

It

Stick with It Sean D. Young
2017-06-20 #1 Wall Street
Journal Bestseller An award-winning psychologist and director of the UCLA Center for Digital Behavior shows everyone how to make real, lasting change in their lives in this exciting work of popular psychology that goes beyond *The Power of Habit* with science and practical strategies that can alter their problem behaviors—forever. Whether it's absent-minded mistakes at work, a weakness for junk food, a smart phone addiction, or a lack of exercise, everyone has some bad habit or behavior that they'd like to change. But wanting to change and actually doing it—and sticking with it—are two very different things. Dr. Sean Young, an authoritative new voice in the field of behavioral science, knows a great deal about our habits—how we make them and how we can break them. *Stick*

with *It* is his fascinating look at the science of behavior, filled with crucial knowledge and practical advice to help everyone successfully alter their actions and improve their lives. As Dr. Young explains, you don't change behavior by changing the person, you do it by changing the process. Drawing on his own scientific research and that of other leading experts in the field, he explains why change can be difficult and identifies the crucial forces that combine to make transformation permanent, from the right way to create new habits to how to harness emotional meaning to motivate change. He also helps us understand how the mind often interferes with creating lasting change and how we can outsmart it, including using "neurohacks" to shortcut the brain's counterproductive instincts. In addition he provides a powerful corrective to the decades old science of

habits, offering a next generation discussion of how habits can change behavior with the right approach.

Packed with pragmatic exercises and stories of real people who have used them successfully, *Stick with It* shows that it is possible to control spending, stick to a diet, become more social, exercise regularly, stop compulsively checking e-mail, and overcome problem behaviors—forever.

It Alexa Chung 2014-08-07

Alexa Chung's *IT: the Top Ten Bestseller* from the international fashion muse and *Vogue* contributing editor Now a Penguin paperback, this one-off collection of Alexa Chung's writing, doodles and photographs combines stories of early style inspirations such as her grandpa and the Spice Girls with discussion of figures of obsession like Jane Birkin and Annie Hall, reflecting on heartbreak, how to get dressed in the morning, the challenges of taking a good selfie, and more. Interspersed with pages from Alexa's notebooks and

many a photo of a good night out, *It* is now perfectly sized for any bag - handbag or otherwise. Witty, charming and with a refreshingly down-to-earth attitude, *It* is a must-have for anyone who loves fashion, worries about growing up, or loves just about everything Alexa Chung. 'If you love Alexa Chung, buy it. If you are interested in fashion and style, buy it. If you're after a book full of pretty pictures and inspo, buy it' - *Cosmopolitan* Alexa Chung is a model and contributing editor to *British Vogue*. The recipient of numerous style awards, Alexa has won the prestigious British Style Award (voted for by the public) three years in a row. She currently lives in New York City.

Great British Bake Off -

Bake it Better (No.6):

Chocolate Cat Black

2016-03-24 *Bake it Better:*

Chocolate includes everything you need to know about baking with delicious chocolate.

Whether you are new to baking and looking for simple, easy recipes or a more confident

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baker seeking to refine your skills, with The Great British Bake Off you can be sure you're getting scrumptious and tried-and-tested recipes. The recipes themselves include classics and modern bakes, from simple to more challenging showstoppers - Bake it Better will take you a journey from first timer to star baker. There are expert tips about ingredients, equipment and techniques, with easy-to-follow step-by-step photographs. The Great British Bake Off: Bake It Better are the 'go to' cookery books which gives you all the recipes and baking know-how in one easy-to-navigate series.

You'll Grow Out of It Jessi Klein
2016-07-12 From Emmy award-winning comedy writer Jessi Klein, You'll Grow Out of It hilariously and candidly explores the journey of the 21st-century woman. As both a tomboy and a late bloomer, comedian Jessi Klein grew up feeling more like an outsider than a participant in the rites of modern femininity. In You'll Grow Out of It, Klein offers -

through an incisive collection of real-life stories - a relentlessly funny yet poignant take on a variety of topics she has experienced along her strange journey to womanhood and beyond. These include her "transformation from Pippi Longstocking-esque tomboy to are-you-a-lesbian-or-what tom man," attempting to find watchable porn, and identifying the difference between being called "ma'am" and "miss" ("miss sounds like you weigh 99 pounds"). Raw, relatable, and consistently hilarious, You'll Grow Out of It is a one-of-a-kind book by a singular and irresistible comic voice.

