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KEY=GYM - MCLEAN MALONE

THE TOTAL FITNESS MANUAL

TRANSFORM YOUR BODY IN JUST 12 WEEKS

Simon and Schuster "Transform your body in just 12 weeks. Take the challenge"--Cover.

KIPLINGER'S PERSONAL FINANCE

The most trustworthy source of information available today on savings and investments, taxes, money management, home ownership and many other personal finance topics.

GUITAR GYM

EXERCISE MANUAL FOR SPEED, ACCURACY, AND FINGER INDEPENDENCE

*** THE BOOK YOU MUST READ IF YOU WANT TO IMPROVE YOUR TECHNIQUE *** THE MOST COMPLETE EXERCISE MANUAL FOR SPEED, ACCURACY, AND FINGER INDEPENDENCE This book teaches you: ⇒Total coordination and finger independence. ⇒Increase your speed and accuracy. ⇒1 Fingering for the pentatonic, Ionian, Dorian, Phrygian, Lydian, Mixolydian, Aeolian, Locrian, Harmonic Minor, Melodic Minor, Diminished and Whole tone scales. ⇒1 Fingering for the maj7, 7, m7, m7b5, dim7, mMaj7 arpeggios. ⇒Daily workouts to improve your alternate picking technique. This is the book you should practice if you want to have a solid foundation as a Guitarist. All the knowledge you need is in this practical and brief manual that will guide you on the path of the Guitarist. START PRACTICING WITH THIS BOOK NOW AND DON'T FORGET TO LEAVE A COMMENT!

TOTAL KNEE REPLACEMENT AND REHABILITATION

THE KNEE OWNER'S MANUAL

Hunter House Each year approximately 250,000 Americans undergo total-knee-replacement surgery (also known as a total knee arthroplasty, or TKA). Every year, a million more consider it. If you are considering or have had a total knee replacement you should read this book. It will tell you everything you need to know to prepare for and recover from the surgery, and to get the most out of your new knee. The success of a total knee replacement depends on rehabilitating the knee after the operation -- in fact, the rehab is as important as the surgery itself. This book maps out the road to recovery with week-by-week exercises for a full year. The authors, a surgeon and physical therapist who have both been orthopedic patients, provide practical tips, success stories and personal insights into the recovery process. Most people, even surgeons, don't realize how dramatically arthritis can change a person's life. Author Jeff Falkel, Ph.D., was one of these people. Over the course of 20 years his knees had gotten progressively worse, and eventually the pain reached the point where it was present in every aspect of his life. He could not stand or walk without crippling pain.

MANUAL OF STRUCTURAL KINESIOLOGY

William C Brown Pub New edition of a classic text-workbook for students of physical education or physical therapy. Annotation copyrighted by Book News, Inc., Portland, OR

THE COMPLETE HOLISTIC GUIDE TO WORKING OUT IN THE GYM

University of Calgary Press The comprehensive guide to getting the most out of your gym workout. It includes detailed information on planning, executing and maintaining a fitness regime. More than simply an instructional manual, The Complete Guide is also a valuable resource on nutrition, attitude, and the development of a personal training program that fits every lifestyle. Building on years of research and experience as an educator, personal trainer and government official for fitness accreditation, Yigal Pinchas has integrated the theory and practice of health and wellness to address the physical, mental, and emotional demands of an effective fitness regime. Accompanied by over 200 illustrations, the text includes instruction that range from step-by-step guides to performing the exercises and reaching your training goals without injury to balancing training with proper eating habits and keeping yourself motivated over the long term. The book is structured to allow readers to progress all the way from the first tentative steps to the more advanced stages of independent and effective exercise. This book is a must for professional trainers, kinesiology specialists, and the general fitness enthusiast.

