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[Supercharging Windows](#) Skyhorse Publishing, Inc.

George Lawrence Stone's *Stick Control* is the original classic, often called the bible of drumming. In 1993, *Modern Drummer* magazine named it one of the top 25 drumming books of all-time. In the words of the author, this is the ideal book for improving "control, speed, flexibility, touch, rhythm, lightness, delicacy, power, endurance, preciseness of execution, and muscular coordination," with extra attention given to the development of the weak hand. This indispensable book for drummers of all types includes hundreds of basic to advanced rhythms and moves through categories of single-beat combinations, triplets, short roll combinations, flam beats, flam triplets and dotted notes, and short roll progressions.

**Stick Control** [Bentleypublishers.com](#)

Provides step-by-step instructions for drawing dinosaurs and other prehistoric animals.

[Gatra](#) Springer Science & Business Media

Work smarter, not harder. The first guide to truly holistic health and fitness for those in their 40s From Tom Brady to Serena Williams, Tiger Woods and Roger Federer athletes are increasingly peaking later in their careers. Let Dr Marc Bubbs be your personal trainer in this accessible guide—aimed exclusively at those in their 40s. Create a customized program that works for YOU—from diet, to sleep, type of training and mindset, this book has all the tools you need. Peak 40 is for anyone wanting to rediscover the best version of themselves coming into their 40s. Author Dr Marc Bubbs is a performance nutritionist with a portfolio of professional and Olympic athletes - but he is also the dad of three girls, all under 7! Dr. Bubbs is here with you, in the eye of the mid-life storm, and he has created the ultimate book to help you through it. For fans of Joe Wicks and Michael Mosley, Dr. Bubbs offers simple, evidence-based and time-efficient strategies to help you reignite your energy and passion. His realistic, grown-up and non-judgemental approach is to explain the effect some food groups and lack of exercise and sleep have on our body. The information presented is easy to digest and he offers advice that can be tailored to your body and personality type. In his expert opinion, small changes such as 'not eating after 8pm for five out of seven days' can have a big impact on weight loss and positive mood. Rather than eliminating certain food groups like fats and carbohydrates, he looks at 'turning the dial' on them depending on individual needs. If life has become too sedentary, he provides ways to increase suppleness so that you can start to reintroduce movement into your life without causing pain. Guiding us through the myriad of confusion lifestyle messages, Dr. Bubbs teaches us: How to increase flexibility How to train with achy joints, knees, back, shoulders... Whether a plant-based diet is right How to maintain bone health Whether to lift weights Who should do HIIT (and who shouldn't) The importance of glucose control in your diet Advice on

dealing with anxiety and low mood How to set realistic expectations "[Bubbs] dives into the nutrition and science—where it's been and where it's heading."—Zack Bitter, world record-holding ultra marathoner, as heard on "The Joe Rogan Experience" "Dr. Bubbs's advice on nutrition, health, and recovery for peak performance has been a game changer!"—Kevin Pangos, point guard, Barcelona FC Basketball

*Management Accounting* Pebble

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*Room 555* Chelsea Green Publishing

The First Conference on the History of Nordic Computing (HiNC1) was organized in Trondheim, in June 2003. The HiNC1 event focused on the early years of computing, that is the years from the 1940s through the 1960s, although it formally extended to year 1985. In the preface of the proceedings of HiNC1, Janis Bubenko, Jr., John Impagliazzo, and Arne Sølvberg describe well the peculiarities of early Nordic computing [1]. While developing hardware was a necessity for the first professionals, quite soon the computer became an industrial product. Computer scientists, among others, grew increasingly interested in programming and application software. Progress in these areas from the 1960s to the 1980s was experienced as astonishing. The developments during these decades were taken as the focus of HiNC2. During those decades computers arrived to every branch of large and medium-sized businesses and the users of the computer systems were no longer only computer specialists but also people with other main duties. Compared to the early years of computing before 1960, where the number of computer projects and applications was small, capturing a holistic view of the history between the 1960s and the 1980s is considerably more difficult. The HiNC2 conference attempted to help in this endeavor.

