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Psychology Jul 26 2019

Equilibria 8 Essentials - Introduction & Overview (8E-00) Apr 26 2022 You've got a great team. You've carefully curated a group of smart, skilled individuals. They've been well trained, have the tools they need to perform, and incentives in place to keep them motivated. Yet they're not hitting it out of the park, at least not consistently. Opportunities are missed. Unnecessary risks are taken. Costly errors are made. What's holding them back? We, at Equilibria, have worked with hundreds of managers and teams at leading companies and organizations around the world to unravel this mystery. To help leaders unlock the full potential of their teams. We've studied humans – how they think, interact, perform. Through this work, we have pinpointed eight characteristics of high performing teams. We call them the 8 Essentials and they are contained within the framework of the Essential Leadership Cycle. Deceptively simple, yet enormously powerful. The Essential Leadership Cycle is a leader and team performance model consisting of eight interdependent modules, each serving as a foundation for the next. The Essential Leadership Cycle represents a culmination of many years of collaboration, experimentation and in depth observations and surveys while working in different organizations, which were all striving to better themselves, their teams and ultimately their desired results. What continually surfaces is the fact there are some key facets of any organization's culture that if led well can produce world-class sustainable results. When the 8 Essentials are applied to full capacity, then one can expect great outcomes. Combine these essentials with leadership who know how to lead and you have a winning formula. Each essential warrants its own workbook which are listed below: 1) Self and Team Awareness 2) Shared Vision and Values 3) Clarity of Roles and Processes 4) Trust 5) Diversity and Inclusion 6) Commitment 7) Accountability 8) Learning and Continuous Improvement **DISCOVER YOUR E-COLORS: WWW.EQUILIBRIA.COM**

The Essential Wine Book Jan 12 2021 A field guide to the new world of wine, featuring an overview of today's most exciting regions and easy-to-use advice on properly tasting wine, discovering under-the-radar gems, and finding the perfect bottle for any occasion. Highlighting wines from old world regions such as France, Italy, Spain, and Germany to new world wines from the United States, Australia, New Zealand, Chile, and more, **The Essential Wine Book** tells you what to drink and why. Beginning with foundational information about how wine is made, how to taste it, and how to understand terroir, wine expert and journalist Zachary Sussman then gives an overview of the most important and interesting wine regions today—both established and still emerging. For instance, the great French wines of Burgundy and Champagne are already well known, but for affordable bottles you can easily find at your local wine shop, Sussman profiles up-and-coming producers in other regions, including the Jura, Languedoc-Roussillon, and more. In a similar vein, California's Napa Valley has for decades been the source of America's most prestigious wines, but here you'll learn about other areas of the state that are gaining recognition, from Lodi to the Santa Rita Hills. You'll find user-friendly "just the highlights" notes for each region, as well as recommendations for producers and particular bottles to seek out. Diving deep into what makes each region essential and unique, this comprehensive guides gives new wine drinkers and enthusiasts alike an inside track on modern wine culture.

Essentials of Dental Caries Jul 18 2021 Dental caries (tooth decay) is one of the most highly prevalent diseases around the world affecting a significant proportion of the population. Dental caries may take place on any tooth surface in the oral cavity where dental plaque is allowed to develop over a period of time. Understanding its causes and progression allows the dental team to help the patient control and manage it so that patients can maintain healthy teeth for life. The fourth edition of **Essentials of Dental Caries** provides readers with an up-to-date, clinically relevant guide to dental caries. Written in an accessible style, the authors explain the biological and socioeconomic background of lesion development and progress. Current methods of clinical diagnosis and evidence based management are outlined in clearly laid out and highly illustrated chapters. This book is essential reading for students and practitioners of dentistry, dental therapy, dental hygiene, and oral health educators.

Essentials of Business Research Methods Jan 24 2022 Managers increasingly must make decisions based on almost unlimited information.

How can they navigate and organize this vast amount of data? *Essentials of Business Research Methods* provides research techniques for people who aren't data analysts. The authors offer a straightforward, hands-on approach to the vital managerial process of gathering and using data to make clear business decisions. They include such critical topics as the increasing role of online research, ethical issues, data mining, customer relationship management, and how to conduct information-gathering activities more effectively in a rapidly changing business environment. This is the only such book that includes a chapter on qualitative data analysis, and the coverage of quantitative data analysis is more extensive and much easier to understand than in other works. The book features a realistic continuing case throughout the text that enables students to see how business research information is used in the real world. It includes applied research examples in all chapters, as well as Ethical Dilemma mini - cases, and interactive Internet applications and exercises.