EXERCISE TECHNIQUE MANUAL FOR RESISTANCE TRAINING

Human Kinetics Created by the National Strength and Conditioning Association (NSCA), *Exercise Technique Manual for Resistance Training, Fourth Edition With HKPropel Online Video*, is a practical resource for current and aspiring strength and conditioning professionals and personal trainers. With unmatched visual demonstration of a variety of free weight and machine exercises, the text is a valuable tool for those preparing for an NSCA certification exam and for others who design programs for athletes and clients of all ages and fitness levels. This updated reference is the most comprehensive collection of resistance training technique available. The revised fourth edition contains the following: An additional 30 exercises that expand the coverage to 100 total exercises, each with a step-by-step checklist that teaches safe and effective exercise technique Two or more full-color photos of each resistance training exercise that distinctly show correct technique Online video clips for each resistance training exercise that demonstrate proper technique in action and highlight common errors *Exercise Technique Manual for Resistance Training, Fourth Edition With HKPropel Online Video*, is organized by body region, with parts I through IV covering total body, lower body, upper body, and anatomical core exercises. Part V highlights exercises using alternative modes and nontraditional implements. Every chapter contains a table that describes each exercise's concentric action, predominant muscle groups, and muscles involved, enabling readers to understand the impact of the exercises on each body region. To reinforce fundamental techniques, the text includes guidelines related to general safety, tips for breathing and spotting, preparatory body position, and weight belt recommendations. Exercises are explained through sequential instructions and photos to ensure that readers will learn the safest and most effective technique. Accompanying checklists identify the correct grip, stance, body position, and range of motion for each exercise. Online videos demonstrate proper technique as well as common errors so that users can recognize incorrect techniques and make appropriate adjustments. With 100 resistance training exercises and online video demonstrations, *Exercise Technique Manual for Resistance Training* is the most authoritative and current resource in teaching safe and effective resistance exercise technique. Note: A code for accessing online videos is not included with this ebook but may be purchased separately.

MANUAL OF INSTRUCTIONS FOR USING THE GOTTSCHALK-GLESER CONTENT ANALYSIS SCALES

ANXIETY, HOSTILITY, AND SOCIAL ALIENATION-PERSONAL DISORGANIZATION

Univ of California Press This title is part of UC Press's Voices Revived program, which commemorates University of California Press's mission to seek out and cultivate the brightest minds and give them voice, reach, and impact. Drawing on a backlist dating to 1893, Voices Revived makes high-quality, peer-reviewed scholarship accessible once again using print-on-demand technology. This title was originally published in 1969.

SHAPE21: THE COMPLETE 21 DAY LEAN BODY MANUAL

Pacific Elite Fitness

THE TOTAL FITNESS MANUAL

TRANSFORM YOUR BODY IN 12 WEEKS

WeldonOwn+ORM Get in shape in no time with this definitive guide to fitness, strength training, and nutrition by the fitness experts at the world-renowned Gold's Gym. The *Total Fitness Manual* has everything here you need to get fit and stay fit for life. Take the 12-Week Body Transformation Challenge for dramatic, proven results, or create your own fitness routine from this book's wealth of information on resistance training, cardio, nutrition, flexibility, and more . . . **Cardio:** With cardio machines, classes, swimming, or running, you have more choices than ever for getting a heart-pumping workout, and this book outlines your options to help you select the best for your needs. **Getting Strong:** Whether you are looking to tone up or bulk up using bodyweight alone, gym machines, or a home barbell set, you need to know the correct techniques to avoid injury and know what exercises work which muscles. **Nutrition:** Hydration and diet are just as important as getting to the gym. Gold's Gym is here to ensure you have enough calories to burn, have the best post-workout snacks, find the best protein shake for you, utilize crucial hydration tips, and more. **Recovery:** Stretch properly and know when to schedule a rest day to stay injury free. **The Twelve-Week Challenge:** Gold's Gym annually challenges its members to commit to achieving their goals—in just three months. For the first time, this program is available in a book, with clear instructions, and advice on how to tailor the program to your fitness journey. You can also gain inspiration from success stories from past Challenge winners. So, pick up your copy of the *Total Fitness Manual* and get training today!