National Geographic Books

Offers a collection of true facts about animals, food, science, pop culture, outer space, geography, and weather.

*History of Nordic Computing 2* Springer Science & Business Media

Modern cars are more computerized than ever. Infotainment and navigation systems, Wi-Fi, automatic software updates, and other innovations aim to make driving more convenient. But vehicle technologies haven't kept pace with today's more hostile security environment, leaving millions vulnerable to attack. The *Car Hacker's Handbook* will give you a deeper understanding of the computer systems and embedded software in modern vehicles. It begins by examining vulnerabilities and providing detailed explanations of

communications over the CAN bus and between devices and systems. Then, once you have an understanding of a vehicle's communication network, you'll learn how to intercept data and perform specific hacks to track vehicles, unlock doors, glitch engines, flood communication, and more. With a focus on low-cost, open source hacking tools such as Metasploit, Wireshark, Kayak, can-utils, and ChipWhisperer, *The Car Hacker's Handbook* will show you how to: –Build an accurate threat model for your vehicle –Reverse engineer the CAN bus to fake engine signals –Exploit vulnerabilities in diagnostic and data-logging systems –Hack the ECU and other firmware and embedded systems –Feed exploits through infotainment and vehicle-to-vehicle communication systems –Override factory settings with performance-tuning techniques –Build physical and virtual test benches to try out exploits safely If you're curious about automotive security and have the urge to hack a two-ton computer, make *The Car Hacker's Handbook* your first stop.

*The Buddhist World of Southeast Asia* Springer

This book, a first in its kind, offers a survey of the present state of affairs in media accessibility research and practice. It focuses on professional practices which are relative newcomers within the field of audiovisual translation and media studies, namely, audio description for the blind and visually impaired, sign language, and subtitling for the deaf and the hard-of-hearing for television, DVD, cinema, internet and live performances. Thanks to the work of lobbying groups and the introduction of legislation in some countries, media accessibility is an area that has recently gained marked visibility in our society. It has begun to appear in university curricula across Europe, and is the topic of numerous specialised conferences. The target readership of this book is first and foremost the growing number of academics involved in audiovisual translation at universities? researchers, teachers and students? but it is also of interest to the ever-expanding pool of practitioners and translators, who may wish to improve their crafts. The collection also addresses media scholars, members of deaf and blind associations, TV channels, and cinema or theatre managements who have embarked on the task of making their programmes and venues accessible to the visually and hearing impaired. Table of contents Acknowledgements Jorge DIAZ CINTAS, Pilar ORERO, Aline REMAEL: Media for all: a global challenge Section 1: Subtitling for the deaf and hard-of-hearing (SDH) Aline REMAEL: Sampling subtitling for the deaf and the hard-of-hearing in Europe Clive MILLER: Access symbols for use with video content and information and communications technology devices Christopher STONE: Deaf access for Deaf people: the translation of the television news from English into British Sign Language Joselia NEVES: A world of change in a changing world Vera Lucia SANTIAGO ARAUJO: Subtitling for the deaf and hard-of-hearing in Brazil Section 2: Audio description (AD) Pilar ORERO: Sampling audio description in Europe Joan GREENING, Deborah ROLPH: Accessibility: raising awareness of audio description in the UK Gert VERCAUTEREN: Towards a European guideline for audio description Andrew SALWAY: A corpus-based analysis of audio description Julian BOURNE, Catalina JIMENEZ HURTADO: From the visual to the verbal in two languages: a contrastive analysis of the audio description of *The Hours* in English and Spanish Karin De COSTER, Volkmar MUHLEIS: Intersensorial translation: visual art made up by words Anna MATAMALA, Pilar ORERO: Accessible opera in Catalan: opera for all Greg YORK: Verdi made visible: audio introduction for opera and ballet Jessica YEUNG: Audio description in the Chinese world Notes on contributors Index

