

## Comprehensive Guide To The Night Sky

Discover how to track and stalk any living thing in any environment, including woodland, marsh, jungle and desert. This edition includes up-to-date information about new technologies such as drones. The reader will learn how to: - Interpret animal, human and vehicle signs. - Preserve night vision. - Use time frames to eliminate misleading signs. - Detect quarry when they backtrack or circle around. - Understand how time and weather affect signs. - Spot intentionally misleading signs. The skills of observation, memory and analysis that a tracker employs are essential not only for the military and law enforcement agencies but are also invaluable for search and rescue teams, scouts, youth leaders, outdoor pursuit teachers, bird-watchers, rambles, farmers, livestock owners and game keepers.

Creative Nightscapes and Time-Lapses is your all-in-one guide to making spectacular, multi-image nightscapes and time-lapses. Covering everything from conceptualization and planning to post-processing, this book features innovative cookbook-style "recipes" for each composite nightscape and time-lapse project. Beginning with a review of the key fundamentals of astronomy and photography, author Mike Shaw covers the latest methods for planning your night shooting sessions and how to set up your gear to get the best constituent images. The book precisely details how to combine images into 12 different varieties of state-of-the-art nightscape trophies, each impossible to capture in a single image, before demonstrating how to create stunning level and ramp time-lapses that transition fluidly from day to night. Each nightscape and time-lapse project category includes specific tips for (i) acquiring the constituent images; (ii) assembling them into the composite image or time-lapse; (iii) overcoming common obstacles and (iv) finding the best subjects. Providing examples of how to apply these techniques in the field through four detailed case studies, including one, three-night immersive retreat, this book is the comprehensive guide to creating creative nightscapes and time-lapses.

Written by a former freelance writer for Astronomy magazine, the guide provides almost daily data and information on the Moon and planets and lists details of hundreds of astronomical events. Included in the guide are: \* Graphical depictions of the Moon and planets throughout the month \* Data tables for the Moon and planets including position, magnitude, apparent diameter and elongation from the Sun. \* Conjunctions between the Moon, planets and bright stars (including angular separations for planetary conjunctions.) \* Lunar and Solar eclipses \* Annual summaries of when to observe the planets \* Annual summaries of notable close planetary conjunctions \* Peak dates for the major meteor showers with moon phase \* Inferior and superior conjunctions for Mercury and Venus \* Greatest eastern and western elongations for Mercury and Venus \* Oppositions and solar conjunctions for the outer planets \* Dates of the equinoxes and solstices PLUS \* Twenty-four star charts with accompanying lists of suggested deep sky objects Whether you're an expert astronomer or a casual star gazer, the almanac is the essential guide for observers everywhere. Praise for previous editions: "Packed with information - Very helpful resource for lunar and planetary astronomy." - Michael Wardell, December 4th, 2019 (Amazon US) "Lots of great info! Very thorough, very helpful!" - an\_instructional\_sys\_designer, November 28th 2019 (Amazon US) "Great Events Data for Astronomy and Astrophotography!" - Richard, November 24th 2019 (Amazon US) "Excellent production highlighting astronomical events on a daily basis for the next five years." - A. K. Love, March 19th 2019 (Amazon UK) "Valuable data to help me plan and execute my astrophotography hobby" - Amazon Customer, January 30th 2019 (Amazon US) "Another great book for Astronomers - Another great contribution to the Astronomy hobby by Richard who is well known for writing easy to use and well thought out books for Astronomers." - Pete W, June 17th 2018 (Amazon UK)

Classic and comprehensive, this guide to over 350 games is sure to appeal to all ages. From Bridge to Poker and Solitaire to Hearts, card games are a beloved source of entertainment and competition (and they are recession proof!). This authoritative book is ideal for every household, college dorm, family cabin, or neighborhood bar that has a pack of cards. Designed in the style of the popular Ultimate Bar Book, this essential resource provides the rules to dozens of variations of your favorite games, and a few you've probably never heard of (Bezique, anyone?). With simple instructions and clear illustrations to guide the way, this volume will be a welcome addition to any gamer's library.

