

# 10 Days To A Less Defiant Child Second Edition The Breakthrough Program For Overcoming Your Child's Difficult Behavior

The perfect book to help you give your oppositional-defiant child the help he or she needs.

Have you ever wondered: What it's like to daily bet hundreds of thousands of dollars working for some of the largest professional gamblers in Las Vegas? ... How to spend a summer house sitting one of the biggest stars in the world's 11,000 square-foot mansion - without an invitation from it's celebrity owner ... Whether the life of crime - specifically, running a shoplifting ring in a middle American mall - pays? ... What causes a son to finally say enough is enough ... and decide "Today is the day I am going to kill my dad." Comedian Brandt Tobler has the answers in this funny, touching and sometimes downright unbelievable memoir of a small town Wyoming-kid turned "mall-fia" don, turned nationally touring comic. Brand tells his life story with candor, detailing the many pit stops, wrong turns, crazy connections and lucky breaks he experienced along the way to his comedy career, all while trying to balance a toxic relationship with his unreliable jailbird dad. In these pages Brandt will make you laugh (he better - it's his job!) and believe as he does that, when it comes to defining family, blood isn't always thicker than water. -- back cover.

Help Your ODD Child While Helping Yourself Parenting a child with Oppositional Defiant Disorder (ODD) is difficult, stressful, and often overwhelming. Overcoming Oppositional Defiant Disorder is the first child psychology book that sets you up for success by recognizing that taking care of your child starts with taking care of yourself. Using a two-pronged approach, Dr. Gina Atencio-Maclean offers proven methods for modifying your child's defiant behaviors while giving you the tools needed to stay calm and focused--even during your child's worst outbursts. Strengthen your parenting skills by learning to cope with triggers, practice mindful communication, set reasonable limits, and more. Overcoming Oppositional Defiant Disorder includes: A TWO-PART PLAN--Learn to recognize and manage your own heightened emotions while teaching your child to do the same. PROVEN WAYS TO TREAT OPPOSITIONAL DEFIANT DISORDER--Find out how to introduce alternative behaviors, set boundaries, and use positive reinforcement. STEP-BY-STEP GUIDES--Take the guesswork out of treatment with detailed instructions and sample dialogues. Now you and your child can get through Oppositional Defiant Disorder--together. Outlining a ten-step plan for improving inattentive behaviors in children, a companion guide to 10 Days to a Less Defiant Child addresses issues related to learning disabilities, anxiety, and depression while providing a range of instructional anecdotes. Original.

The Universal Don'ts of Dating

10 Days to a Less Defiant Child, second edition

The Blue Book of Grammar and Punctuation

The 10-Day Alcohol Detox Plan

How to Lose a Guy in 10 Days

The Defiant Child

How I Wrote 2 E-Books in 21 Days

Do you want to take a break from alcohol easily and safely? When you stop drinking, it takes up to 10 days for the alcohol to completely leave your system. It's a tricky time. You get cravings and your thinking becomes emotional. Most people struggle in the early days. But now there's a modern, scientific solution. The 10-Day Alcohol Detox Plan walks you through the detox period painlessly and explains everything you need to carry on to your personal sobriety goal, whether short-term or long-term. Written in an engaging and informative way, the 10-Day Alcohol Detox Plan is practical and easy to follow. There's no doom and gloom or going to meetings. It just does the job, and is suitable for anyone: If you want to try a sober break from alcohol If you want to stop drinking to help fitness or weight-loss If you need to give up alcohol for health reasons If you've simply had enough and want to quit drinking for good The author is a therapist working in public health who has helped countless drinkers to quit alcohol, and is the author of the bestseller "Alcohol and You: How to Control and Stop Drinking" and "Mindfulness for Alcohol Recovery". Order this book today and find a better way.