THE COMPLETE FITNESS GUIDE FOR WOMEN

Hay House, Inc An essential fitness guide for any woman who wants an active life and a healthy body Physical fitness, as it is understood today, is not merely about exercising or healthy eating; it must involve both aspects. But there is still more to a fit and healthy life than just a focus on food and exercise. *The Complete Fitness Guide for Women* lays the foundation for long-term health. In this volume, Mamta Singh provides you with exercise plans that specifically target cardiovascular training, strength and weight training, and stretching. Whether you are a beginner or someone who is already working out, this book will have a program suitable for you; these exercise programs can be done at home or at the gym. *The Complete Fitness Guide for Women* empowers you by helping you understand and respect your body and its unique requirements, so you can develop a body that is not just slim, but healthy and strong as well. The power is truly within YOU!

POPULAR SCIENCE

Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that *Popular Science* and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

THE GLEASON'S GYM TOTAL BODY BOXING WORKOUT FOR WOMEN

A 4-WEEK HEAD-TO-TOE MAKEOVER

Simon and Schuster A Hollywood boxing coach who trained Hilary Swank for her Oscar-winning role in *Million Dollar Baby* outlines a four-week fitness program for women that draws on the philosophies of the Gleason's gym, providing coverage of a range of stances, offensive and defensive moves, and muscle-sculpting techniques. Reprint. 25,000 first printing.

ROTHMAN INSTITUTE MANUAL OF TOTAL JOINT ARTHROPLASTY

PROTOCOL-BASED CARE

JP Medical Ltd This book is a complete guide to total joint arthroplasty for orthopaedic surgeons presented as a collection of key protocols for surgery. Divided into four sections, the text begins with preoperative considerations, covering patient evaluation, clinical examination, indications, and implant selection. The following section provides step by step guidance on the complete range of arthroplasty techniques and associated procedures. Section three covers postoperative management such as wound care, transfusions, physical therapy, medication, and much more. The final chapters in the book discuss the management of numerous potential complications. Edited by an internationally recognised team of experts, led by Javad Parvizi from the renowned Rothman Institute in Philadelphia, this comprehensive guide is enhanced by surgical images and diagrams to assist learning. Key points
 Comprehensive guide to total joint arthroplasty for orthopaedic surgeons Presented as collection of key protocols for surgical procedures Provides step by step guidance from preoperative considerations, to surgical techniques, postoperative management, and complications Edited by internationally recognised experts from the Rothman Institute

TRAINING & CONDITIONING

T & C.

FLYING MAGAZINE

POPULAR SCIENCE

Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

THE WEIGHTLIFTING GYM BUDDY JOURNAL - VOLUME 3

AQUATIC FITNESS PROFESSIONAL MANUAL-6TH EDITION

Human Kinetics Written by more than 30 industry experts, *Aquatic Fitness Professional Manual, Sixth Edition*, is the most comprehensive and relied-upon resource for fitness professionals, personal trainers, therapists, and facility or program managers who specialize in water exercise. No longer just for seniors, aquatic fitness has emerged at the forefront of new fitness trends as a challenging reduced-impact option for group exercise, small-group fitness, and personal training for all age groups. Straightforward explanations of current concepts in exercise science, applied exercise anatomy and physiology, and updated research on deep-water exercise will assist you in creating and leading safe, effective, and enjoyable exercise programs. This all-in-one aquatic fitness reference is the definitive resource for those preparing for the AEA Aquatic Fitness Professional certification exam. Reorganized for easier study and exam preparation, the sixth edition contains essential foundational information such as the components of physical fitness, group fitness teaching techniques, and AEA Standards and Guidelines.

STOTT PILATES ESSENTIAL REFORMER MANUAL

STOTT PILATES® Essential Reformer Manual includes the complete range of Essential-level Reformer exercises, which are executed using the specially designed STOTT PILATES Reformer. Modifications for each exercise are included to increase challenge or facilitate the movement. Movement essence is detailed for each variation including muscular emphasis and goals of the exercise. Each page features step-by-step photographs and clear descriptions.