Do you ever feel utterly exhausted? Perhaps you feel like falling asleep on your feet right now? If so, you are not alone! One in four people complains of feeling tired all the time, and finds it hard to maintain a normal lifestyle as a result. 'Doctor, I feel tired all the time' is the single most common complaint presented by patients to their doctors. In studies in the UK and the USA, up to twenty per cent of men, and thirty per cent of women identified themselves as having the complaint. Unfortunately, because fatigue is such a common problem and is sometimes caused by psychological factors, the complaint may not be taken seriously and the patient seeking help may be too easily dismissed. Feeling Tired All the Time has been written for the layperson. In it, Dr Fitzgibbon explains the common and treatable causes of fatigue. Using the most up-to-date research and information available, he aims primarily to help people identify the cause of their tiredness, and specifically to help them distinguish between 'ME' (Chronic Fatigue Syndrome) and other possible causes. Dr Fitzgibbon strongly refutes the notion that nothing can be done to help the fatigued. Each section in the book provides checklists which help the reader to recognise the conditions that might apply to them, together with a sensible and practical approach to treatment. The text is generously complemented by real-life case histories taken from the author's personal experience. A directory of support organisations is also included. Feeling Tired All the Time: Table of Contents Introduction SECTION 1. Putting Fatigue in Context The Complex Problem of Fatigue Normal Energy Levels SECTION 2. The Most Common Causes of Fatigue I. Psychological and Psychiatric Explanations of Fatigue Social Attitudes to Psychological Distress Stress Depression Anxiety Panic and Phobia Hysteria and Hypochondriasis II. Physical Explanations of Fatigue Fatigue as a Symptom of Physical Disease SECTION 3. Forgotten Causes of Fatigue I. Fatigue and Sleep Normal Sleep Pattern and Sleep Requirements Chronic Sleep Deprivation Sleep Disorders II. Fatigue

and Diet Diet, Mood and Energy Overweight and Obesity Nutritional Deficiency Food Allergy and Intolerance Caffeine Hypoglycaemia – Low Blood Sugar III. Fatigue and germs The Truth about Candida Parasites, Bacteria and Viruses IV. Fatigue and Chemicals Multiple Chemical Sensitivity Syndrome SECTION 4. Chronic Debilitating Fatigue Fibromyalgia Chronic Fatigue Syndrome (ME) From Controversy to Consensus in CFS Assessing the Impact of Chronic Fatigue The Treatment of Chronic Fatigue Appendix 1. An Effective Treatment for Allergy Appendix 2. Useful Addresses

This book will help all health professionals involved in the rehabilitation of older people to provide their patients with the highest possible quality of life and autonomy. Expanded and rewritten by a diverse team of authors, the text is suitable for doctors in all specialties that see older patients, as well as nurses, physiotherapists, occupational therapists, psychologists, dietitians, speech and language therapists/pathologists, physician associates/assistants, healthcare assistants, and many others including patients, family members and students. The book is written in an accessible, no-jargon style and provides a patient-centred perspective on recent advances in the field of rehabilitation – an increasingly important aspect of care for older people. Clear explanations of relevant concepts: ageing, frailty, comprehensive assessment, rehabilitation Broad coverage of all aspects of rehabilitation including different settings Explanations of input from multiple health professionals Problem-based section that highlights solutions to common issues during rehabilitation Specialty-specific areas of rehabilitation such as stroke rehabilitation, cancer rehabilitation, post-operative rehabilitation, trauma, rehabilitation in the community Practical section explaining how to plan discharge safely, run a care planning meeting, organize home supports, continue rehabilitation at home Evidence-based but accessible writing, complemented by practical clinical wisdom Aimed at a broader audience – applicable to all health professionals who see older patients Resources for patients and their caregivers Multiple-choice questions to test knowledge

Science and Faith Can—and Do—Support Each Other Science and Christianity are often presented as opposites, when in fact the order of the universe and the complexity of life powerfully testify to intelligent design. With this comprehensive resource that includes the latest research, you'll witness how the findings of scientists provide compelling reasons to acknowledge the mind and presence of a creator. Featuring more than 45 entries by top-caliber experts, you'll better understand... how scientific concepts like intelligent design are supported by evidence the scientific findings that support the history and accounts found in the Bible the biases that lead to scientific information being presented as a challenge—rather than a complement—to Christianity Whether you're looking for answers to your own questions or seeking to explain the case for intelligent design to others, *The Comprehensive Guide to Science and Faith* is an invaluable apologetic tool that will help you explore and analyze the relevant facts, research, and theories in light of biblical truth.