The Amazing Book of No was just announced as a Winner of the 2015 Readers Favorite Award for K-3rd grade readers. "The Amazing Book of No" is a deceptively simple story that will teach your 3-7 year old how to accept the word "no" when you say it, and why they shouldn't argue. The story is about two moms and their children. One mom says "no" all the time, while the other says "yes" to everything. It is cute and engaging all in one, and designed not to take up too much of a parents valuable time, with the idea being to try and imprint wholesome ideals while kids are young. Reading this just a few times to your boy or girl at bedtime will ensure you don't have any misunderstandings with your children about the word "NO" as they grow older. This really is: The Amazing Book of No!

Ellison teaches readers how to easily and inexpensively boost their body's nutrients and fill dangerous nutrition gaps by using key supplements readily available at their local pharmacy or superstore.

Jump-Start Your Reading Skills! Speed reading used to require months of training. Now you can rev up your reading in just a few minutes a day. With quizzes to determine your present reading level and exercises to introduce new skills quickly, 10 Days to Faster Reading will improve your reading comprehension and speed as it shows you how to: \* Break the Bad Habits That Slow You Down \* Develop Your Powers of Concentration \* Cut Your Reading Time in Half \* Use Proven, Specially Designed Reading Techniques \* Boost the Power of Your Peripheral Vision \* Learn How to Scan and Skim a Written Report ...And All in 10 Days!

Damn Funny. Seriously.

Ten Days to Self-Esteem

The Fun, Easy Way to Learn to Draw in One Month or Less

The Ten Day Outline

Drink Less in 7 Days

A Two-Part Treatment Plan to Help Parents and Kids Work Together

Giggle More, Worry Less

The Low-Tech, No-Grow-Lights Approach to Abundant Harvest Year-Round Indoor Salad Gardening offers good news: with nothing more than a cupboard and a windowsill, you can grow all the fresh salad greens you need for the winter months (or throughout the entire year) with no lights, no pumps, and no greenhouse. Longtime gardener Peter Burke was tired of the growing season ending with the first frost, but due to his busy work schedule and family life, didn't have the time or interest in high-input grow lights or greenhouses. Most techniques for growing what are commonly referred to as "microgreens" left him feeling overwhelmed and uninterested. There had to be a simpler way to grow greens for his family indoors. After some research and diligent experimenting, Burke discovered he was right—there was a way! And it was even easier than he ever could have hoped,

and the greens more nutrient packed. He didn't even need a south-facing window, and he already had most of the needed supplies just sitting in his pantry. The result: healthy, homegrown salad greens at a fraction of the cost of buying them at the market. The secret: start them in the dark. Growing "Soil Sprouts"—Burke's own descriptive term for sprouted seeds grown in soil as opposed to in jars—employs a method that encourages a long stem without expansive roots, and provides delicious salad greens in just seven to ten days, way earlier than any other method, with much less work. Indeed, of all the ways to grow immature greens, this is the easiest and most productive technique. Forget about grow lights and heat lamps! This book is a revolutionary and inviting guide for both first-time and experienced gardeners in rural or urban environments. All you need is a windowsill or two. In fact, Burke has grown up to six pounds of greens per day using just the windowsills in his kitchen! Year-Round Indoor Salad Gardening offers detailed step-by-step instructions to mastering this method (hint: it's impossible not to succeed, it's so easy!), tools and accessories to have on hand, seeds and greens varieties, soil and compost, trays and planters, shelving, harvest and storage, recipes, scaling up to serve local markets, and much more.

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

When evil robots make Bryce's legs hurt, his worried parents drive him to the hospital. There Doctor Happy sticks him with needles and tells him he has to stay for 10 days! Bryce's father explains to him that some of the needles are filled with fierce Ninjas, who will use their swords and nunchuks to kill the bad robots. Bryce can feel the battle raging inside him. But before very long the Ninjas are winning. Bryce feels good again. He can go to school, play hard, tease his baby brother and roughhouse like any other four-year-old goofball. Bryce knows there might be some robots still hiding in his blood, though. So for a while Doctor Happy will have to send in more tough Ninjas to help Bryce fight until every last robot is dead.

What does every mile mean to you? When you hit the trails, the road, the track or the treadmill, what does each mile mean? A group of runners and walkers from around the world share their stories as they let us know what every mile matters means to them. Get ready to be inspired.