*The Car Hacker's Handbook* Sybex Incorporated

Doctor Gordon Digby came to Stone Ridge to help rescued shifters heal from their time abused by poachers. Finding a mate wasn't even a blip on his radar. Fate throws a wrench in his plans in the form of sexy tiger shifter Grady Stryker. The man sets Gordon's blood on fire and scrambles his senses. But Grady's a detective, and the good doctor has secrets he doesn't want revealed, including his own animal transgressions. Detective Grady Stryker believes finding your fated mate is the greatest gift a shifter can receive so he doesn't understand Gordon's reticence, until a friend gives him a little insight into Gordon's past. His resolve set, Grady realizes the best way to win his mate just may be the most fun: seduction. Grady's plans get put on hold when more poachers appear in Stone Ridge. Except these humans aren't really poachers. They know about shifters, and if they can't capture them, they'll eradicate them. Can Grady

convince Gordon to accept him in time to stop the humans from harming more of their friends? Or will they be too distracted to see what's right in front of them?

*Videogames* Alfred Music

Fourteen-year-old Roonie loves hip-hop almost as much as she loves her grandmother. She cannot wait to compete in her school's dance competition. But as her grandmother's health deteriorates, Roonie becomes more and more reluctant to visit her in the care home. These feelings of guilt and frustration cause Roonie to mess things up with her hip-hop dance partner and best friend, Kira. But while doing some volunteer hours in the hospital geriatric ward, Roonie meets an active senior recovering from a bad fall. Their shared love of dance and the woman's zest for life help Roonie face her fears, make amends with Kira and reconnect with Gram before it's too late.

*Car Audio For Dummies* John Wiley & Sons

Within Jerry Seinfeld's renowned Porsche collection resides an unassuming yet extraordinary piece of Porsche history: Porsche Gmünd coupe 356/2-040. Captured exclusively for this book in a series of evocative portraits by acclaimed automotive photographer Michael Furman, 040's unsullied originality conveys with startling immediacy the combination of artistry, innovation and determination that went into its improbable creation. *Porsche-Origin of the Species* will appeal to all car enthusiasts who are eager to know what events really ignited the spark from which all other Porsches evolved

*The Traffic Bulletin* CRC Press

Analyzes a series of public domain documents which demonstrate how the government has misled the public, engaging in deception about the objectives and scope of some of its programs and perpetuating wasteful spending and harmful cover-ups.

*Modified Cars* Rodopi

Sadie looked out the window and saw Lawrence. She hurried to welcome him. That was the man that she would marry. The only thing that worried her a little was that her parents were not in favor of the marriage. She didn't know why. They never said anything, but she could tell. Well, when they were married and everything worked out, they'd change their mind at least she hoped so.

*Concrete; 6* Legare Street Press

Prepare for The PSSA Math Test with a Perfect Workbook! PSSA Summer Math Workbook is a learning math workbook to prevent Summer learning loss. It helps students retain and strengthen their Math skills and provides a strong foundation for success. This workbook provides students with a solid foundation to get ahead starts on their upcoming school year. PSSA Summer Math Workbook is designed by top test prep experts to help students prepare for the PSSA Math test. It provides test-takers with an in-depth focus on the math section of the test, helping them master the essential math skills that test-takers find the most troublesome. This is a prestigious resource for those who need extra practice to succeed on the PSSA Math test in the summer. PSSA Summer Math Workbook contains many exciting and unique features to help your student scores higher on the PSSA Math test, including: Over 2,500 standards-aligned math practice questions with answers Complete coverage of all Math concepts which students will need to ace the PSSA test Content 100% aligned with the latest PSSA test Written by PSSA Math experts 2 full-length PSSA Math practice tests (featuring new question types) with detailed answers This Comprehensive Summer Workbook for the PSSA Math is a perfect resource for those PSSA Math test takers who want to review core content areas, brush up in math, discover their strengths and weaknesses, and achieve their best scores on the PSSA test. Published By: The Math Notion [www.mathnotion.com](http://www.mathnotion.com)