The lighting of European cities by gas and electricity in the 19th century brought about a new relationship with the night. Researcher Joachim Schlor has sifted through countless police and church archives, city records, and first-hand accounts, and has explored the highways and byways of Paris, Berlin, and London to trace the development of "night life"—bars, clubs, cabarets, and the worlds of criminality and prostitution. 69 illustrations.

16 years (1999–2014) authentic question papers of Combined Medical Services (UPSC) with answers, detailed explanations, and references Lucid and stylized presentation with tables, flowcharts, and complete coverage of the related topics Coverage of the topics from the point of view of NEET as well as other PG and DNB entrance exams

Searching for a Retirement or Long-term care home can be a daunting task. Often one is plagued with questions or has to make a decision quickly and doesn't know where to begin. This is a GUIDE that every senior, or their family going through this process MUST have. Written by an experienced hospital social worker it truly makes the process much easier. It explains the different options available, gives you 160 questions to ask when you tour homes, has contact information on resources and services for seniors and provides detailed information on hundreds of retirement homes and long-term care residences. This is THE most COMPREHENSIVE source of information you will find on retirement living in Canada. A must have for anyone searching for retirement living for themselves or a loved one.

For every woman who “does it all” . . . except get a good night's sleep! More than 60 percent of American women have trouble sleeping—which isn't surprising, as they have a higher risk of developing sleeping problems. But addressing this issue is more nuanced for women than for men; pregnancy and menopause are just two factors that add complexity to an already difficult problem. At the risk of jeopardizing work, parenting, relationships, or overall health, no woman can afford to deal with sleep deprivation on her own. *The Women's Guide to Overcoming Insomnia* is a roadmap for those who experience anything from occasional bad nights to chronic insomnia. It outlines several methods to overcome these issues and improve physical and emotional well-being. From medical sleep aids to nonmedical approaches, the book looks beyond the basics of sleep hygiene, helping women to retrain their bodies and minds for a good night's sleep every night.

The thoroughly Revised & Updated 2nd Edition of the book *Comprehensive Guide for IPM (IIM Indore) Entrance Exam with 5 Online Tests* has been prepared on the exact syllabus & pattern of the latest exam & notification. The book provides complete theory along with Solved Examples & Practice Exercises. The previous papers of 2017 onwards are included in the respective chapters in the exercise part. The book is divided into 2 Parts - Verbal Ability (Logical Reasoning & English Language) and Quantitative Aptitude (Quantitative Aptitude & Data Interpretation) - which are further divided into 4 sections. The solution to exercises are provided at the end of the book. The access to the 5 Online Tests is provided in the book.

The revised edition of the clinicians' time-saving *Psychotherapy Treatment Planner* Revised and updated, the sixth edition of *The Complete Adult Psychotherapy Treatment Planner* offers clinicians a timesaving, evidence-based guide that helps to clarify, simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients. The authors provide all the elements necessary to quickly and easily develop formal, customizable treatment plans that satisfy the demands of HMOs, managed-care companies, third-party payers and state and federal agencies. This revised edition includes new client Short-Term Objectives and clinician Therapeutic Interventions that are grounded in evidence-based treatment wherever research data provides support to an intervention approach. If no research support is available a best practice standard is provided. This new edition also offers two new presenting problem chapters (Loneliness and Opioid Use Disorder) and the authors have updated the content throughout the book to improve clarity, conciseness and accuracy. This important book: Offers a completely updated resource that helps clinicians quickly develop effective, evidence-based treatment plans Includes an easy-to-use format locating treatment plan components by Presenting Problem or DSM-5 diagnosis Contains over 3,000 prewritten treatment Symptoms, Goals, Objectives and Interventions to select from Presents evidence-based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists, therapists, counselors, social workers, addiction counselors, psychiatrists, and other mental health professionals,

The Complete Adult Psychotherapy Treatment Planner, Sixth Edition has been updated to contain the most recent interventions that are evidence-based.

ADDA247 is launching a comprehensive eBook on "A Comprehensive Guide for AFCAT Exam" for AFCAT 2020. This eBook is updated as per the latest examination pattern and is suitable for other competitive exams. The aim of this eBook is to help students learn and understand the new pattern of recruitment exams which will help them to maximize their scores in the competitive examination. The book has been prepared by experienced faculties, subject-matter experts and with the expertise of Adda247 keeping the new pattern and challenges of competitive exams in mind. Salient Features of the eBook - 20+ Section-wise practice sets - 3 Previous year paper ( 2017-19) - 4000+ Questions with 100% solutions - Based on the Latest Pattern - Detailed Solution of Numerical Ability, Reasoning & Military aptitude, English and General Awareness

Night is a time of limitless potential -- when the barriers between our world and other dimensions fade, when natural healing energies are at their height, and when sleep and dreams provide a window to our true selves. Book jacket.