Essentials of Glycobiology May 28 2022 Sugar chains (glycans) are often attached to proteins and lipids and have multiple roles in the organization and function of all organisms. "Essentials of Glycobiology" describes their biogenesis and function and offers a useful gateway to the understanding of glycans.

Understanding Video Games Dec 11 2020 *Understanding Video Games* is a crucial guide for newcomers to video game studies and experienced game scholars alike. This revised and updated third edition of the pioneering text provides a comprehensive introduction to the field of game studies, and highlights changes in the gaming industry, advances in video game scholarship, and recent trends in game design and development—including mobile, casual, educational, and indie gaming. In the third edition of this textbook, students will: Learn the major theories and schools of thought used to study games, including ludology and narratology; Understand the commercial and organizational aspects of the game industry; Trace the history of games, from the board games of ancient Egypt to the rise of mobile gaming; Explore the aesthetics of game design, including rules, graphics, audio, and time; Analyze the narrative strategies and genre approaches used in video games; Consider the debate surrounding the effects of violent video games and the impact of "serious games." Featuring discussion questions, recommended games, a glossary of key terms, and an interactive online video game history timeline, *Understanding Video Games* provides a valuable resource for anyone interested in examining the ways video games are reshaping entertainment and society.

An Introduction to Forensic Genetics Aug 19 2021 *An Introduction to Forensic Genetics* is a comprehensive introduction to this fast moving area from the collection of evidence at the scene of a crime to the presentation of that evidence in a legal context. The last few years have seen significant advances in the subject and the development and application of genetics has revolutionised forensic science. This book begins with the key concepts needed to fully appreciate the subject and moves on to examine the latest developments in the field, illustrated throughout with references to relevant casework. In addition to the technology involved in generating a DNA profile, the underlying population biology and statistical interpretation are also covered. The evaluation and presentation of DNA evidence in court is discussed as well with guidance on the evaluation process and how court reports and statements should be presented. An accessible introduction to Forensic Genetics from the collection of evidence to the presentation of that evidence in a legal context Includes case studies to enhance student understanding Includes the latest developments in the field focusing on the technology used today and that which is likely to be used in the future Accessible treatment of population biology and statistics associated with forensic evidence This book offers undergraduate students of Forensic Science an accessible approach to the subject that will have direct relevance to their courses. *An Introduction to Forensic Genetics* is also an invaluable resource for postgraduates and practising forensic scientists looking for a good introduction to the field.

Business Law I Essentials Jul 06 2020 A less-expensive grayscale paperback version is available. Search for ISBN 9781680923018. *Business Law I Essentials* is a brief introductory textbook designed to meet the scope and sequence requirements of courses on Business Law or the Legal Environment of Business. The concepts are presented in a streamlined manner, and cover the key concepts necessary to establish a strong foundation in the subject. The textbook follows a traditional approach to the study of business law. Each chapter contains learning objectives, explanatory narrative and concepts, references for further reading, and end-of-chapter questions. *Business Law I Essentials* may need to be supplemented with additional content, cases, or related materials, and is offered as a foundational resource that focuses on the baseline concepts, issues, and approaches.

Absolute Essentials of Marketing Research Aug 07 2020 This short textbook provides students with a concise yet comprehensive overview of the fundamentals of marketing research. Mapped closely to the structure of a typical Marketing Research module, the book takes the student through the full process, from developing the hypothesis and setting the research question, to developing and conducting the research, and finally to analysing the data and making recommendations. Each chapter starts with an essential summary and ends with discussion questions that can be used as a teaching resource. Worksheets are also provided as a supplementary resource, which can be used to build a marketing research plan. Focused on the core aspects of the subject, this is a perfect complement to the larger texts available, suitable for any undergraduate or postgraduate Marketing Research module.