Pitch It! Dev Prasad
2013-10-15 Pitch It! is an innovative and delightful book consisting of enthralling anecdotes linking top cricketing giants and corporate moguls that will act as a catalyst for professionals to soar to top echelons in their respective fields. Peppered with fascinating case studies from an eclectic spectrum of industries ranging from IT, Consumer Goods, Automotive,

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Aerospace, Banking, Petrochemicals, and Food & Beverages, Pitch It! provides the essential blueprint for creating and sustaining winning organizations. 'Pitch It! is a great compilation of winning strategies... Greatly enjoyed following winning habits through the lenses of two different arenas I love'—K Srinivas, President, Consumer Business, Bharti Airtel Limited 'A great assembly of vignettes of the game and its relevance in business. Loved each chapter...makes you want to go back to it each time.

Unputdownable!'—S.V. Nathan, Director, Deloitte Pitch It! has a foreword by Kiran Mazumdar-Shaw and epilogue by former Indian cricketer & coach, Venkatesh Prasad. Dev prasad's debut book KRISHNA: A Journey Through the Lands & Legends of Krishna was longlisted for 2010 Vodafone Crossword Award.

It's a knowing daily journal VII
Author Melissa White

It's Not Rocket Science Clive Whichelow 2014-02-06 Over

last thirty years, new technology, fashion, and social set-ups have spawned new cliches galore. Everything on the Internet is available at the 'click of a mouse', TV presenters ask the audience to 'give it up' when they want them to applaud, call centres tell us 'we value your call' even though 'all our operators are busy'. And if you're 'gobsmacked' by all this you may be told to 'get a life', 'chill out' or 'whatever'. It's Not Rocket Science sifts through all aspects of modern life to find the most prevalent, ubiquitous and downright irritating cliches of our age. This high-octane, caffeine-fuelled, dictionary of cliches highlights the freshly-hackneyed phrases we're being subjected to 24/7. So how good is that? And what's not to like? Technically, You Started It Lana Wood Johnson 2019-06-25 A hilarious, snarky, and utterly addicting #ownvoices debut that explores friendship, sexual orientation, mental health, and falling in love (even if things might be falling apart around you). When a guy named

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Martin Nathaniel Munroe II texts you, it should be obvious who you're talking to. Except there's two of them (it's a long story), and Haley thinks she's talking to the one she doesn't hate. A question about a class project rapidly evolves into an all-consuming conversation. Haley finds that Martin is actually willing to listen to her weird facts and unusual obsessions, and Martin feels like Haley is the first person to really see who he is. Haley and Martin might be too awkward to hang out in real life, but over text, they're becoming addicted to each other. There's just one problem: Haley doesn't know who Martin is. And Martin doesn't know that Haley doesn't know. But they better figure it out fast before their meet-cute becomes an epic meet-disaster . . .

Cyber Security and IT Infrastructure Protection

John R. Vacca 2013-08-22 This book serves as a security practitioner's guide to today's most crucial issues in cyber security and IT infrastructure. It offers in-depth coverage of

theory, technology, and practice as they relate to established technologies as well as recent advancements. It explores practical solutions to a wide range of cyber-physical and IT infrastructure protection issues. Composed of 11 chapters contributed by leading experts in their fields, this highly useful book covers disaster recovery, biometrics, homeland security, cyber warfare, cyber security, national infrastructure security, access controls, vulnerability assessments and audits, cryptography, and operational and organizational security, as well as an extensive glossary of security terms and acronyms. Written with instructors and students in mind, this book includes methods of analysis and problem-solving techniques through hands-on exercises and worked examples as well as questions and answers and the ability to implement practical solutions through real-life case studies. For example, the new format includes the following

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pedagogical elements: • Checklists throughout each chapter to gauge understanding • Chapter Review Questions/Exercises and Case Studies • Ancillaries: Solutions Manual; slide package; figure files This format will be attractive to universities and career schools as well as federal and state agencies, corporate security training programs, ASIS certification, etc. Chapters by leaders in the field on theory and practice of cyber security and IT infrastructure protection, allowing the reader to develop a new level of technical expertise Comprehensive and up-to-date coverage of cyber security issues allows the reader to remain current and fully informed from multiple viewpoints Presents methods of analysis and problem-solving techniques, enhancing the reader's grasp of the material and ability to implement practical solutions
"YOU CALL IT SPORTS, BUT I SAY IT'S A JUNGLE OUT THERE!" Dan Jenkins