\*\*\*COMPLETELY REVISED AND UPDATED FOR 2018 WITH ALL NEW GRAPHICS, TABLES AND CHARTS\*\*\* Written by a former freelance writer for Astronomy magazine, the guide provides almost daily data and information on the Moon and planets and lists details of hundreds of astronomical events. Included in the guide are: \* Graphical depictions of the Moon and planets throughout the month \* Data tables for the Moon and planets including position, magnitude, apparent diameter and elongation from the Sun. \* Conjunctions between the Moon, planets and bright stars (including angular separations for planetary conjunctions.) \* Lunar and Solar eclipses \* Annual summaries of when to observe the planets \* Annual summaries of notable close planetary conjunctions \* Peak dates for the major meteor showers with moon phase \* Inferior and superior conjunctions for Mercury and Venus \* Greatest eastern and western elongations for Mercury and Venus \* Oppositions and solar conjunctions for the outer planets \* Dates of the equinoxes and solstices PLUS \* Twenty-four star charts with accompanying lists of suggested deep sky objects Whether you're an expert astronomer or a casual star gazer, the almanac is the essential guide for observers everywhere. \*\*\*BONUS\*\*\* Buy the paperback and get the Kindle edition FREE Praise for previous editions: "For a guy like me, that is always out observing and shooting the stars with my telescope, this book is VERY informative. Lots of great info. I will definitely refer to it before I go out with my scope. Thanks." - Peter Guiera, September 21st 2014 (Amazon US) "Love it! In the last few years my interest in astronomy has grown tremendously. This book will definitely come in handy." - Michael Dyllo, October 26th 2014 (Amazon US) "I can't imagine how much work it took to bring together all the information in this book! With that said, it will be my constant observing companion observing for the next few years!" - WJohnson, September 20th 2014 (Amazon US) "This is a superb book, well laid out and easy to follow even if you are a complete novice or keen astronomer." - Mr Fletcher, October 26th 2014 (Amazon UK) "I found this book very user friendly and instinctive, it is exactly what I have been looking for." - K. J. Simmill, November 3rd 2014 (Amazon UK) "Very concise guide to the sky over the next few years, written with more advanced amateurs in mind, but could be used by anyone with more than a passing interest." - Amazon Customer, November 11th 2014 (Amazon UK)

This Book Covers The Following Topics: 01. English Verb -- 'Have' 02. Meanings of the Main Verb 'Have' 03. Idioms With the Word 'Have' 04. Phrasal Verbs With the Word 'Have' 05. Proverbs/Sayings With the Word 'Have' 06. Useful Expressions With the Word 'Have' 07. English Word: 'Have' -- Useful Notes 08. Conjugation of the Verb 'Have' Sample This: Have is an irregular verb. Its three forms are as follows: First Form (Base Form) – HAVE/HAS Second Form (Past Form) -- HAD Third Form (Past Participle) -- HAD Present Perfect of 'Have' – Had Past Perfect of 'Have' -- Had -ING Form of 'Come' -- Making Infinitive of 'Come' -- To Have MOST COMMON Meanings OF "HAVE" AS A MAIN VERB ARE AS FOLLOWS: (Note: In some senses you can also use "have got". Especially in British English, using "have got" is quite popular.) Meaning 01: (have sth) (or have got sth) (not used in the continuous tenses) to hold, own or possess sth Example Sentences: He has an old two wheeler. She does not have a college degree. They do not have an ATM card. Meaning 02: (have sth) to experience sth Example Sentence: What to do when you have a bad day at work. She had difficulty falling asleep and would wake up several times in the night. My company has had rapid economic recovery, He has had no adverse impact of the medicines. Our organization has had very healthy growth during the last year She was helpful to her friend who has had a traumatic event. Many children have had neglect and abuse. He has had a truly remarkable year. Some sectors have had major financial challenges in recent years. The hill road had larger slips. Meaning 03: (have sth) (or have got sth) (not used in the continuous tenses) to have a thought or feeling in your mind She has the notion that she can fulfill her dreams. They have always had the belief that they can beat the big teams. I have got an idea for the event. She has got an idea for how it should work. Meaning 04: (have sth) (or have got sth) (not used in the continuous tenses) to show a particular feature or quality Example Sentences: Most of the things we eat have flavor in them. He has a lot of confidence. He had the audacity to reject my suggestion for a superficial reason. Meaning 05: (have sth) to eat, drink or smoke sth Example Sentences: I had the delicious meal in his home. He had a cigarette during her stroll', We all had breakfast together at 8 am. We all had lunch and took a picture. He had dinner with his family and then went to office.

