooth Devices Control Center to Wi-Fi Connection Making Request with Siri Setting up Your Device iTunes Radio How to Get/ Add Music to Library How to use Audiobook Search, Browse and Download with Safari Temporarily Enabling/ Disabling

Content Blocker in Safari Accessing Website Setting For Safari Limiting Ad Tracking from Safari How to send SMS, MMS, and iMessages using Your Device Enabling/ Disabling Your Device Dark Mode Option Using Cycle Tracking in Health How to Block Spam Calls Steps to Restart or Soft Reset iPhone 11 Pro Max Steps to Force Restart or Hard Reset iPhone 11 Pro Max General Phone Settings Unblock/ Block a Contact from Settings How to Control Your Device Call Waiting Steps to Restart or Soft Reset Your Device General Phone Settings And many more... What this book will do for you? In every Chapter of this Manual, you will learn Tips and Tricks on how to enable the new features on your device !!!! So what are you waiting for? Scroll up and click the orange "BUY NOW" button on the top right corner and download Now!!! You won't regret you did See you inside!!!

MacOS High Sierra: The Missing Manual

The Book that Should Have Been in the Box

"O'Reilly Media, Inc." With High Sierra, Apple has taken its macOS operating system to new heights. From Apple's efficient new file system to improved video streaming and support for virtual reality, this latest macOS version provides features improve your experience. And once again, David Pogue brings his humor and expertise to the #1 bestselling Mac book. Whether you're a developer or a home-user, this guide offers a wealth of detail on Apple's macOS 10.13 operating system, this new edition covers everything High Sierra has to offer. Perfect for newcomers. Get crystal-clear, jargon-free introductions to the best and brightest macOS apps, including Siri, Safari, iCloud, FaceTime, and AirDrop. Get the whole picture. Learn more efficient ways to navigate, organize, and edit your photos with new features in the Photos app. Go in-depth. Take advantage of Apple's new graphics technology, and its support for virtual reality. Gain real insight. David Pogue doesn't just tell you how to use macOS features. You'll also learn why to use them—and how to avoid common pitfalls.

The Wildwood Tarot

Wherein Wisdom Resides

Sterling Ethos Based on seasonal rhythms and ancient festivals, The Wildwood Tarot gift set draws inspiration from pre-Celtic mythology and shamanic mysteries. This stunning new tarot card deck introduces us to classic forest archetypes--including the Green Man and Woman, Archer, and Blasted Oak--and explains how to use them as a meditation system, divinatory oracle, or reference. Will Worthington's powerful pagan images connect us with a long-lost world that can help us make sense of our own.

iPhone 11 Pro Max User's Guide

The Ultimate Tips and Tricks on How to Use Your iPhone 11 Pro Max in the Best Optimal Way (2019 Edition)

Good News!! Apple introduced its New Smartphones, the iPhone 11, iPhone 11 Pro and the iPhone 11 Pro Max. We'll show you How to Enable and use the Features!! We have the most important information about the Features and the release of the new iPhones. The next in line to the iPhone XS and the iPhone XS Max is called iPhone 11 Pro and iPhone 11 Pro Max. Compared to the predecessor models, the screen diagonals remain unchanged at 5.8 Or 6.5 inches. The True Tone screen has a contrast ratio of 2,000,000: 1, reaches a maximum brightness of 1200 nits and supports the HDR formats HDR10 and Dolby Vision - causing Apple to market the screen as a "Super Retina XDR". As expected, the most significant and most striking innovation of the Pro-iPhones is the new Triple Camera System - which stands under the motto "pro-photography". Part of the new main camera is three 12-MP lenses for wide-angle, ultra-wide-angle and telephoto. The combination of the three lenses enables a 4x optical zoom. In this book, you will learn Tips and Tricks on how to use your iPhone 11 Pro Max like a Pro!! Other things you will learn in this Book include: iPhone 11 Pro Max Wireless Capability iPhone 11 Pro Max Battery Life and Charging Features of iPhone 11 Pro Max iOS 13 Steps to Insert Your Nano SIM Card into iPhone 11 Pro Max How to Turn ON iPhone 11 Pro Max Turning OFF iPhone 11 Pro Max Set up and Activate iPhone 11 Pro Max Set Date and Time Link your iPhone 11 Pro Max to Computer Connect iPhone 11 Pro Max to the Internet Setting Your Mail and Other Account Set up Your iCloud with iPhone 11 Pro Max Get Your Apple ID Synchronizing with iTunes How to Launch Apple Pay and Apple pay Set-Up Making a contactless payment using Apple pay Making payment within an App Steps to check out with Apple Pay How to get back to iPhone 11 Pro Max Home Screen How to Lock and Unlock iPhone 11 pro-Max Setting up Your Device Privacy Setting up Your Device Security Controlling iPhone 11 Pro Max with your Voice Steps to Set/Change Your Device Language How to access the Control center of the iPhone 11 Pro Max Customizing iPhone 11 Pro Max Control center Using the Control Centre Choosing Settings for the Control Centre Accessing/Managing Bluetooth Devices Control Center to Wi-Fi Connection Making Request with Siri Setting up Your Device iTunes Radio How to Get/ Add Music to Library How to use Audiobook Search, Browse and Download with Safari Temporarily Enabling/ Disabling Content Blocker in Safari Accessing Website Setting For Safari Limiting Ad Tracking from Safari How to send SMS, MMS, and iMessages using Your Device Enabling/

Disabling Your Device Dark Mode Option Using Cycle Tracking in Health How to Block Spam Calls Steps to Restart or Soft Reset iPhone 11 Pro Max Steps to Force Restart or Hard Reset iPhone 11 Pro Max General Phone Settings Unblock/Block a Contact from Settings How to Control Your Device Call Waiting Steps to Restart or Soft Reset Your Device General Phone Settings And many more... What this book will do for you? In every Chapter of this Manual, you will learn Tips and Tricks on how to enable the new features on your device !!!! So what are you waiting for? Scroll up and click the orange "BUY NOW" button on the top right corner and download Now!!! You won't regret you did See you inside!!!