2015-03-31 For the last quarter century, Dan Jenkins has been fixing his cold-eyed stare and wisecracking style on the real-life Billy Clyde and Kenny Lee Pucketts of the sports world. *You Call It Sports, But I Say It's a Jungle Out There* is a collection of his best work from *Sports Illustrated*, *Playboy*, *Golf Digest*, and his nationally syndicated column, and includes a stack of new pieces written especially for this book. Jenkins spares no one in his search for the culprits who have taken the fun out of sports: NFL owners and refs, PGA Tour administrators, basketball players who can't read, tennis players who can't speak English (or say anything worth hearing when they do). He also finds things worth celebrating: the electric charge given off by Arnold Palmer at his best, the excitement of a truly great college football game, or a real heavyweight champion, like Joe Louis. Overflowing with good ol' boys, great one-liners, famous sporting events, and barroom tales, this is the best of Dan

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Jenkins—which is to say, it’s as good as sportswriting gets anywhere.

Solve "IT" Charles H. Kepner
2016-09-16 The IT professional is constantly struggling with information overload when addressing Incident and Problem Management situations. They need an approach that would dispense with all the different dimensions and layers of data and information to reveal the true nature of the incident or problem as early as possible. What the incident & problem investigators need is a structured, systematic thinking process that helps them to discover the information that is relevant and remove the irrelevant information. Imagine having access to a process that would deliver the correct starting point and provide you only the relevant information first time every time? Even better, imagine having a structured set of 18 questions that would identify what information is missing and therefore the reason why the cause has not been identified

yet. When the investigator trusts the process he or she will have a more direct approach. “You either know the answer to the question or you need to get someone to go and get that specific information!” “RESOLVE IT” is a book that will provide you with the structure, process and questions on how to approach any incident situation and will increase your success and confidence levels beyond all expectations!

Fake It Till You Break It Jenn P. Nguyen
2019-05-28 Mia and Jake have known each other their whole lives. They’ve endured summer vacations, Sunday brunches, even dentist visits together. Their mothers, who are best friends, are convinced that Mia and Jake would be the perfect couple, even though they can’t stand to be in the same room together. After Mia’s mom turns away yet another cute boy, Mia and Jake decide they’ve had enough. Together, they hatch a plan to get their moms off their backs. Permanently. All they have to do is pretend to date

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and then stage the worst breakup of all time—and then they'll be free. It's the perfect plan - except that it turns out maybe Mia and Jake don't hate each other as much as they once thought...

IT Contracts and Dispute Management

Steven Baker
2018-03-30 IT Contracts and Dispute Management addresses the law relating to technology projects and the practical, procedural and legal issues which arise at each stage. The authors draw on extensive personal experience of successfully managing IT project disputes from their initial stage through to resolution through a range of dispute resolution mechanisms. Being the only published work in this area relating to English law, the book will be a valuable resource to lawyers acting in connection with procuring an IT project or advising clients on avoidance and resolution of IT project disputes.

It Was An Accident Jeremy Cameron 2015-08-06 Nicky Burkett, still incarcerated at the end of Vinnie Got Blown

Away, is released on to the streets of Walthamstow in It Was An Accident. He wants to go straight. His girlfriend Noreen wants him to go straight and she won't go near him if he doesn't. He tries. But events and people conspire against him. He is offered "work". He is attacked. His mates are attacked. He runs to Jamaica and is attacked again. Now the fight back begins... Filmed starring Chiwetel Ejiofor, Thandie Newton, Max Beesley and James Bolam, It Was An Accident is the fast, furious, bloody and hilarious follow up to the acclaimed Vinnie Got Blown Away. 'A wonderful thriller... An absolute cracker.' The Independent. 'The pleasure is intense.' Time Out. 'Ingenious, his street talk sizzles with wit and invention.' Literary Review. 'Brilliant, unputdownable' The Big Issue. 'A consistently funny and entertaining book.' The Times. **Earn It!** Cinders McLeod 2017-08-15 In this delightful introduction to the simple concept of earning money, an

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exuberant little bunny learns that fame and fortune must be earned. Bun wants to be rich and famous. She loves to sing and knows she's meant for a career on stage. It should all be pretty easy—her mom can just drive her to the concert hall to perform! But her mom reminds her that most good things, like the garden they are growing, take time and work. At first, Bun isn't terribly excited by the idea of singing lessons and practice, but as she does the math and daydreams about her future singing career, the more she starts to like the idea of earning her way to stardom—a feeling just as good as being rich and famous!