We are proud to present A Comprehensive Guide on General English which is divided into three sections: Grammar, Vocabulary and Reading Comprehension. The bilingual medium of explanation makes learning of English grammar easier, especially for the students who come from the Hindi Heartland of India. This book is an useful resource for students appearing for Banking, Insurance, SSC, AFCAT, CTET, Railways, State Level Examinations, Management aptitude test, and other Entrance exams.

Explore the star-studded cosmos with this fully updated, user-friendly skywatcher's guide, filled with charts, graphics, photographs, and expert tips for viewing -- and understanding -- the wonders of space. Stargazing's too much fun to leave to astronomers. In these inviting pages, "Night Sky Guy" Andrew Fazekas takes an expert but easygoing approach that will delight would-be astronomers of all levels. Essential information, organized logically, brings the solar system, stars, and planets to life in your own backyard. Start with the easiest constellations and then "star-hop" across the night sky to find others nearby. Learn about the dark side of the moon, how to pick Mars out of a planetary lineup, and which kinds of stars twinkle in your favorite constellations. Hands-on tips and techniques for observing with the naked eye, binoculars, or a telescope help make the most out of sightings and astronomical phenomena such as eclipses and meteor showers. Photographs and graphics present key facts in an easy-to-understand format, explaining heavenly phenomena such as black holes, solar flares, and supernovas. Revised to make skywatching even easier for the whole family, this indispensable guide shines light on the night sky--truly one of the greatest shows on Earth!

ADDA 247 has been consistently working to make the word "SUCCESS" a true companion to NRA CET Exam. As September 2021 has just marked its presence, we are delighted to announce that ADDA 247 is launching -- "A Comprehensive Guide to English Language"

"A Complete Guide to the English Language for NRA CET Exam" is meticulously divided into sections which are then further divided into chapters explaining the basic concepts followed by conceptual questions to reinforce those concepts. We have also refined the questions by adding difficulty levels with solutions to give you an insight into the varied kinds of questions you can expect in the exams and ways to tackle them efficiently. There are Section-wise Questions too that are a special add-on for increasing your proficiency with efficacy and to help you understand the level of competitive examinations. This eBook now covers 2490+ questions with solutions that will help the candidate to clear the NRA CET Exam with ease.

**SALIENT FEATURES:**

2490+ Questions with 100% Solutions

Practice Exercises based on chapters

Questions Divided into various Difficulty Levels ( LOD)

Prepare by Expert Faculties by Extensive Research

Detailed Concepts Divided into chapters

Oxford School Shakespeare is an acclaimed edition especially designed for students, with accessible on-page notes and explanatory illustrations, clear background information, and rigorous but accessible scholarly credentials. A Midsummer Night's Dream is one of the most popular texts for study by secondary students the world over. This edition includes illustrations, preliminary notes, reading lists (including websites) and classroom notes.

Everything you need to know about concealed carry from top firearms writers. The Guns & Ammo Guide to Concealed Carry is packed with a wealth of valuable information compiled by the foremost firearms writers today. A vast range of topics is covered in these articles, including: Defense of others Gun control The armed traveler Fortifying your castle Responding to an active shooter Car fights And much more! Discover tried and true tips, tactics, and techniques from the pros along with guidance on buying gear and firearms from experts including Massad Ayoob, Jason Teague, Tom Beckstrand, and Richard Nance. The Guns & Ammo Guide to Concealed Carry has everything you could want to learn about personal defense firearms.

