

Better Each Day 365 Expert Tips For A Healthier Happier You Jessica City

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"In Better Each Day: 365 Expert Tips for a Healthier, Happier You, author Jessica Cassidy gives you enough techniques and tips to help boost your happiness and well-being every single day for an entire year."

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Small changes add up! We all want to look and feel better, and One Simple Change shows us how. In this wellness guide, Healthy Green Kitchen blogger Winnie Abramson compiles 50 small changes that readers can easily make to improve their everyday well-being. Abramson, who has a doctorate in naturopathic medicine, throws fad diets out the door in favor of age-old culinary wisdom, green living tips, cutting-edge nutrition information, and 15 simple and easy recipes. Readers can work through the tips week by week or dip in and out of the book at will. This game-changing guide will be treasured by anyone hoping to look and feel healthier, younger, and happier.

Compulsary for New trader's. All about share market The need to invest Stock market regulators Financial intermediaries The IPO Index Else. What is technical analysis ? The chart types. What is candle? Candlesticks pattern All about trading technicals. series 1 to 8- all in one. be a pre beginner to - beginner - intermediate - to expert. helping by one book.

Get to grips with Office 365 through in-depth tutorials and insights from leading experts. Topics covered include Exchange Online, SharePoint Online, Skype Online, and more. This deeply technical book tackles key aspects of online collaboration and business productivity within Office 365. Expert Office 365 is written by a dedicated team of Microsoft Premier Field Engineers (PFEs), and captures advice, best practices, and insights from their experience in the field. What You'll Learn Develop client Web Parts with the new SharePoint Framework Create a recovery plan for SharePoint Online Configure SharePoint Online Hybrid Search and Portals Configure and optimize Exchange Online Optimize collaboration in your organization through analytics insights Who This Book Is For Senior IT pros and developers who wish to master business productivity within Office 365. This book is aimed at organizations that are already on Office 365 or that are currently planning their migration to the cloud.

Are you looking for a great idea or some inspiration to make your business more effective and cutting edge? Do you need to motivate and inspire your employees, shareholders or customers? Do you need to turbocharge your career? Do you want to do things differently? By starting each day with a new idea, you can meet the challenges of modern-day business and work with energy and creativity. This bumper book contains 365 more great business ideas, one for each day of the year, extracted from the world's best companies and managers. From marketing to PR, presentations to time management, starting up new businesses to reducing costs, sales to writing great copy, each idea is succinctly described and is followed by advice on how it can be applied to the reader's own business situation. More Great Ideas a Day! is the companion guide to the best-selling An Idea a Day and offers even more ideas in a simple but potentially powerful book for anyone seeking new inspiration and that killer application in their business and work life.

Emergency vascular and endovascular practice comprises almost half the workload undertaken by the majority of vascular surgeons. Most vascular emergencies are characterised by the sudden occlusion, rupture or injury of a blood vessel placing organ, limb and life at risk. An attitude of urgency and of good judgement, both in diagnostic assessment and the application of evidence-based vascular and endovascular techniques, is crucial to the achievement of optimal outcomes. This book is structured with the emphasis on clinical presentation, the objective being to provide accessible and highly practical advice to the vascular surgeon faced with a particular emergency. Distinguished vascular surgeons, vascular radiologists and other specialists around the world have enriched this book with authoritative contributions reflecting their experience and expertise. For ease of reference the text is divided into nine sections, leading with introductory chapters on general considerations such as pathophysiology, preoperative diagnosis, risk assessment and medico-legal aspects of vascular emergencies. That is followed by a series of clinical sections covering acute cerebrovascular syndromes, acute limb ischaemic states, the acutely swollen limb, thoraco-abdominal catastrophes, acute complications of endovascular aortic repair, regional vascular trauma and iatrogenic injuries. It concludes with a section on miscellaneous, but important, acute vascular challenges. Throughout the book, wherever appropriate, modern endovascular techniques are given full coverage. International in its approach, this book will fast become established as the text devoted to the surgical management of vascular and endovascular emergencies. It is essential reading for vascular surgeons and radiologists and a useful reference source for general and trauma surgeons, angiologists and emergency physicians.

Expert SQL Server 2008 Development is aimed at SQL Server developers ready to move beyond Books Online. Author and experienced developer Alastair Aitchison shows you how to think about SQL Server development as if it were any other type of development. You'll learn to manage testing in SQL Server and to properly deal with errors and exceptions. The book also covers critical, database-centric topics such as managing concurrency and securing your data and code through proper privileges and authorization. Alastair places focus on sound development and architectural practices that will help you become a better developer, capable of designing high-performance, robust, maintainable database applications. He shows you how to apply notable features in SQL Server such as encryption and support for hierarchical data. If developing for SQL Server is what puts the bread on your table, you can do no better than to read this book and to assimilate the expert-level practices that it provides. Promotes expert-level practices Leads to high performance, scalable code Improves productivity, getting you home in time for dinner

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