MacArthur's Quick Reference Guide to the Bible Apr 14 2021 Noted pastor/teacher John MacArthur takes you through the key aspects of the Bible in this guide for students. For all 66 books, key doctrines, highlighted people, geographic, historical, and cultural background, cross references, how Christ is pictured, character/attributes of God, explanations of key words and interpretive challenges will be examined. In addition, the guide will include: "Why I Believe the Bible" How to interpret each type of literature Charts, timelines, maps "Where to Find It" index of favorite passages and key Bible events, stories, and teachings Doctrinal studies (concise, with references and brief explanations) Index of people in the Bible Topical Index "How to Study the Bible" article

A Pelican Book: Islam May 04 2020 The essential introduction to Islam by a leading expert Hardly a day goes by without mention of Islam. And yet, for most people, and in much of the world, Islam remains a little-known religion. Whether the issue is violence, terrorism, women's rights or slavery, Muslims are today expected to provide answers and to justify what Islam is - or is not. But little opportunity exists, either in the media or in society as a whole, to describe Islam: precisely the question this short and extremely accessible book sets out to answer. In simple, direct language it will introduce readers to Islam, to its spirituality, its principles, its rituals, its diversity and its evolution.

The ASAM Essentials of Addiction Medicine Sep 27 2019 A masterful, high-yield guide to the treatment of substance abuse issues, *The ASAM Essentials of Addiction Medicine* equips you with the expert know-how you need to provide effective help for your patients. Derived from *The ASAM Principles of Addiction Medicine, 5th Edition* – widely hailed as the definitive comprehensive clinical reference in the field – this companion resource presents the collective wisdom of hundreds of esteemed authorities on the art and science of addiction medicine. Yet, it does so in a succinct format that will appeal to specialists seeking a more streamlined, quick-access reference source. Find the authoritative answers you need on everything from the pharmacology of addiction through diagnosis, assessment, and early intervention; various forms of addiction management...treatment of individual patient populations; management of intoxication and withdrawal; pharmacologic and behavioral interventions; recovery programs; medical disorders and complications...co-occurring addiction and psychiatric disorders; pain and addiction; children and adolescents; and ethical, legal, and liability issues. Contribute to public health in the area of addiction thanks to a special introductory chapter entitled "A Public Health Approach to Prevention: The Health Professional's Role." Easily switch back and forth between the *ASAM Essentials* and the parent text thanks to a parallel chapter organization. Zero in on the most important, practical

information thanks to highly focused, efficient coverage. Maximize your understanding and retention of vital concepts with the aid of key points summaries, review questions, and suggested readings in each chapter.

Essentials of Exercise & Sport Nutrition: Science to Practice Jun 04 2020 We all want to look and feel good. We also want to perform well whether it's in the weight room, in sports, or at work. Research has shown exercise, proper nutrition, and adequate recovery affect health and human performance. However, there's a lot of conflicting and confusing information regarding exercise and nutrition. In *Essentials of Exercise and Sport Nutrition*, author Dr. Richard B. Kreider offers an up-to-date assessment of the science and practice of exercise and sport nutrition. Kreider, who has conducted extensive research on the subject and has consulted with numerous teams, coaches, and athletes for more than thirty years, brings a scientific and applied perspective to discussing the latest research and how it can be used to optimize performance. He also provides summary recommendations, training programs, and meal plans for beginners through athletes, as well as for individuals who want to lose and/or manage their weight.

Introduction to Research - E-Book Nov 09 2020 Bridge the gap between research and practice with *Introduction to Research: Understanding and Applying Multiple Strategies*, 5th Edition. This easy-to-read edition covers all the major research design strategies: qualitative, quantitative, naturalistic, experimental-type, and mixed method. And with the text's up-to-date research information and references, you will have a solid foundation from which to critique and understand research designs and their applications to healthcare and human service settings. Case examples provide real-life snapshots of what it is like to participate in different types of research processes, identify research dilemmas relevant to chapter subjects, and alert you to problems you might encounter. Authors make the topics more accessible, so research becomes more relevant - and topics come to life. Covers experimental-type, naturalistic, and mixed method design strategies to improve your ability to compare, contrast, and integrate different methods. Presents complex information clearly in a highly readable, and easy-to-understand, manner. Includes detailed discussions of qualitative and quantitative methodologies, a unique and balanced focus that makes this text more comprehensive than others in its field. NEW! Up-to-date research methods, strategies, and references, like digital sources, visual methods, and geographical analysis, give you the latest information on research in diverse areas of health and human services.