Jesus Did It for You Greg Texada 2012-10-04 Everything Jesus did and accomplished through His death, burial, and resurrection was done for you. Many live and die never grasping the significance or experiencing the full blessing and benefits of what Jesus did for them when He died on the cross and was raised from the dead. In *Jesus Did It For You*, Greg Texada clearly identifies

what Jesus did for you personally. Jesus was made sin so you could have right standing with God. Jesus was made a curse so the blessing of Abraham would be yours. Jesus became poor so you could be free from poverty and live the abundant life. Jesus was beaten so you could be healed, healthy, and strong. Jesus carried your sorrows so you could have fullness of joy and peace. Jesus died for you so you could have eternal, everlasting, abundant life. These and many other blessings and benefits are freely given to you by the Lord and available for you to receive and enjoy now. Learn how to receive and enjoy the inheritance of blessings that have been freely given to you by the Lord.

Baby, It's Christmas & Hold Me, Cowboy Susan Mallery 2017-10-31 'TIS THE SEASON Dr. Kelly Hall had lost all hope of ever having a family—until single father Tanner Malone burst into her hospital and asked her how to raise his newborn daughter. What else

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could she do, so soon before Christmas, but lend her expertise to the gorgeous contractor? His charming smiles and come-hither glances draw her like a moth to a flame, but she's in no position to get involved with anyone. After a devastating heartbreak, Kelly has given up on happiness. Nonetheless, Kelly can't deny the attraction...or the hope she'll get the husband and family she's always longed for. As the days move closer to Christmas, it's clear to Kelly that Tanner—and his daughter—is what's missing from her life. First published as *Their Little Princess* by Silhouette Books in 2000.

FREE BONUS STORY INCLUDED IN THIS VOLUME!

Hold Me, Cowboy by New York Times bestselling author Maisey Yates The last thing Madison West expected was to be stranded for Christmas, let alone snowed in with a cowboy who drives her wild. His proposal: twelve days of hot sex before Christmas! But will it ever be enough?

IT Ayers Brooks

Make It Easy Stacie Billis
2016-05-10 A blogger (OneHungryMama.com) and recipe developer offers 120 recipes and no-nonsense, real-world guide for moms who want to create healthier

Roll with It Jamie Sumner
2020-09 Twelve-year-old Ellie, who has cerebral palsy, finds her life transformed when she moves with her mother to small-town Oklahoma to help care for her grandfather, who has Alzheimer's Disease.

The World of IT Alyse Wax
2019-10-01 The official behind-the-scenes companion to New Line Cinema's international blockbusters *IT* and *IT Chapter Two*. The 2017 film *IT* brought a disturbing new vision to Stephen King's classic horror novel of the same name. In 2019, the story continued with *IT Chapter Two*, in which Bill Skarsgard delivered another acclaimed performance as the terrifying Pennywise the Clown. Collecting the best artwork produced during the making of both of these films—including concept art, sketches, storyboards, and

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behind-the-scenes photography—The World of IT explores the films' singular aesthetic and meticulous world-building. This compendium includes commentary from director Andy Muschietti; producer Barbara Muschietti; the acclaimed ensemble cast; and other creative players who helped bring King's perennial bestseller to life.

Buddha's Dharma As I

Understand It Christopher Johnson 2010-01-14 A modern perspective on the Buddha's teachings, and the path to enlightenment.