The Road Less Traveled

A Parent's Guide to Oppositional Defiant Disorder

The Breakthrough Program for Overcoming Your Child's Difficult Behavior

Happiness in 10 Days Or Less

A Step-By-Step Guide To Mastering The Skills Taught In America's Top Business Schools

How to Lose a Lord in 10 Days Or Less

Cursed to Survive

Retreating to the country due to her injuries from a riding accident, Katie Moore finds herself wondering about rejoining the world after the proud Andrew Clifton, Lord Amberstall, literally tumbles into her life. Money represents more than the paper it's printed on. It is the embodiment of your time, your talents, and your commitments. It buys the food you eat, the house you sleep in, the car you drive, and the clothes you wear. It also helps provide you with the lifestyle you want to live once you retire. You have spent a lifetime earning it, spending it, and hopefully, accumulating it. When the time comes for retirement, you want your money to provide you with a comfortable lifestyle and stable income after your working days are done. You might also have other desires, such as traveling, purchasing property, or moving to be closer to your family (or farther away). You may also want your assets to provide for your loved ones after you are gone. The truth is that it takes more than just money to fulfill those needs and desires. Your income, your plans for retirement, your future healthcare expenses, and the continued accumulation of your assets after you stop working and drawing a paycheck all rely on one thing: You.

"If you've ever tried to write a novel before, you know just how tricky that can be. From juggling your plot and subplots, to crafting characters and fleshing out your worldbuilding, you have a lot to think about. What's worse, you need to keep track of all of this while also putting words on the page and staying productive, otherwise, you may never finish your novel at all" --

The Pocket Book is for use by doctors nurses and other health workers who are responsible for the care of young children at the first level referral hospitals. This second edition is based on evidence from several WHO updated and published clinical guidelines. It is for use in both inpatient and outpatient care in small hospitals with basic laboratory facilities and essential medicines. In some settings these guidelines can be used in any facilities where sick children are admitted for inpatient care. The Pocket Book is one of a series of documents and tools that support the Integrated Managem.

90 Days Diet Challenge Journal

Pocket Book of Hospital Care for Children

Mentoring Your Child to Win

Over-the-counter Natural Cures

10 Days to a Less Defiant Child

10 days to finding your ideal weight

10 Days to Faster Reading

Author Arlene Karian opens the door to success for millions of parents now – and in the future. In "Mentoring Your Child To Win: The 7 Breakthrough Keys How A Single Former Welfare Mom Raised A Multi-Millionaire Kid", Arlene – “ The Parenting Mentor ” – provides you with a proven plan she created for herself and is now available to all who shape a child's

consciousness. Easy and enjoyable to follow, parents will find the tools to create a bond with their children in an exciting new way. Recently validated by science, Arlene's system will open a whole new world of possibilities, empowering you to raise extraordinary children and also uplift you and your entire life in the process. The simple secret: Arlene became a mentor to her son by following a simple original system. Now you can use Arlene's "Road Map to 21st Century Parenting" system to help your children avoid negative

outside influences and achieve great things, so they become what they were meant to become. In "Mentoring Your Child To Win: The 7 Breakthrough Keys How A Single Former Welfare Mom Raised A Multi-Millionaire Kid," you'll discover:

- The 7 Keys to 21st Century Parenting
- The 3 Scientific Research Secrets about Parenting
- How To Mentor Your Child to Excel
- How to Raise an Extraordinary Child
- How To Get Your Kid To Say 'No' to Outside Influences

Plus a lot more detailed, step-by-step guidance, inspiration, and help for parents and guardians to modernize parenting with a new breakthrough approach to interface with these troubled times. In addition, the book reveals:

- Detoxing Your Mind: An Innovative Way to De-stress
- How To Effortlessly Organize Your Day
- Keeping The Love Alive In Spite Of Dishes, Laundry and Texting

“ Mentoring is the new way, ” Arlene says. “ I raised my son to excel while on welfare. It's because I blended parenting with mentoring that my son became so extraordinary, successful, and a living role model of my work. Helping all parents bring out the best in their children, whatever that might be, is now my passion. ” Arlene believes that true wealth comes from the wisdom of the one who is shaping a child's life. Her book will guide you on an incredible new journey toward that end.