BARRE FITNESS

BARRE EXERCISES YOU CAN DO ANYWHERE FOR FLEXIBILITY, CORE STRENGTH, AND A LEAN BODY

Fair Winds Press (MA) Barre Fitness provides 100 at-home barre exercises from the fundamentals to more complex moves with a focus on building strength and improving technique--no barre required!

CHANGING TIMES

POPULAR MECHANICS

Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle.

THE STARTUP OWNER'S MANUAL

THE STEP-BY-STEP GUIDE FOR BUILDING A GREAT COMPANY

John Wiley & Sons More than 100,000 entrepreneurs rely on this book for detailed, step-by-step instructions on building successful, scalable, profitable startups. The National Science Foundation pays hundreds of startup teams each year to follow the process outlined in the book, and it's taught at Stanford, Berkeley, Columbia and more than 100 other leading universities worldwide. Why? The Startup Owner's Manual guides you, step-by-step, as you put the Customer Development process to work. This method was created by renowned Silicon Valley startup expert Steve Blank, co-creator with Eric Ries of the "Lean Startup" movement and tested and refined by him for more than a decade. This 608-page how-to guide includes over 100 charts, graphs, and diagrams, plus 77 valuable checklists that guide you as you drive your company toward profitability. It will help you: • Avoid the 9 deadly sins that destroy startups' chances for success • Use the Customer Development method to bring your business idea to life • Incorporate the Business Model Canvas as the organizing principle for startup hypotheses • Identify your customers and determine how to "get, keep and grow" customers profitably • Compute how you'll drive your startup to repeatable, scalable profits. The Startup Owner's Manual was originally published by K&S Ranch Publishing Inc. and is now available from Wiley. The cover, design, and content are the same as the prior release and should not be considered a new or updated product.

POPULAR SCIENCE

Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

ESSENTIALS OF STRENGTH TRAINING AND CONDITIONING

Human Kinetics Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, *Essentials of Strength Training and Conditioning* is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of *Essentials of Strength Training and Conditioning, Fourth Edition With HKPropel Access*, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features: Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use. Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and change of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. *Essentials of Strength Training and Conditioning, Fourth Edition*, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

JCPENNEY [CATALOG].

FULL-BODY FLEXIBILITY

Human Kinetics Develop flexibility, balance, and strength for improved performance on the athletic field, in fitness class, and in daily life. Premier fitness instructor and author Jay Blahnik blends the best of yoga, Pilates, martial arts, and sport training to create stretching sequences that can be used for warm-up, cool-down, and challenging fitness workouts.

AURICULOTHERAPY MANUAL

CHINESE AND WESTERN SYSTEMS OF EAR ACUPUNCTURE

Elsevier Health Sciences *Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture* provides a comprehensive guide to the practice of Chinese and Western systems of ear acupuncture. This impressive new edition utilizes 3-D models of the external ear, as well as 3-D anatomical images, to demonstrate the somatotopic relationship between particular parts of the body and specific regions of the auricle. This is the first ear acupuncture text that has incorporated 3-D technology in order to present amazing images of the auricle which precisely indicate ear acupoint positions. The book offers in-depth evaluation of the theoretical and clinical

underpinnings of auriculotherapy, describing and illustrating over 200 ear acupuncture points and more than 200 auriculotherapy treatment protocols for clinical disorders ranging from chronic pain to substance abuse to visceral and neurological disorders. There are an expanded number of auricular landmarks that are utilized to guide the practitioner in accurately determining the precise location of hidden ear points on the 3-D model. These landmarks further reveal the varied depth perspectives of the external ear. The ear reflex points presented in this manual are based upon systematic research conducted at the UCLA Pain Management Center and upon the extensive clinical findings of medical doctors and acupuncturists in China and Europe over the past 50 years. Scientific and clinical information from the most recent international symposia of auricular acupuncture have been used to update the scientific and clinical knowledge presented in this fourth edition. Each chapter is organized in same basic order, beginning with an introductory overview, progressing to the main topics in the chapter, and ending with a section listing a definition of terms and a set of preparatory sample questions. The book is concise and clear enough for students yet provides sophisticated clinical approaches to allow the experienced practitioner to enhance and complement their existing treatment strategies.