How Aliens Do It Judith Shimkus 2009

Internet & the birth of InfoCom industry. IT & Economic Performance George Vousinas

Three Lines in a Circle

Michael G. Long 2021-08-31 One line straight down. One line to the right. One line to the left, then a circle. That was all—just three lines in a circle. This bold picture book tells the story of the peace symbol—designed in 1958 by a London activist protesting

nuclear weapons—and how it inspired people all over the world. Depicting the symbol's travels from peace marches and liberation movements to the end of apartheid and the fall of the Berlin Wall, *Three Lines in a Circle* offers a message of inspiration to today's children and adults who are working to create social change. An author's note provides historical background and a time line of late twentieth-century peace movements.

It Stephen King 2017-09-05 Includes a selection from *Sleeping beauties* by Stephen and Owen King after page 1157 (to be published in Sept. 2017).

Could it be Adult ADHD? Jan Willer 2017-03-06 One out of every 10 adult psychotherapy clients likely has ADHD. Due to high comorbidities with depression, anxiety, substance abuse, and other mental disorders, along with considerable behavioral dysfunction, adult ADHD is even more common in clinical populations than the general public. When an ADHD

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diagnosis is missed, psychotherapy is often frustrating and less effective. Could it be Adult ADHD? is for mental health professionals who wish to learn how to recognize, assess, and treat adult ADHD. Written in a style maximally accessible to the practicing mental health professional, this book educates early-career psychotherapists and experienced professionals alike on the disorder and its treatment. Author Jan Willer provides a full description of adult ADHD symptoms, based on the most current research, including executive functioning problems, emotional dysregulation, atypical reward sensitivity, and problems with time perception. Recognizing patterns of dysfunction is essential to identify ADHD, so two detailed composite cases are presented, along with supplemental case material. Strengths that may be associated with ADHD are described. Willer offers guidance on providing psychoeducation about

cognitive differences in ADHD, which is essential for client self-acceptance and adaptive functioning. Common psychotherapy problems with ADHD clients are addressed, including chronic lateness to sessions, missed appointments, motivation problems, difficulties with homework, and tangentiality. Willer also discusses medications for ADHD, including their benefits, contraindications, and side effects, and reviews the effectiveness of non-traditional treatments.

Agile IT Organization Design

Sriram Narayan 2015-06-11

Design IT Organizations for Agility at Scale Aspiring digital businesses need overall IT agility, not just development team agility. In *Agile IT Organization Design*, IT management consultant and ThoughtWorks veteran Sriram Narayan shows how to infuse agility throughout your organization. Drawing on more than fifteen years' experience working with enterprise clients in IT-intensive industries, he introduces an agile approach to

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“Business-IT Effectiveness” that is as practical as it is valuable. The author shows how structural, political, operational, and cultural facets of organization design influence overall IT agility—and how you can promote better collaboration across diverse functions, from sales and marketing to product development, and engineering to IT operations. Through real examples, he helps you evaluate and improve organization designs that enhance autonomy, mastery, and purpose: the key ingredients for a highly motivated workforce. You’ll find “close range” coverage of team design, accountability, alignment, project finance, tooling, metrics, organizational norms, communication, and culture. For each, you’ll gain a deeper understanding of where your organization stands, and clear direction for making improvements. Ready to optimize the performance of your IT organization or digital business? Here are practical solutions for the long term, and

for right now. Govern for value over predictability Organize for responsiveness, not lowest cost Clarify accountability for outcomes and for decisions along the way Strengthen the alignment of autonomous teams Move beyond project teams to capability teams Break down tool-induced silos Choose financial practices that are free of harmful side effects Create and retain great teams despite today’s “talent crunch” Reform metrics to promote (not prevent) agility Evolve culture through improvements to structure, practices, and leadership—and careful, deliberate interventions

I Did It! Michael Emberley
2022-10-11 Theodor Seuss Geisel Award Winner! Learning to ride a bike is hard. Can I do it? Yes, I can! A fun comic that kindergarteners and first graders can read on their own. Can I do it? I can't do it. I want to do it. I did it! Simple text that new readers can read by themselves, along with delightful pictures in a comic format, show a little creature trying and trying again as they

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learn to ride a bicycle. All their friends help with supportive words of encouragement. "You did it!" their friends exclaim. Comics-lovers can now share the fun with their kids, students, siblings, and younger friends who are learning to read! I Like to Read® Comics are perfect for kids who are challenged by or unengaged in reading, kids who love art, and the growing number of young comics fans. Filled with eye-catching art, humor, and terrific stories these comics provide unique reading experiences for growing minds. We hope that all new readers will say, "I like to read comics!" A Kirkus Reviews Best Book of the Year

Why Not Have It All Mrs.