**Mentoring Your Child To Win: The 7 Breakthrough Keys – How A Single, Former Welfare Mom Raised A Multi-Millionaire Kid** brings solutions for parenting in the 21st Century.

A psychological guide for parents offers insight into the sources of childhood tantrums, resistance to responsibility, and negativity, providing step-by-step recommendations for improving parent-child dynamics while sharing numerous exercises on how to discipline in a more constructive manner. By the author of *Why Can't You Read My Mind?* Original.

In a powerful memoir, identity theft expert Axton Betz-Hamilton tells the shocking and unsettling story of her family, betrayal, and deceit. Axton Betz-Hamilton grew up in small-town Indiana in the early '90s. When she was 11 years old, her parents both had their identities stolen. Their credit ratings were ruined, and they were constantly fighting over money. This was before the age of the Internet, when identity theft became more commonplace, so authorities and banks were clueless and reluctant to help Axton's parents. Axton's family switched PO Boxes, changed all of their personal information, and moved to different addresses, but the identity thief followed them wherever they went. Convinced that the thief had to be someone they knew, Axton and her parents completely cut off the outside world, isolating themselves from friends and family. Axton learned not to let anyone into the house without explicit permission, and once went as far as chasing a plumber off their property with a knife. She had panic attacks throughout her formative years and often became physically sick with anxiety and quarantined behind the closed curtains in her childhood home. She began starving herself at a young age in an effort to blend in--her clothes, hair, makeup, and weight could be nothing short of perfect or she would be scolded by her mother, who had become paranoid and consumed by how others perceived the family. Years later, her parents marriage still shaken from the theft, Axton discovered that she, too, had fallen prey to the identity thief, but by the time she realized, she was already thousands of dollars in debt and her credit was ruined. **THE LESS PEOPLE KNOW ABOUT US** is Axton's attempt to untangle an intricate web of lies, and to understand why and how a loved one could have inflicted such pain. Axton will present a candid, shocking, and redemptive story and reveal her courageous effort to grapple with someone close that broke the unwritten rules of love, protection, and family.

**90 DAYS Exercise & Diet Journal** is your companion during your 90 day diet. Start the year right with this food and exercise journal. Designed to easily track both your diet and exercise efforts. This easy-to-use record the foods you eat for breakfast, lunch, dinner, and snacks. It also includes places to note calories, exercise, weight, sleep, glasses of water, and servings of fruits and veggies. Ideal for quick record keeping at home, at work, or on the go. Size: 6x9 Inches Planner, Motive and challenge yourself. Get started today with **90 Day Diet Challenge Journal!**

**The Amazing Book of No**

**The Breakthrough Program that Gets Your Kids to Listen, Learn, Focus and Behave**

**The Ten-Day MBA 4th Ed.**

**An Easy-to-Use Guide with Clear Rules, Real-World Examples, and Reproducible Quizzes**

**An Easy & Proven Way to Build Good Habits & Break Bad Ones**

**Ten Days In a Mad-House**

**How to be a Princess in 7 Days Or Less**

Do you wake up dreading the day? Do you feel discouraged with what you've accomplished in life? Do you want greater self-esteem, productivity, and joy in daily living? If so, you will benefit from this revolutionary way of brightening your moods without drugs or lengthy therapy. All you need is your own common sense and the easy-to-follow methods revealed in this book by one of the country's foremost authorities on mood and personal relationship problems. In **Ten Days to Self-esteem**, Dr. David Burns presents innovative, clear, and compassionate methods that will help you identify the causes of your mood slumps and develop a more positive outlook on life. You will learn that You feel the way you think: Negative feelings like guilt, anger, and depression do not result from the bad things that happen to you, but from the way you think about these events. This simple but revolutionary idea can change your life! You can change the way you feel: You will