BODY BY YOU

THE YOU ARE YOUR OWN GYM GUIDE TO TOTAL FITNESS FOR WOMEN

Random House Digital, Inc. *Outlines a three-part quick-fitness program for women that can be readily used at home without expensive equipment, demonstrating exercises that use the body's own weight for promoting leanness and strength.*

MUSCULOSKELETAL ESSENTIALS

APPLYING THE PREFERRED PHYSICAL THERAPIST PRACTICE PATTERNS

SLACK Incorporated *This book answers the call to what today's physical therapy students and clinicians are looking for when integrating the guide to physical therapist practice as it relates to the musculoskeletal system in clinical care.*

YOU ARE YOUR OWN GYM

THE BIBLE OF BODYWEIGHT EXERCISES

Ballantine Books *From an elite Special Operations physical trainer, an ingeniously simple, rapid-results, do-anywhere program for getting into amazing shape For men and women of all athletic abilities! As the demand for Special Operations military forces has grown over the last decade, elite trainer Mark Lauren has been at the front lines of preparing nearly one thousand soldiers, getting them lean and strong in record time. Now, for regular Joes and Janes, he shares the secret to his amazingly effective regimen—simple exercises that require nothing more than the resistance of your own bodyweight to help you reach the pinnacle of fitness and look better than ever before. Armed with Mark Lauren's motivation techniques, expert training, and nutrition advice, you'll see rapid results by working out just thirty minutes a day, four times a week—whether in your living room, yard, garage, hotel room, or office. Lauren's exercises build more metabolism-enhancing muscle than weightlifting, burn more fat than aerobics, and are safer than both, since bodyweight exercises develop balance and stability and therefore help prevent injuries. Choose your workout level—Basic, 1st Class, Master Class, and Chief Class—and get started, following the clear instructions for 125 exercises that work every muscle from your neck to your ankles. Forget about gym memberships, free weights, and infomercial contraptions. They are all poor substitutes for the world's most advanced fitness machine, the one thing you are never without: your own body.*

THE LADIES' BOOK OF ETIQUETTE, AND MANUAL OF POLITENESS

A COMPLETE HAND BOOK FOR THE USE OF THE LADY IN POLITE SOCIETY

LIFE, A USER'S MANUAL

David R. Godine Publisher *Represents an exploration of the relationship between imagination and reality as seen through the eyes of the dying Serge Valene, an inhabitant of a large Parisian apartment block.*

THE STUDENT'S ANATOMY OF EXERCISE MANUAL

KIPLINGER'S PERSONAL FINANCE

The most trustworthy source of information available today on savings and investments, taxes, money management, home ownership and many other personal finance topics.

DISCIPLINE EQUALS FREEDOM

FIELD MANUAL MK1-MOD1

St. Martin's Press *In this expanded edition of the 2017 mega-bestseller, updated with brand new sections like DO WHAT MAKES YOU HAPPY, SUGAR COATED LIES and DON'T NEGOTIATE WITH WEAKNESS, readers will discover new ways to become stronger, smarter, and healthier. Jocko Willink's methods for success were born in the SEAL Teams, where he spent most of his adult life, enlisting after high school and rising through the ranks to become the commander of the most highly decorated special operations unit of the war in Iraq. In Discipline Equals Freedom, the #1 New York Times bestselling coauthor of Extreme Ownership describes how he lives that mantra: the mental and physical disciplines he imposes on himself in order to achieve freedom in all aspects of life. Many books offer advice on how to overcome obstacles and reach your goals—but that advice often misses the most critical ingredient: discipline. Without discipline, there will be no real progress. Discipline Equals Freedom covers it all, including strategies and tactics for*

conquering weakness, procrastination, and fear, and specific physical training presented in workouts for beginner, intermediate, and advanced athletes, and even the best sleep habits and food intake recommended to optimize performance. **FIND YOUR WILL, FIND YOUR DISCIPLINE--AND YOU WILL FIND YOUR FREEDOM**

A COMPLETE GUIDE TO PROGRAMMING IN C++

Jones & Bartlett Learning This guide was written for readers interested in learning the C++ programming language from scratch, and for both novice and advanced C++ programmers wishing to enhance their knowledge of C++. The text is organized to guide the reader from elementary language concepts to professional software development, with in depth coverage of all the C++ language elements en route.