The nightjars and their allies are amongst the most difficult of all birds to identify. Being strictly nocturnal and cryptically patterned in shades of brown, it is often necessary to rely on size, shape, habitat and voice to safely identify a species. The nightjars are by far the largest family in the order and are spread throughout the world. Some species have developed spectacular tails and wing adornments, but the majority are fairly uniform in appearance. They inhabit both forests and deserts and are ground-nesting. Many species are migratory. The forest-dwelling frogmouths of Asia and Australasia and the potoos of Latin America, adopt a less aerial feeding strategy and nest on open branches or in tree crevices. The unique oilbird of South America nests colonially in caves, and the owl-nightjars almost exclusively inhabit Australasia. This book fully covers this popular group of birds. The text has been thoroughly researched, both in the museum and in the field, and the plates depict feather-by-feather detail, allowing identification of all species, providing adequate views are obtained. As voice is so important in nightjar identification, an accompanying CD (priced separately) with the voices of many species will be issued simultaneously."

Rail By Request is an enthusiast's personal story and tells how the author visited, photographed, and spent time at every request stop on mainland Britain. It also explains where his love of railways is rooted, why he began this odyssey and how it became a very different and important experience to him. Journeying across the whole railway map to capture these often ignored stops – not just for posterity, but for the journey. The lure of request stops and the practicalities of completing the journey to discover them, is the core of the story. Researching every request stop in Britain and planning how to get there and overcoming any difficulties, became a source of great satisfaction. Every stop is described and has at least one illustration. Some historical context to the stops is included, with current statistics. The story also shows how, he ticked off each stop, but unexpectedly found himself passing the time engaged in a form of railwayana mindfulness – allowing the world to rush past whilst being alive in the moment. It shows a calmer slower world does exist.

With fishing advice from such experts as Bill Dance, Roland Martin, Wade Bourne, Tom Rosenbauer, Kirk Deeter, Charlie Meyer, Conway Bowman, and Lamar Underwood, The Ultimate Guide to Fishing Skills, Tactics, and Techniques profiles all of the major gamefish in both fresh and salt water and reveals pro secrets on how to catch them. Learn how Roland Martin entices largemouths with striking lures. Study Bill Dance's twenty tricks for consistently catching bass in thick weed beds or clear, open water. Want to know what Kirk Deeter and Charlie Meyer have learned from their years of fly fishing for trout? How about Lamar Underwood's tools for success? It's all here, divided into sections on bass, trout, walleyes, pike-pickrel-muskellunge, panfish, salmon, steelhead, catfish, ice fishing, and salt water fishing for easy reference. You'll also find sections on knot tying, boats and boating, comfort and safety on the water, and even delicious recipes for cooking your fresh caught fish. This volume also includes a classic reading section featuring stories from such fishing literary legends as Nick Lyons, Ted Leeson, John Taintor who remind us what fishing is really all about.

How to overcome insomnia with visualization, breathwork, and meditation • Presents mental and physical exercises to quiet mental chatter, visualizations to prepare for sleep, and deep breathing and mindfulness meditation techniques • Explains how to establish and analyze a sleep diary and how to retrain the body to sleep solidly In A Good Night's Sleep, Jan Sadler teaches the skills needed to break the patterns and frustration of insomnia. She explains how to overcome stress and restlessness through meditation and deep diaphragmatic breathing, how to prepare for sleep through positive visualization, and how to quiet mental chatter with awareness and physical techniques such as the "Stop/Cancel/Change" and "Shakeout" exercises. Sadler addresses how to reduce dependence on sleeping pills, determine the amount of sleep you truly need, and, most important, how to retrain yourself to sleep soundly. She provides a two-week sleep diary and shows step-by-step how to identify and analyze any underlying daytime and pre-bedtime habits that can disturb sleep. By revealing the keys to quality, drug-free sleep, A Good Night's Sleep enables you to reclaim control of your sleep cycle and your life.

An engaging, clear-sighted book that covers all aspects of this rich, peaceful, and insightful tradition. • A brief survey of the impact of Buddhism around the world today • Numerous stories and examples illuminate Buddhism's history and practice • A glossary • A bibliography for those interested in learning more