Essential Scrum Oct 09 2020 This is a comprehensive guide to Scrum for all (team members, managers, and executives). If you want to use Scrum to develop innovative products and services that delight your customers, this is the complete, single-source reference you've been searching for. This book provides a common understanding of Scrum, a shared vocabulary that can be used in applying it, and practical knowledge for deriving maximum value from it.

Turner Classic Movies: The Essentials May 16 2021 At head of title: TCM Turner Classic Movies.

Apache Hive Essentials Nov 29 2019 This book takes you on a fantastic journey to discover the attributes of big data using Apache Hive. Key Features Grasp the skills needed to write efficient Hive queries to analyze the Big Data Discover how Hive can coexist and work with other tools within the Hadoop ecosystem Uses practical, example-oriented scenarios to cover all the newly released features of Apache Hive 2.3.3 Book Description In this book, we prepare you for your journey into big data by firstly introducing you to backgrounds in the big data domain, along with the process of setting up and getting familiar with your Hive working environment. Next, the book guides you through discovering and transforming the values of big data with the help of examples. It also hones your skills in using the Hive language in an efficient manner. Toward the end, the book focuses on advanced topics, such as performance, security, and extensions in Hive, which will guide you on exciting adventures on this worthwhile big data journey. By the end of the book, you will be familiar with Hive and able to work efficiently to find solutions to big data problems What you will learn Create and set up the Hive environment Discover how to use Hive's definition language to describe data Discover interesting data by joining and filtering datasets in Hive Transform data by using Hive sorting, ordering, and functions Aggregate and sample data in different ways Boost Hive query performance and enhance data security in Hive Customize Hive to your needs by using user-defined functions and integrate it with other tools Who this book is for If you are a data analyst, developer, or simply someone who wants to quickly get started with Hive to explore and analyze Big Data in Hadoop, this is the book for you. Since Hive is an SQL-like language, some previous experience with SQL will be useful to get the most out of this book.

Project Management Essentials You Always Wanted To Know Aug 26 2019 Simplified explanation of concepts Chapter Summaries Solutions to Practice Exercises Practical approaches for application Best Practices Project Management Templates As employees move into a project management role, they need to learn new skills. These would include management of several different dimensions of a project to deliver the project successfully. *Project Management Essentials You Always Wanted to Know: 5th Edition* provides the core information about how to manage the complexity of modern projects with improved easy-to-understand explanations, a new WBS template and a new chapter on Agile. The new edition, includes topics such as: Project management overview Project Initiation - Constraints, Stakeholders, PMO, Life Cycles Project Planning - WBS, CPM, Budgeting, Quality, Resources, Communications, Risk, Procurement, Stakeholders Project Execution - Audits, Resources, Communications Project Monitoring & Controlling - Tracking, Quality Control, Change Control Project Closure Agile Overview (new) About the Series The Self-Learning Management series is designed to help students, new managers, career switchers and entrepreneurs learn essential management lessons. This series is designed to address every aspect of business from HR to Finance to Marketing to Operations, be it any industry. Each book includes basic fundamentals, important concepts, standard and well-known principles as well as practical ways of application of the subject matter. The distinctiveness of the series lies in that all the relevant information is bundled in a compact form that is very easy to interpret.

Leadership Essentials You Always Wanted To Know Aug 31 2022 After reading this book, you will be able to answer the following questions: ? What makes an effective leader? ? What are the different roles that a leader must take on? ? How do setting and context impact the choices a leader must make? ? How do effective leaders integrate ethics into their best practices? ? What are the major trends influencing the evolution of leadership in the twenty-first century? Have you ever wanted to know how to become the type of person that others look to for guidance? In *Leadership Essentials You Always Wanted to Know*, you will learn what it takes to be a strong leader who can guide any team to success. Driven by the latest research on leadership, this straight-forward guide breaks down not only the traits of highly effective leaders, but also how to use those traits in a variety of situations. You do not need to already be in a leadership position to benefit from the lessons detailed in this book. Aside from describing the best practices of effective leadership, you will learn the essential knowledge and core competencies of influential leaders, while also exploring real world applications that have been faced--and overcome--by thriving organizations. With chapter summaries and quizzes to reinforce concepts, as well as online resources to supplement the reading, this is one book you will not want to ignore.