discover why you get depressed and learn how to brighten your outlook when you're in a slump. You can enjoy greater happiness, productivity, and intimacy—without drugs or lengthy therapy. Can a self-help book do all this? Studies show that two thirds of depressed readers of Dr. Burns's classic bestseller, *Feeling Good: The New Mood Therapy*, experienced dramatic relief in just four weeks without psychotherapy or antidepressant medications. Three-year follow-up studies revealed that readers did not relapse but continued to enjoy their positive outlook. *Ten Days to Self-esteem* offers a powerful new tool that provides hope and healing in ten easy steps. The methods are based on common sense and are not difficult to apply. Research shows that they really work! Feeling good feels wonderful. You owe it to yourself to feel good!

The New York Times bestselling *10-Day Green Smoothie Cleanse* will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will...

- Lose 10 – 15 pounds in 10 days
- Get rid of stubborn body fat, including belly fat
- Drop pounds and inches fast, without grueling workouts
- Learn to live a healthier lifestyle of detoxing and healthy eating
- Naturally crave healthy foods so you never have to diet again
- Receive over 100 recipes for various health conditions and goals

When you step back and look at your life, do you see an ever-widening gulf between where you are and where you want to be? Do you feel stuck? Do you feel like your dreams are slowly slipping away? No matter where you are on your path, *Designing Your Life Plan* will jolt you out of the routines and ruts of your day to day, spurring you on to set a clear plan for your future—one that will take you places you never thought you could go. Luz Canino-Baker, your encouraging but firm guide on this journey, shows you how to build and carry out a Life Plan, offering pieces of her own history and the stories of others along the way. Each chapter ends with a practical workbook-style exercise designed to take you tangible steps closer to your goals. Forged during Canino-Baker's years as an executive and life coach, the lessons and exercises in this book will energize you, excite you, and set you on the path to the bright future you may have feared could never be realized.

*Make me a princess* In this girly gift book, Princess Emily tells readers how they can become princesses. Her simple seven-day makeover plan includes fashion and beauty advice, etiquette and room decor. Step-by-step craft projects, such as bubble bath and a jewellery box, are easy for would-be princesses to follow and use only ordinary household ingredients. Party planning tips include making invitations, foods to make and princess party games to play. Best of all, this pretty volume comes with a pocket packed full of must-have princess accessories: a shiny tiara, sparkly hairbands, self-adhesive jewels and gorgeous glittery stickers. Young girls will love Princess Emily's sassy voice and the funky illustrations. This is the perfect gift for any girl who wants to unlock the secret princess within

Atomic Habits

Designing Your Life Plan

A Writer's Guide to Planning a Novel in Ten Days

Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for Under \$10

Bryce and the Blood Ninjas

How to Grow Nutrient-Dense, Soil-Sprouted Greens in Less Than 10 days

Free Roll

Ride the hilarious roller coaster with Glen Stanford as he follows Steve Scott's plan in "How to Write a Nonfiction e-Book in 21 Days" Not one to let the writing process cramp his style, this ukulele-playing bluegrass-singing YouTube sensation (32 views and counting) juggles his new-found fame with astonishing persistence to produce not one, but two works of genius. This is the true story. The (secret) recipe for success: Writer's buzz - 1oz Sleepless nights - 2oz Tenacity (and beer) - 7 (units left deliberately vague) Irreverence and political incorrectness - to taste Espresso - administered intravenously - 55 gal Pizza (1/2 pepperoni, 1/2 mushroom) - 37 slices Humility - a whole bunch Blend and enjoy.

The popular, powerful guide to help parents regain control over a defiant child or teenager Occasional clashes between parents and children are not uncommon, but when defiant behavior—including tantrums, resistance to chores, and negativity—becomes chronic, it causes big problems within the family. In *10 Days to a Less Defiant Child*, family and child psychologist Dr. Jeffrey Bernstein shares a groundbreaking ten-day program to help parents understand their child's behavior and regain control of their household. In this updated edition, parents will learn how to face new challenges, including defiance resulting from excessive technology use (even to the point of addiction) and the stress of modern family life. Dr. Bernstein explains what causes defiance in kids and why it's so destructive to the family, then offers parents a step-by-step guide on how to reduce conflict and end upsetting behaviors.