Bonita Andrea Shelby

2017-04-03 In "Why Not Have It All", we are shown how best to navigate the turbulent waters of modern life. As a woman, this can be both complex and demanding, for there has been a sea change in societal mores which has, in many instances, left us in newly uncharted waters. Bonita

Shelby is a woman who has, with God's help, managed to find her way and wants to act as a beacon to others—keeping us off the rocks that might otherwise capsize us. The shifting demands of love, marriage, children, education, and employment need not overwhelm us. Indeed, when balanced they can form the very pillars of a life of fulfilment through God's favor and grace. "Why Not Have It All" presents a wealth of practical advice, for women(of all ages) that is backed up by scripture, and set against a number of compelling biographical glimpses into the life of Bonita herself. Personal and powerful, it is a work that is sure to inspire and instruct likeminded readers.

Design It! Michael Keeling
2017-10-18 Don't engineer by coincidence-design it like you mean it! Filled with practical techniques, Design It! is the perfect introduction to software architecture for programmers who are ready to grow their design skills. Lead your team as a software

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architect, ask the right stakeholders the right questions, explore design options, and help your team implement a system that promotes the right -ilities. Share your design decisions, facilitate collaborative design workshops that are fast, effective, and fun-and develop more awesome software! With dozens of design methods, examples, and practical know-how, *Design It!* shows you how to become a software architect. Walk through the core concepts every architect must know, discover how to apply them, and learn a variety of skills that will make you a better programmer, leader, and designer. Uncover the big ideas behind software architecture and gain confidence working on projects big and small. Plan, design, implement, and evaluate software architectures and collaborate with your team, stakeholders, and other architects. Identify the right stakeholders and understand their needs, dig for architecturally significant

requirements, write amazing quality attribute scenarios, and make confident decisions. Choose technologies based on their architectural impact, facilitate architecture-centric design workshops, and evaluate architectures using lightweight, effective methods. Write lean architecture descriptions people love to read. Run an architecture design studio, implement the architecture you've designed, and grow your team's architectural knowledge. Good design requires good communication. Talk about your software architecture with stakeholders using whiteboards, documents, and code, and apply architecture-focused design methods in your day-to-day practice. Hands-on exercises, real-world scenarios, and practical team-based decision-making tools will get everyone on board and give you the experience you need to become a confident software architect.

Ship It Britta Lundin

2018-05-01 CLAIRE is a sixteen-year-old fangirl

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obsessed with the show *Demon Heart*. FOREST is an actor on *Demon Heart* who dreams of bigger roles. When the two meet at a local Comic-Con panel, it's a dream come true for Claire. Until the Q&A, that is, when Forest laughs off Claire's assertion that his character is gay. Claire is devastated. After all, every last word of her super-popular fanfic revolves around the romance between Forest's character and his male frenemy. She can't believe her hero turned out to be a closed-minded jerk. Forest is mostly confused that anyone would think his character is gay. Because he's not. Definitely not. Unfortunately for *Demon Heart*, when the video of the disastrous Q&A goes viral, the producers have a PR nightmare on their hands. In order to help bolster their image within the LGBTQ+ community—as well as with their fans—they hire Claire to join the cast for the rest of their publicity tour. What ensues is a series of colorful Comic-Con clashes between the fans and the show

that lead Forest to question his assumptions about sexuality and help Claire come out of her shell. But how far will Claire go to make her ship canon? To what lengths will Forest go to stop her and protect his career? And will Claire ever get the guts to make a move on Tess, the very cute, extremely cool fanartist she keeps running into? *Ship It* is a funny, tender, and honest look at all the feels that come with being a fan.