A Little Tea Book Oct 28 2019 From tea guru Sebastian Beckwith and New York Times bestsellers Caroline Paul and Wendy MacNaughton comes the essential guide to exploring and enjoying the vast world of tea. Tea, the most popular beverage in the world after water, has brought nations to war, defined cultures, bankrupted coffers, and toppled kings. And yet in many ways this fragrantly comforting and storied brew remains elusive, even to its devotees. As down-to-earth yet stylishly refined as the drink itself, *A Little Tea Book* submerges readers into tea, exploring its varieties, subtleties, and pleasures right down to the process of selecting and brewing the perfect cup. From orange pekoe to pu-

erh, tea expert Sebastian Beckwith provides surprising tips, fun facts, and flavorful recipes to launch dabblers and connoisseurs alike on a journey of taste and appreciation. Along with writer and fellow tea-enthusiast Caroline Paul, Beckwith walks us through the cultural and political history of the elixir that has touched every corner of the world. Featuring charming, colorful charts, graphs, and illustrations by bestselling illustrator Wendy MacNaughton and Beckwith's sumptuous photographs, *A Little Tea Book* is a friendly, handsome, and illuminating primer with a dash of sass and sophistication. Cheers!

Information Technology Essentials Volume 1 Sep 19 2021 Introduction to information technology concepts.

Understanding Research Methods Nov 02 2022 A perennial bestseller since 1997, this updated tenth edition of *Understanding Research Methods* provides a detailed overview of all the important concepts traditionally covered in a research methods class. It covers the principles of both qualitative and quantitative research, and how to interpret statistics without computations, so is suitable for all students regardless of their math background. The book is organized so that each concept is treated independently and can be used in any order without resulting in gaps in knowledge—allowing it to be easily and precisely adapted to any course. It uses lively examples on contemporary topics to stimulate students' interest, and engages them by showing the relevance of research methods to their everyday lives. Numerous case studies and end-of-section exercises help students master the material and encourage classroom discussion. The text is divided into short, independent topic sections, making it easy for you to adapt the material to your own teaching needs and customize assignments to the aspect of qualitative or quantitative methods under study—helping to improve students' comprehension and retention of difficult concepts. Additional online PowerPoint slides and test bank questions make this a complete resource for introducing students to research methods. New to this edition: New topic section on design decisions in research Additional material on production of knowledge and research methods Significant development of material on ethical considerations in research Fresh and contemporary examples from a wide variety of real, published research Topic-specific exercises at the end of each section now include suggestions for further steps researchers can take as they build their research project.

Essentials of Economics Sep 07 2020 A part of the most successful introductory economics series in the last twenty years, *Essentials of Economics* features inclusive, relatable examples, consistent problem-solving pedagogy, and innovative teaching support. The Second Edition text has an example-driven approach to teaching what economists do, answers the personal finance and life questions on students' minds, and now provides a complete set of digital learning tools including InQuizitive and Smartwork.

The Essentials of Business Research Methods Dec 23 2021 Increasingly, managers must make decisions based on almost unlimited information. How can they navigate and organize this vast amount of data? *Essentials of Business Research Methods* provides research techniques for people who aren't data analysts. The authors offer a straightforward, hands-on approach to the vital managerial process of gathering and using data to make clear business decisions. They include critical topics, such as the increasing role of online research, ethical issues, data mining, customer relationship management, and how to conduct information-gathering activities more effectively in a rapidly changing business environment. This is the only text that includes a chapter on qualitative data analysis, and the coverage of quantitative data analysis is more extensive, and much easier to understand than in other texts. The book features a realistic continuing case throughout that enables students to see how business research information is used in the real world. It includes applied research examples in all chapters, as well as ethical dilemma mini cases, and exercises.

Information Technology Essentials Volume 1 Oct 21 2021 This book is designed to be a survey of the essential topics of Information Systems. The material covers important topics that drive computing and information technology today. The book is broken down into sections that cover a survey of essential areas of information systems. These topics include:- An introduction and overview of computer hardware- How software is built by industry today using the software development lifecycle.- Cloud computing and the services that are offered by the leading vendors on the market today- Computer security and,- The future of computing and more. This book is designed for anyone who wants to have more information about the information technology field and is ideal for someone just getting started. The course will give you a solid understanding of many of the concepts that drive one of the most important industries in today's world.