The Complete Guide to Landscape Astrophotography is the ultimate manual for anyone looking to create spectacular landscape astrophotography images. By explaining the science of landscape astrophotography in clear and straightforward language, it provides insights into phenomena such as the appearance or absence of the Milky Way, the moon, and constellations. This unique approach, which combines the underlying scientific principles of astronomy with those of photography, will help deepen your understanding and give you the tools you need to fulfil your artistic vision. Key features include: Distinguished Guest Gallery of images from renowned nightscape photographers such as Babak Tafreshi, Bryan Peterson, Alan Dyer, Brenda Tharp, Royce Bair, Wally Pacholka, and David Kingham The twenty-five best landscape astrophotography subjects and how to photograph them Astronomy 101 - build your knowledge of night sky objects and their motion: the Milky Way, moon, Aurora Borealis/Australis, constellations, meteors and comets Information on state-of-the-art planning software and apps designed to enable you to capture and enhance your landscape astrophotography Field guide for creating a detailed plan for your night shoot Description of the best moon phases for specific types of nightscape images, and the best months and times of night to see the Milky Way How-to guide for creating stunning time-lapse videos of the night sky, including Holy Grail transitions from pre-sunset to complete darkness Four

detailed case studies on creating landscape astrophotography images of the Milky Way, full moon, star trails and constellations" Course Description: Taking Back Astronomy: Take a breathtaking look at the universe in this comprehensive guide to the heavens! Sit back and explore the world at your fingertips. This book explains the scale and size of the universe that is hard for our minds to imagine, yet can only indicate the Master's hand at work. Marvel at over 50 full-color, rarely seen photos of stars, nebulas, and galaxies. Study the facts that challenge secular theories and models of the universe-how it began and how it continues to amaze the scientific community. Explore numerous evidences that point to a young universe: magnetic poles of planets, the spiral shape of galaxies, comets and how long scientists think they can last, and much more. Step out among the stars and experience the truly awesome power of God through this glimpse of His vast creation. Our Created Moon: For eons the moon has intrigued humanity. From its creation through the current issues of space exploration the moon has been both a light in the night and a protective shield of earth placed perfectly by God, regulating our seasons and keeping our atmosphere purified. Billions of dollars have been spent to reach its surface and discover its secrets; open these pages and discover those secrets for yourself. The Stargazer's Guide to the Night Sky: Explore the night sky, identify stars, constellations, and even planets. Stargaze with a telescope, binoculars, or even your naked eye. Allow Dr. Jason Lisle, a research scientist with a masters and PhD in astrophysics, to guide you in examining the beauty of God's Creation with 150 full color star-charts. Learn the best ways and optimal times to observe planets and stars with easy to use illustrations. Create or expand the hobby of stargazing; an outdoor, educational hobby to enjoy with friends or family. Our Created Moon DVD: In this illustrated presentation, Dr. Don DeYoung looks at four of the most popular ideas evolutionists have to offer regarding the moon's origin, and logically concludes that this "lesser light" could only have been placed in its orbit by an all-knowing, all-powerful Creator. Created Cosmos DVD: Our universe is truly an amazing thing. The vastness of space boggles the mind, and the beauty of diversity we find there points to a Creator. The Psalmist wrote, "When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained, what is man that You are mindful of him, and the Son of man that You visit him?" Take a tour through the universe during this awe-inspiring presentation.

The Science of Black Hair is the ultimate consumer textbook on black hair care. Technically oriented and detailed throughout, this book was written with the serious hair care consumer in mind. Hair science, research and testimony combine in this carefully written text designed to examine black hair on a deeper level. With its light academic style it is truly the last hair book you'll ever need. Readers will learn how to: \* Maintain chemically-treated or natural hair in optimal health. \* Stop hair breakage with a novel, protein/moisture balancing method. \* Regulate product pH balance for shinier, more manageable hair. \* Grow their hair longer, stronger and healthier for life! Additional Features \* Regimen Builder with extensive product listings \* Ingredients glossary \* Interviews \* Real photos of hair at the microscopic level Are you ready to stop battling your hair? Win the war against breakage. Forever. The Science of Black Hair: A Comprehensive Guide to Textured Hair Care combines research with testimony in an authoritative reference text dedicated to the care of black hair- relaxed or natural. This powerful book introduces readers to a comprehensive healthy hair care strategy for achieving beautifully radiant hair regardless of hair type. Black hair structure, properties, and maintenance methods are carefully outlined throughout this go-to reference book to give you the tools you need to improve the health and look of your hair, TODAY. The Science of Black Hair Chapter 1: Scalp and Hair Structure, Function, and Characteristics Chapter 2: Textured Hair Properties & Principles Chapter 3: Understanding Hair Growth and Damage for Healthier Hair Care Chapter 4: What's Your Hair Care Regimen? Chapter 5: Hair Product Selection Basics Chapter 6: Protein & Moisture Balancing Strategies for Breakage Correction and Defense Chapter 7: Getting Started with a Healthy Hair Care Product Regimen Chapter 8: Low-Manipulation Hair Maintenance Strategies Chapter 9: Coloring Textured Hair Chapter 10: Chemically Relaxing Textured Hair Chapter 11: Transitioning from Relaxed to Natural Hair Chapter 12: Regimen-Building Considerations for Kids Chapter 13: How Our Health Affects Our Hair Chapter 14: Working Out on a Healthy Hair-Care Regimen Chapter 15: Final Thoughts