The popular, powerful guide to help parents regain control over a defiant child or teenager, now revised and updated Occasional clashes between parents and children are not uncommon, but when defiant behavior—including tantrums, resistance to chores, and negativity—becomes chronic, it can cause big problems within the family. In *10 Days to a Less Defiant Child*, child and family psychologist Dr. Jeffrey Bernstein shares a groundbreaking 10-day program to help parents gain back control over their defiant child or teen. Now, the guide has been updated to address challenges that today's parents face (including new information on the rise of defiant behavior due to Internet addiction, and the effects of stress on family life). This guide explains what causes defiance in kids, why it's so destructive to the family, and shows parents step-by-step how they can end the behavior. In this updated edition, parents will learn how to face new challenges, including defiance resulting from excessive technology use (even to the point of addiction) and the stress of modern family life. Dr. Bernstein explains what causes defiance in kids and why it's so destructive to the family, then offers parents a step-by-step guide on how to reduce conflict and end upsetting behaviors.

This title is a send-up of all the bad habits that people in the dating game need to break in order to get a life - or a relationship.

The 7 Breakthrough Keys How a Single Former Welfare

Ten Days that Shook the World

10 Days that Unexpectedly Changed America

The Less People Know About Us

Breaking Your Limiting Routines to Step Into Intentional Living

## How to Write a Book in 24 Hours

### Turning Your Retirement Worries Into an Excursion of a Lifetime

Parents love. Parents worry. Parenthood is a joy. It is difficult and stressful as well. How can you maximize the joy and minimize the stress? That is the goal of this book. Giggling is perhaps the most beautiful sound in nature. It makes those who hear it smile, especially when it comes from a child. Doctors' offices have too much crying and not enough giggling. The same is true of many homes. "Giggle More, Worry Less" is a different kind of parenting book. It is not an encyclopedia. Instead, it focuses on important topics. I want you to understand when to worry, and when to relax. This way you can focus more time on love and having fun- giggling, as it were. Common sense is central to my approach, and so is compassion and so is a sense of humor. You will learn "How to manipulate your mother" and that "Spit happens." Each of the topics is covered in just a few pages, so you can choose what you need, when you need it. As a pediatrician and father for 20 years, I have learned to laugh at myself and to adapt. My approach to pediatrics is traditional. Having said that, I am willing to question whether our teaching makes sense. With experience, you learn that even absolute, official guidelines have a habit of evolving every few years. Just ask your parents- they will tell you that "everything has changed" since you were a baby. Learning to listen is essential. Patients and parents are often trying to tell the doctor what is going on if he or she is just able to listen. The same is true for babies communicating with their parents. This book ultimately tries to hone in on things that every parent should know. If I could sit down and share with you, this is what I would share. I hope it helps.

The bestselling workbook and grammar guide, revised and updated! Hailed as one of the best books around for teaching grammar, The Blue Book of Grammar and Punctuation includes easy-to-understand rules, abundant examples, dozens of reproducible quizzes, and pre- and post-tests to help teach grammar to middle and high schoolers, college students, ESL students, homeschoolers, and more. This concise, entertaining workbook makes learning English grammar and usage simple and fun. This updated 12th edition reflects the latest updates to English usage and grammar, and includes answers to all reproducible quizzes to facilitate self-assessment and learning. Clear and concise, with easy-to-follow explanations, offering "just the facts" on English grammar, punctuation, and usage Fully updated to reflect the latest rules, along with even more quizzes and pre- and post-tests to help teach grammar Ideal for students from seventh grade through adulthood in the US and abroad For anyone who wants to understand the major rules and subtle guidelines of English grammar and usage, The Blue Book of Grammar and Punctuation offers comprehensive, straightforward instruction.