Essentials of Bio-Statistics: An overview with the help of Software Feb 22 2022 This book intends to provide an overview of biostatistics concepts and methodology through the use of statistical software. It helps clinicians, health care and biomedical professionals who need to have basic knowledge of biostatistics as they come across clinical data related to patient, drug and dosage requirement, treatment modalities in day to day life and they are required to take clinical and health care decisions based on the data. This book covers basic concepts involved in the field of Biostatistics such as descriptive statistics, inferential statistics, correlation and regression along with the advanced concepts such as factor analysis, cluster analysis, discriminant analysis and survival analysis. Each topic is explained with the help of R statistical package (open source package). One important note that the book will not discuss about the formulas and equations involved in the statistical concepts and the author assumes that the readers have basic understanding of excel as the sample dataset is used in the book are mostly excel based datasets and also have some clinical background.

Understanding Research Methods Oct 01 2022 A perennial bestseller since 1997, this updated tenth edition of *Understanding Research Methods* provides a detailed overview of all the important concepts traditionally covered in a research methods class. It covers the principles of both qualitative and quantitative research, and how to interpret statistics without computations, so is suitable for all students regardless of their math background. The book is organized so that each concept is treated independently and can be used in any order without resulting in gaps in knowledge--allowing it to be easily and precisely adapted to any course. It uses lively examples on contemporary topics to stimulate students' interest, and engages them by showing the relevance of research methods to their everyday lives. Numerous case studies and end-of-section exercises help students master the material and encourage classroom discussion. The text is divided into short, independent topic sections, making it easy for you to adapt the material to your own teaching needs and customize assignments to the aspect of qualitative or quantitative methods under study--helping to improve students' comprehension and retention of difficult concepts. Additional online PowerPoint slides and test bank questions make this a complete resource for introducing students to research methods. New to this edition: New topic section on design decisions in research Additional material on production of knowledge and research methods Significant development of material on ethical considerations in research Fresh and contemporary examples from a wide variety of real, published research Topic-specific exercises at the end of each section now include suggestions for further steps researchers can take as they build their research project.

Essentials of Clinical Psychopharmacology Mar 14 2021 This third edition of *Essentials of Psychopharmacology* is, like its predecessors, based on the premier textbook in the field, *The American Psychiatric Publishing Textbook of Psychopharmacology*, now in its fourth edition. The *Essentials* format is designed to deliver core knowledge to the busy trainee or practitioner in a succinct and accessible manner. *Essentials of Psychopharmacology* provides a complete overview of clinically focused pharmacotherapeutic principles of vital interest to psychiatry residents, primary care physicians, and other health care professionals. Updated with the latest research findings since the publishing of the fourth edition, *Essentials* features new chapters on recently introduced medications and updated chapters on others. The book is divided into

two parts: *Classes of Psychiatric Treatments*, which systematically reviews psychotropic medications within each drug class (e.g., antidepressants and anxiolytics, antipsychotics), and *Psychopharmacological Treatment*, which outlines current pharmacotherapeutic approaches in the major psychiatric disorders as well as in specific patient populations. Although the latter part has been streamlined in this new edition, coverage of critical information such as approved indications, drug interactions, side effects, and other prescribing factors remains comprehensive. Clinicians seeking a reliable reference and guide to the core knowledge base and practice of clinical psychopharmacology can do no better than this new edition of *Essentials of Psychopharmacology*.

Just the Essentials Nov 21 2021 The author of *Skin Cleanse* returns with a comprehensive guide to the ultimate ingredient for living an all-natural, plant-based lifestyle: essential oils. In *Just the Essentials*, Adina Grigore, owner and founder of the wildly popular all-natural skincare line *SW Basics*, presents a 21st-century guide to these ancient oils. A former essential oils skeptic, Grigore offers a fresh, fun, and authoritative overview of what they are and how they can be easily incorporated into anyone's life. From plant-based medicine to all-natural skincare to safer and cleaner household products to aromatherapy, this handy and entertaining guide provides detailed advice for a wide array of oils, safety guidelines, and a range of do-it-yourself recipes to get started. Inside you'll discover such fun facts as: Tea tree oil is a powerful antibacterial that is proven to be as effective for treating acne as benzoyl peroxide; it also kills oral bacteria and is a life-saver for tooth infections. Cinnamon oil is a circulation-booster that helps to ease everyday aches and pains as well as headaches (even migraines). Peppermint oil is brimming with antimicrobial properties; peppermint oil can be used for everything from alleviating digestive problems to cleaning your kitchen counters. With lists of the best oils for beginners; instructions for diffusing and safe handling; and DIY recipes from dish soap to toothpaste to facial masks, *Just the Essentials* makes it easy and enjoyable to reap the many benefits of these pure plant extracts.