LABORATORY MANUAL FOR EXERCISE PHYSIOLOGY

Human Kinetics Laboratory Manual for Exercise Physiology, Second Edition With HKPropel Access, provides guided opportunities for students to translate their scientific understanding of exercise physiology into practical applications in a variety of settings. Written by experts G. Gregory Haff and Charles Dumke, the text builds upon the success of the first edition with full-color images and the addition of several new online interactive lab activities. The revitalized second edition comprises 16 laboratory chapters that offer a total of 49 lab activities. Each laboratory chapter provides a complete lesson, including objectives, definitions of key terms, and background information that sets the stage for learning. Each lab activity supplies step-by-step procedures, providing guidance for those new to lab settings so that they may complete the procedures. New features and updates in this edition include the following: Related online learning tools delivered through HKPropel that contain 10 interactive lab activities with video to enhance student learning and simulate the experience of performing the labs in the real world A completely new laboratory chapter on high-intensity fitness training that includes several popular intermittent fitness tests that students can learn to perform and interpret An appendix that helps estimate the oxygen cost of walking, running, and cycling New research and information pertaining to each laboratory topic A lab activity finder that makes it easy to locate specific tests In addition to the interactive lab activities, which are assignable and trackable by instructors, HKPropel also offers students electronic versions of individual and group data sheets of standards and norms, question sets to help students better understand laboratory concepts, and case studies with answers to further facilitate real-world application. Chapter quizzes (assessments) that are automatically graded may also be assigned by instructors to test comprehension of critical concepts. Organized in a logical progression, the text builds upon the knowledge students acquire as they advance. Furthermore, the text provides multiple lab activities and includes an equipment list at the beginning of each activity, allowing instructors flexibility in choosing the lab activities that will best work in their facility. *Laboratory Manual for Exercise Physiology, Second Edition With HKPropel Access*, exposes students to a broad expanse of tests that are typically performed in an exercise physiology lab and that can be applied to a variety of professional settings. As such, the text serves as a high-quality resource for basic laboratory testing procedures used in assessing human performance, health, and wellness. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

YOUR LIFE USER MANUAL

PRACTICAL INSIGHTS FOR LIVING A MEANINGFUL LIFE

Your Life User Manual - Evan L. Wride This is a contemporary, practical and relevant book about how to understand and apply the Bible in your everyday life. It is a superb book filled with biblically-based ways to achieve a significantly improved and healthier life. It is intentionally written using ordinary, everyday language, avoiding dogmatic, confusing and religious jargon. The book is not just for Christians, but anyone who desires to live a better life. This is not a book about religion, it is about how to effectively use the Bible to live a successful life. Evan Wride is an ordinary guy, who has read the Bible and uses it to manage his life. He is passionate, relentlessly practical and writes as if he is talking with a friend. His words, thoughts and perspectives are modern-day, heartfelt and action oriented. "Your Life User Manual" is a real-world look at the main issues we face as humans and specific ways the Bible answers them. The topics are a litany of our everyday concerns: setting priorities & plans, finances, time management, mental and physical health, addiction, love, marriage, children, dating, relationships, sex, career, co-workers, making good choices, our reason for being here and our individual uniqueness. This is not a counseling book, it is a book of God's time proven direction for how to live productive lives. Too many of us rely on ourselves, others and society for wisdom and the results are less than satisfactory. Going to the source for answers provides you with knowledge, wisdom and purpose for your, one and only, life. We have all contemplated that there must be more to life in order to achieve the meaning and significance we are all searching for. This book will specifically direct you in how to learn to "do life" according to the Bible, which will transform your life so you can become all you were intended to be. You will discover how to live your best life.