Learn to draw in 30 days with Emmy award-winning PBS host Mark Kistler Drawing is an acquired skill, not a talent--anyone can learn to draw! All you need is a pencil, a piece of paper, and the willingness to tap into your hidden artistic abilities. With Emmy award-winning, longtime PBS host Mark Kistler as your guide, you'll learn the secrets of sophisticated three-dimensional renderings, and have fun along the way--in just 20 minutes a day for a month.

Inside you'll find: Quick and easy step-by-step instructions for drawing everything from simple spheres to apples, trees, buildings, and the human hand and face More than 500 line drawings, illustrating each step Time-tested tips, techniques, and tutorials for drawing in 3-D The 9 Fundamental Laws of Drawing to create the illusion of depth in any drawing 75 student examples to help gauge your own progress

The companion to a documentary series sheds new light on events whose undervalued influence transformed American history, spanning the history of the United States from the time of the earliest European settlements to the recent past.

A Mystery of Betrayal, Family Secrets, and Stolen Identity

10-Day Green Smoothie Cleanse

Overcoming Oppositional Defiant Disorder

Lose Up to 15 Pounds in 10 Days!

The Headspace Guide to... Mindful Eating

Guidelines for the Management of Common Childhood Illnesses

A Pediatrician's Thoughts for New Parents

Ten Days In a Mad-House (1887) by Nellie Bly. Nellie Bly (1864 – 1922) was the pen name of American journalist Elizabeth Jane Cochrane.

She was a ground-breaking reporter known for a record-breaking trip around the world in 72 days, in emulation of Jules Verne's fictional character Phileas Fogg, and an expos é in which she faked insanity to study a mental institution from within. She was a pioneer in her field, and launched a new kind of investigative journalism. Nellie Bly, whose given name was Elizabeth Jane Cochran, was a pio-neer of investigative journalism. She died in 1922. Of her many expos é assignments for Joseph Pulitzer's NEW YORK WORLD, her voluntary (and undercover) journey into the "lunatic asylum" on Blackwell's (now Roosevelt) Island is perhaps the most well known. In previous chapters of the series, she has (without much difficulty) fooled various doctors and authorities into deeming her insane and admitting her to the asylum, which is located on an island just east of Manhattan. "SINCE my experiences in Blackwell's Island Insane Asylum were published in the World I have received hundreds of letters in regard to it. The edition containing my story long since ran out, and I have been prevailed upon to allow it to be published in book form, to satisfy the hundreds who are yet asking for copies."

Revised and updated to answer the challenges of a rapidly changing business world, the 4th edition of The Ten-Day MBA includes the latest topics taught at America's top business schools, from corporate ethics and compliance to financial planning and real estate to leadership and negotiation. With more than 400,000 copies sold around the world, this internationally acclaimed guide distills the lessons of the most popular business school courses taught at Harvard, Stanford, the University of Pennsylvania, the University of Chicago, Northwestern, and the University of Virginia. Author Steven A. Silbiger delivers research straight from the notes of real MBA students attending these top programs today—giving you the tools you need to get ahead in business and in life.

It might be that extra glass of wine once the kids have gone to bed, or the habitual tittle after work that you know is too much. You could be an 'all or nothing' drinker, or regularly drink more than you know is healthy for you but just can't seem to cut back. It may seem impossible but there is light at the end of the tunnel. Drink Less in 7 Days will get you off the drinking-too-much treadmill once and for all. In this positive and practical handbook, world-leading therapist and clinical hypnotherapist Georgia Foster offers an easily achievable way to reduce your alcohol intake - in just seven days! Drink Less in 7 Days contains all the tools you need to change your drinking habits, and the complementary hypnotherapy sessions will reinforce this positive, message leading to a happier, healthier you.