Introduction to Forensic Psychology Dec 31 2019 Research indicates that there are psychological principles at play in the situations encountered by law enforcement personnel. The book fulfills an important need in the ever-evolving field of criminal justice, providing a working knowledge of forensic psychology and its application to interview strategies, homicide, emotional disturbance, sexual and domestic violence, hostage negotiations, and other situations. It will help law enforcement to understand, interpret, and anticipate behavior, while responding safely and effectively.

Essentials of Assessment Report Writing Apr 02 2020 Instructive guide to preparing informative and accurate assessment reports for a variety of individuals and settings Assessment reports are central to the diagnostic process and are used to inform parents, clients, and clinicians, among others, about academic problems, personality functioning, neuropsychological strengths and weaknesses, behavioral problems, and the like. *Essentials of Assessment Report Writing* provides handy, quick-reference information, using the popular *Essentials* format, for preparing effective assessment reports. This book is designed to help busy mental health professionals quickly acquire the knowledge and skills they need to write effective psychological assessment reports. Each concise chapter features numerous callout boxes highlighting key concepts, bulleted points, and extensive illustrative material, as well as test questions that help you gauge and reinforce your grasp of the information covered. This practical guide focuses on efficiently and effectively communicating referral and background information, appearance and behavioral observations, test results and interpretation, summary and diagnostic impressions, and treatment recommendations. The authors provide examples of both good and bad case report writing and highlight ethical issues and topics relevant to presenting feedback. *Essentials of Assessment Report Writing* is the only pocket reference illustrating how to prepare an effective assessment report.

Sampling Essentials Jan 30 2020 Written for students taking research methods courses, this text provides a thorough overview of sampling principles. The author gives detailed, nontechnical descriptions and guidelines with limited presentation of formulas to help students reach basic research decisions, such as whether to choose a census or a sample, as well as how to select sample size and sample type. Intended for students and researchers in the social and behavioral sciences, public health research, marketing research, and related areas, the text provides nonstatisticians with the concepts and techniques they need to do quality work and make good sampling choices.

Research Essentials Mar 26 2022 This is an accessible and practical introduction to research that addresses the broadest spectrum of research methodologies of interest to the student or new researcher, from experimental and survey approaches to program evaluation and ethnography. *Research Essentials* includes key interpretive and qualitative strategies. The book shows the role that research plays in the social sciences and education, followed by an overview of research traditions. It offers practical examples and relevant resources across the disciplines. Other features include study questions, lists of relevant journals, web sites, and organizations.

Web Services Essentials Feb 10 2021 As a developer new to Web Services, how do you make sense of this emerging framework so you can start writing your own services today? This concise book gives programmers both a concrete introduction and a handy reference to XML web services, first by explaining the foundations of this new breed of distributed services, and then by demonstrating quick ways to create services with open-source Java tools. Web Services make it possible for diverse applications to discover each other and exchange data seamlessly via the Internet. For instance, programs written in Java and running on Solaris can find and call code written in C# that run on Windows XP, or programs written in Perl that run on Linux, without any concern about the details of how that service is implemented. A common set of Web Services is at the core of Microsoft's new .NET strategy, Sun Microsystems's Sun One Platform, and the W3C's XML Protocol Activity Group. In this book, author Ethan Cerami explores four key emerging technologies: XML Remote Procedure Calls (XML-RPC) SOAP - The foundation for most commercial Web Services development Universal Discovery, Description and Integration (UDDI) Web Services Description Language (WSDL) For each of these topics, *Web Services Essentials* provides a quick overview, Java tutorials with sample code, samples of the XML documents underlying the service, and explanations of freely-available Java APIs. Cerami also includes a guide to the current state of Web Services, pointers to open-source tools and a comprehensive glossary of terms. If you want to break through the Web Services hype and find useful information on these evolving technologies, look no further than *Web Services Essentials*.