It's a world of daemons and humans, where a reluctant witch and a centuries-old vampire discover the secrets left in a mysterious manuscript. Welcome to the All Souls trilogy, as Harkness shares information from her files. This companion volume includes character profiles, information on life and lifestyles from the time periods the trilogy covers, background on the science and magic, and even recipes and wine recommendations.

The Solar System - so what is it? We've all learned the basics at school but how much can you remember? Expert astronomers and co-presenters of The Sky at Night Chris North and Paul Abel take a fascinating guided tour of our Solar System and explain its wonders. They look at all the major players, including our more familiar neighbours - the Sun, the planets and their moons - the occasional visitors to our planet - asteroids, meteors and comets - as well as distant stars and what might be beyond our Solar System - Earth Mark II? Chris and Paul recount the history of how everything came about and the myths that once shaped astronomy. They explain the latest science and discoveries, and reveal how any amateur astronomer can view and interpret the Solar System.

Between 20-30% of the population experience problems with either falling asleep or staying asleep. The reasons are many and varied - from anxiety to sleep apnoea or poor sleep hygiene (such as the overuse of technology or too many wines before bed). Short-term effects of too little sleep include changes in mood: we feel tired, cranky, depressed, unmotivated, indecisive and unable to process information. We'll be disinclined to exercise. Our appetite hormones become irregular, so we experience a strong desire to eat all the wrong types of food: chocolate, chips and hamburgers. People suffering from chronic insomnia are far more likely to develop depression, certain types of cancer, cardiovascular diseases such as high blood pressure and heart disease, metabolic diseases such as type II diabetes and obesity and, to top off an already grim picture, are more likely to die younger. Dr Carmel Harrington knows that sleep solutions are not a one-size-fits-all. Sleep is highly individual and there are many reasons why you may not be sleeping well. In this definitive

guide, she examines the process of sleep, the particular reasons why you are having trouble sleeping well, the behaviour patterns that hinder your restful sleep, and helps you to uncover ways to achieve deep, restful sleep on a permanent basis.

The average baby sleeps between 10 and 16 hours a day according to Parenting Magazine. But, for any parent who has raised a child, it is well known that these hours can come at nearly any time, with the least likely time being during the middle of the night. Coaxing and comforting a baby to sleep through the night is one of the earliest and daunting tasks that young parents face and can lead to raised stress and tension levels and a whole slew of problems for both you and your baby. The tips in this book are designed to provide every parent with the knowledge they need to help their baby feel more comfortable in their crib and start sleeping through the night not only for the first time, but consistently for the foreseeable future. You will learn exactly how much sleep your baby needs and what traditional definitions of sleep have to say about children under the age of two, including how they sleep and what they need in their sleep. You will learn the rules of infant and baby sleep and how they may not fit into your traditional notions of slumber and why it is necessary to think carefully before taking any additional measures. The necessary tools you need for helping your baby sleep through the night, including the right music, the right food, the right bedding, and the right amount of attention. You will learn when it is best to leave your baby to themselves and when they need you late at night, and what kinds of sleep disturbing habits they and you might be performing that is keeping them from sleeping comfortably. Experts in child psychology, pediatrics, and sleep have been interviewed and provided their experiences in the book to help all new parents deal with the trials and tribulations of a baby who will not sleep through the night. You will learn how certain developmental factors can affect sleep and what situations, however small, can disrupt sleep entirely. You will learn when it is not your fault and when you don't deserve blame and how things might change when your baby becomes a toddler. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed.

[Copyright: 8c9b1140ae11903a777dc80afd1dd27f](https://www.atlanticpublishing.com/copyright/8c9b1140ae11903a777dc80afd1dd27f)