Explore It! Elisabeth Hendrickson 2013-02-21
Uncover surprises, risks, and potentially serious bugs with exploratory testing. Rather than designing all tests in advance, explorers design and execute small, rapid experiments, using what they learned from the last little experiment to inform the next. Learn essential skills of a master explorer, including how to analyze software to discover key points of vulnerability, how to design experiments on the fly, how to hone your observation skills, and how to focus your efforts. Software is

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full of surprises. No matter how careful or skilled you are, when you create software it can behave differently than you intended. Exploratory testing mitigates those risks. Part 1 introduces the core, essential skills of a master explorer. You'll learn to craft charters to guide your exploration, to observe what's really happening (hint: it's harder than it sounds), to identify interesting variations, and to determine what expected behavior should be when exercising software in unexpected ways. Part 2 builds on that foundation. You'll learn how to explore by varying interactions, sequences, data, timing, and configurations. Along the way you'll see how to incorporate analysis techniques like state modeling, data modeling, and defining context diagrams into your explorer's arsenal. Part 3 brings the techniques back into the context of a software project. You'll apply the skills and techniques in a variety of contexts and integrate exploration into the

development cycle from the very beginning. You can apply the techniques in this book to any kind of software. Whether you work on embedded systems, Web applications, desktop applications, APIs, or something else, you'll find this book contains a wealth of concrete and practical advice about exploring your software to discover its capabilities, limitations, and risks.

The Earth and All It Holds V. J. Banis 2012-09-26 The Brussacs were rich, powerful, blessed, and envied. Yet through their lives ran a thread of tragedy and heartbreak that could not be broken, forever linking them in a hellish alliance. This epic tale soars from Nob Hill to the Barbary Coast to the Los Angeles oil fields in a stunning story of the tangled lives of an extraordinary family. "V. J. Banis outdoes himself...all-stops-out historical romance. -- "Publishers Weekly "A rip-roaring romantic novel." -- Library Journal

The Grip of It Jac Jemc 2017-08-01 Finalist for the Chicago Review of Books

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Fiction Award, Dan Chaon's Best of 2017 pick in Publishers Weekly, one of Vol. 1 Brooklyn's Best Books of 2017, a BOMB Magazine "Looking Back on 2017: Literature" Pick, and one of Vulture's 10 Best Thriller Books of 2017. Jac Jemc's *The Grip of It* is a chilling literary horror novel about a young couple haunted by their newly purchased home. Touring their prospective suburban home, Julie and James are stopped by a noise. Deep and vibrating, like throat singing. Ancient, husky, and rasping, but underwater. "That's just the house settling," the real estate agent assures them with a smile. He is wrong. The move—prompted by James's penchant for gambling and his general inability to keep his impulses in check—is quick and seamless; both Julie and James are happy to start afresh. But this house, which sits between a lake and a forest, has its own plans for the unsuspecting couple. As Julie and James try to establish a sense of normalcy, the home and its surrounding terrain

become the locus of increasingly strange happenings. The framework—claustrophobic, riddled with hidden rooms within rooms—becomes unrecognizable, decaying before their eyes. Stains are animated on the wall—contracting, expanding—and map themselves onto Julie's body in the form of painful, grisly bruises. Like the house that torments the troubled married couple living within its walls, *The Grip of It* oozes with palpable terror and skin-prickling dread. Its architect, Jac Jemc, meticulously traces Julie and James's unsettling journey through the depths of their new home as they fight to free themselves from its crushing grip.

Asking For It Louise O'Neill
2016-04-05 Emma O'Donovan
is eighteen, beautiful, and fearless. It's the beginning of summer in a quiet Irish town and tonight she and her friends have dressed to impress.

Everyone is at the party, and all eyes are on Emma. The next

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morning Emma's parents discover her collapsed on the doorstep of their home, unconscious. She is disheveled, bleeding, and disoriented, looking as if she had been dumped there. To her distress, Emma can't remember what happened the night before. All she knows is that none of her friends will respond to her texts. At school, people turn away from her and whisper under their breath. Her mind may be a blank as far as the events of the previous evening, but someone has posted photos of it on Facebook under a fake account, "Easy Emma"--photos she will never be able to forget. As the photos go viral and a criminal investigation is launched, the community is thrown into tumult. The media descends, neighbors chose sides, and people from all over the world want to talk about her story. Everyone has something to say about Emma. Asking For It is a powerful story about the devastating effects of rape and public shaming, told through the awful experience of a young

woman whose life is changed forever by an act of violence. [The Red Army's Do-It-Yourself, Nazi-Bashing Guerrilla Warfare Manual](#) Lester Grau
2011-05-28 The WWII Soviet guerilla training manual that became an essential text for freedom fighters across the globe—complete with illustrations. When Germany invaded the Soviet Union during World War II, the Red Army began recruiting local partisans to help mount a resistance. This edition of The Partisan's Companion is the last and best Red Army manual used to train these men to fight Nazi invaders. Besides field craft, it covers partisan tactics, German counter-guerrilla tactics, demolitions, German and Soviet weapons, scouting, camouflage, anti-tank warfare, and anti-aircraft defense for squad and platoon-level instruction. It contains the Soviet lessons of two bitter years of war and provides a good look at the tactics and training of a mature partisan force. While this handbook was a vital part of Soviet victory