Essentials of Medical Physiology Jul 30 2022

React.js Essentials Jun 16 2021 A fast-paced guide to designing and building scalable and maintainable web apps with React.js About This Book Build maintainable and performant user interfaces for your web applications using React.js Create reusable React.js components to save time and effort in maintaining your user interfaces Learn how to build a ready-to-deploy React.js web application, following our step-by-step tutorial Who This Book Is For If you're a front-end developer with knowledge of jQuery and its libraries, along with frameworks, such as Angular.JS and Backbone.JS, or native JavaScript development, and you wish to use the fastest web user interface library there is, then this book is ideal for you. What You Will Learn Install powerful React.js tools to make development much more efficient Create React elements with properties and children Get started with stateless and stateful React components Use JSX to speed up your React.js development process Add reactivity to your React components with lifecycle methods Integrate your React components with other JavaScript libraries Utilize the Flux application architecture with your React components Test your React components with Jest test framework In Detail Building web applications with maintainable and performant user interfaces is a challenge that many have faced for more than a decade, but no one has risen to this challenge quite like React.js. Today React.js is used by Facebook, Instagram, Khan Academy, and Imperial College London, to name a

few. Many new users recognize the benefits of React.js and adopt it in their own projects, forming a fast-growing community. The speed at which React.js has evolved promises a bright future for those who invest in learning it today. React.js Essentials will take you on a fast-paced journey through building your own maintainable React.js application. Begin by exploring how you can create single and multiple user interface elements. Create stateless and stateful components and make them reactive, learn to interact between your components and lifecycle methods and gauge how to effectively integrate your user interface components with other JavaScript libraries. Delve deep into the core elements of the Flux architecture and learn how to manage your application using stores. Finish by going that extra mile with the Jest test framework, running multiple tests on your application and find solutions to scale it further without complexity. Style and approach The book adopts a step-by-step, hands-on approach with ample codes to ensure you learn React.js at a fast pace.

Essentialism Jun 28 2022 NEW YORK TIMES BESTSELLER • More than one million copies sold! Essentialism isn't about getting more done in less time. It's about getting only the right things done. "A timely, essential read for anyone who feels overcommitted, overloaded, or overworked."—Adam Grant Have you ever: • found yourself stretched too thin? • simultaneously felt overworked and underutilized? • felt busy but not productive? • felt like your time is constantly being hijacked by other people's agendas? If you answered yes to any of these, the way out is the Way of the Essentialist. Essentialism is more than a time-management strategy or a productivity technique. It is a systematic discipline for discerning what is absolutely essential, then eliminating everything that is not, so we can make the highest possible contribution toward the things that really matter. By forcing us to apply more selective criteria for what is Essential, the disciplined pursuit of less empowers us to reclaim control of our own choices about where to spend our precious time and energy—instead of giving others the implicit permission to choose for us. Essentialism is not one more thing—it's a whole new way of doing everything. It's about doing less, but better, in every area of our lives. Essentialism is a movement whose time has come.

Game Development Essentials Mar 02 2020 GAME DEVELOPMENT ESSENTIALS: AN INTRODUCTION, International Edition is an authoritative, industry-driven introduction to the world of game development, with updates that keep readers current and well-prepared for a successful career in the field. This book not only examines content creation and the concepts behind development, but it also give readers a background on the evolution of game development and how it has become what it is today. GAME DEVELOPMENT ESSENTIALS also includes chapters on project management, development team roles and responsibilities, development cycle, marketing, maintenance, and the future of game development. With the same engaging writing style and examples that made the first two editions so popular, this new edition features all the latest games and game technology. Coverage of new game-related technology, development techniques, and the latest research in the field make this an invaluable resource for anyone entering the exciting, competitive, ever-changing world of game development.

Essentials of Health Policy and Law Jun 24 2019 Given the prominent role played by policy and law in the health of all Americans, the aim of this book is to help readers understand the broad context of health policy and law. The essential policy and legal issues impacting and flowing out of the health care and public health systems, and the way health policies and laws are formulated. Think of this textbook as an extended manual.introduutory, concise, and straightforward.to the seminal issues in U.S. health policy and law, and thus as a jumping off point for discussion, reflection, research, and analysis.