*63 Documents the Government Doesn't Want You to Read* No Starch Press

Thinking about a knockout audio system for your car? Not sure

what you need, want, or can afford? Car Audio For Dummies is a great place to find some answers! But wait — what if speakers that vibrate your floorboards don't turn you on? What if you're thinking more about hands-free phone access and a DVD player to entertain the kids? Surprise! Car Audio For Dummies can give you a hand there, too. Whether you want to feel as if your favorite band is performing right on top of your dashboard or you want to keep the soccer team entertained on the way to the tournament, this friendly guide can help. From planning your system and buying components to getting them installed and protecting your investment, you'll find plenty of wise advice. Get the scoop on: Figuring out what kind of equipment you need to do what you want Identifying good sound quality when you hear it Adding components to a factory system Choosing a video player, hands-free phone system, amplifiers, speakers, and more Finding a reliable installer (today's automotive electronics systems are so complex that you probably won't want to go it alone) Understanding warranties and returns Protecting and insuring your system Car Audio For Dummies is sort of like that knowledgeable friend you want to take along when you tackle a project like this. Sounds like a good idea, doesn't it?

*Porsche - Origin of the Species* CreateSpace

After a stalker's attack, rock star Goldy Crossland flees L.A. for her secluded lake house in Northern Washington. Retired from the music business, she hopes to avoid both the press and her psychotic fan. But obscurity leaves her restless, and when a mysterious--and disturbingly handsome--new neighbor moves in, she can't resist spying. Pete Bayer is undeniably attractive, but Goldy quickly realizes there's something strange going on in the log house across the bay. Is he a member of the paparazzi? Or a much more sinister threat? Despite her suspicions, Goldy can't deny her fascination with him. When the press discovers her hideout, it's Pete who offers an escape route, but it comes with a price. Unwillingly drawn into his dangerous world, Goldy soon learns the reason behind Pete's secrecy--and her crush on her charming neighbor takes a deadly turn.

Accepting His Animal Motorbooks

Stories by Alden Carter, Jean Davies Okimoto, and others provide a look at the diverse lives of young immigrants who struggle to learn to assimilate to the culture and system of their new homeland while dealing with common family issues and personal problems in the process. Reprint.

*SAS Survival Handbook, Revised Edition* Prentice Hall

Packed with facts and figures about the world's fastest, most powerful cars. Mean Machines are perfect books for fact-hungry, statistic-mad children with a love for amazing vehicles.

**I Can Draw Dinosaurs** Harper Collins

The Car Hacker's Handbook No Starch Press

**Hardware Security** John Wiley & Sons

If your relationship, including your sex life, stayed EXACTLY the way it is now for the rest of your life, would you be satisfied? If you can't quite answer "absolutely," you have lots of company. In fact, it has never been harder to be a couple than it is today: The strong currents of modern life are taking a huge toll on relationships, leaving many couples drifting slowly from each other. How would we know? Well, not only do we see this every day in our work with couples at our office, we regularly come face to face with these distance-creating currents in our own, thoroughly modern marriage. We have drawn on our marital and clinical experience to develop a new treatment model created to lead couples like you -- and like us -- on a powerful yet efficient journey toward rekindled passion and connection. The exercises we've chosen for this book focus squarely on improving your Living Room (emotional intimacy) and Bedroom (sexual intimacy) connection. The resulting positive feedback loop between the two rooms of your relationship is what we call CoupleFlow, which is a stronger, brighter, more resilient and more passionate partnership that is more than capable of facing the many challenges posed by our crazy-busy, tech-bombarded, running in a million different directions culture. This approach has helped so many of our clients to find greater levels of joy in both rooms of their