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over the Nazis, its usefulness outlived the Second World War. It was later used to train guerrilla groups in the developing world during their wars of national liberation in the 1950s-70s. Even the fedayeen guerrillas who fought US and coalition forces in Iraq relied on this manual for training, tactics, and general approach to combat. A selection of the Military Book Club.

Your Mind And How To Use It

William Walker Atkinson 2012
A manual of practical psychology. The values to be derived from such a work are necessarily suggestive, and nothing is more powerfully helpful to any one than suggestions. So when considering in this book the subjects of mind and will, ably and interestingly presented by Mr. Atkinson, the reader must be benefitted, for it is the law of suggestion that attributes, elements of greatness within respond to suggestions from without. No one, therefore, can carefully read this book without awakening

responsiveness and obtaining a further knowledge and control of the faculties therein treated. Release It! Michael T. Nygard 2018-01-08 A single dramatic software failure can cost a company millions of dollars - but can be avoided with simple changes to design and architecture. This new edition of the best-selling industry standard shows you how to create systems that run longer, with fewer failures, and recover better when bad things happen. New coverage includes DevOps, microservices, and cloud-native architecture. Stability antipatterns have grown to include systemic problems in large-scale systems. This is a must-have pragmatic guide to engineering for production systems. If you're a software developer, and you don't want to get alerts every night for the rest of your life, help is here. With a combination of case studies about huge losses - lost revenue, lost reputation, lost time, lost opportunity - and practical, down-to-earth advice that was all gained through

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painful experience, this book helps you avoid the pitfalls that cost companies millions of dollars in downtime and reputation. Eighty percent of project life-cycle cost is in production, yet few books address this topic. This updated edition deals with the production of today's systems - larger, more complex, and heavily virtualized - and includes information on chaos engineering, the discipline of applying randomness and deliberate stress to reveal systematic problems. Build systems that survive the real world, avoid downtime, implement zero-downtime upgrades and continuous delivery, and make cloud-native applications resilient. Examine ways to architect, design, and build software - particularly distributed systems - that stands up to the typhoon winds of a flash mob, a Slashdotting, or a link on Reddit. Take a hard look at software that failed the test and find ways to make sure your software survives. To skip the pain and get the

experience...get this book.

Take It to the Grave Part 3 of 6 Zoe Carter 2017-06-01

Everyone should know what you did Sarah Taylor-Cox has received two threatening notes—notes which threaten to destroy everything she holds dear. Just getting through the days is a struggle—the cracks in her marriage are becoming ever more visible, her protectiveness of her baby is becoming overbearing...and the arrival of her sister, Maisey, along with her estranged mother and stepbrother, is certainly not helping matters! For Maisey, watching the sister she's always looked up to struggling to stay sane is heart-breaking. She's determined to help, but being around family is unearthing long-buried memories, memories which Maisey hasn't let herself think about in years. And one particular echo from the past won't stop reverberating in her head...the cry of a frightened child. "A growing sense of menace creeps through every page, leading to a nail biting

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final part!" — USA Today bestselling author Sue Fortin "A clever, creepy family drama, the tension builds and builds to the explosive end. Secrets, lies and scandals...you'll never guess the truth!" — New York Times bestselling author J.T. Ellison "Zoe Carter keeps the twist coming in this tale of two sisters whose dark pasts are slowly coming unraveled. Sarah and Maisey are holding tight to a shocking family secret, and now an anonymous stranger is threatening to tell. An engaging story of lies, closet skeletons, and betrayal." — USA TODAY bestselling author Kimberly Belle, author of *The Marriage Lie* Part 3 of 6: a riveting new installment in this darkly compelling psychological thriller

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