Best-selling author James Green shares his own ground-breaking 6-step formula for producing top quality, highly successful non-fiction books in just 24 hours. 24 Hour Bestseller: How to Write a Book in 24 Hours will provide you with a 6-step writing blueprint that you can set on full 'rinse and repeat mode' providing you with a step-by-step recipe for writing success. After becoming disillusioned with his own writing struggles, the author decided to completely re-engineer the entire process, providing a plan for: generating and validating new book ideas; creating comprehensive book outlines; writing in a quick, easy and enjoyable way; publishing the completed books effortlessly. Inside 24 Hour Bestseller, you will learn: How to stir your creative juices to constantly think up new book ideas; How to validate and evaluate your ideas for maximum profit; How to create a solid book outline that will make the writing process a breeze; How to turn your writing into a fun game; How to stay motivated; When to outsource (and when not to); How to craft your book title and description for maximum impact; How to publish your book to KDP easily; Book pricing strategies; And much more... If you've become overwhelmed and disillusioned with the whole writing process, this book will be your guide and your tonic, re-energizing your authoring efforts. You'll be more productive than ever, and most importantly, you will find writing enjoyable once again! Whether you're a complete novice and have never even written a book before, are struggling to come up with new book ideas, or are a seasoned author who simply needs some tips on how to write more effectively, then this book is for you. 24 Hour

Bestseller will guide you step-by-step through the entire formula and get you authoring for success once more!"

24 Hour Bestseller Series:

10 Days to a Less Distracted Child

Size 6x9 Personal Food Exercise Weight Loss Calorie Counter Record Notebook Diary Tracker Book

Year-Round Indoor Salad Gardening

The Leader's Manual

You Can Draw in 30 Days

Stop Drinking Easily & Safely

An account of the November revolution in Russia. Most of it deals with "Red Petrograd" cf. Pref.

Garst explains 10 concepts that will launch readers on the road to happiness.

Cursed to Survive is a thrilling love story set in the actual historical events of Germany at the beginning and during the Third Reich. It takes a unique look inside the mind of a patriotic German nobleman with unusual gifts and immense opportunities for glory and domination. We witness the horrors of the Holocaust through his eyes, as he falls madly in love with a daughter of a Jewish doctor in the midst of the Nazi reign. Cursed to Survive is an easy-to-read and passionately engaging novel. It's the story filled with tragedy, real history and a sobering analysis of love, family, friendship, patriotism and other important concepts. The novel features a beautiful, young member of the New York's high society -- Rose Blackford Stern, who in addition to her family's immense wealth and a prominent name has a highly prestigious job with the most influential fashion magazine in New York City. But as readers soon learn, having it all doesn't mean that the search for something beyond the material ever stops. Rose encounters the stunningly handsome Max at the grave of her late grandmother. Max is enigmatic and the subject of Rose's obsession from the moment they meet. Rose has a seemingly perfect life, yet she is unable to shake the emptiness that has consumed her since the death of her beloved grandmother, Aliza, three years prior. Max first meets Aliza when she is a teenage girl in pre-World War II Germany. Max comes from one of the oldest and wealthiest noble families of Europe. The attraction between Maximilian and Aliza is instant and overpowering, albeit impossible -- a German aristocrat could never be with a Jewish commoner. As the Nazi movement gains momentum, their country is shattered and their deep mutual connection becomes deadly. Aliza loses her entire family and lives through terror and abuse before Max infiltrates the Third Reich and rescues her. Nearly seventy years later Max's unusual gifts have brought him to New York, to Aliza's granddaughter Rose, and perhaps to another chance at love.

Formally The Headspace Diet, this book is designed to show you how to find your ideal weight in an easy, manageable and mindful way. It allows you to escape the endless diet trap by following simple yet potentially life-changing exercises in order to develop new effective habits and a much improved relationship with food and your body. The Headspace mission is to get as many people taking just 10 minutes out of their day to practise these powerful mindfulness techniques. Mindful eating is a key aspect of mindfulness and as you start to practise it you will notice profound results, both in terms of your shape but also your overall health and well being. Have you tried every diet going only to see the weight creep back on again? Do you feel guilty and anxious about eating certain foods? Or find yourself unable to resist that extra helping even if you're not actually that hungry? Are you unhappy with your body and how it looks and feels? Now is the time to stop what you're doing and try a different, healthy and brilliantly effective approach...

Every Mile Matters