

55 Smart Apps To Level Up Your Brain Apps Games And Tools For Iphone Ipad Google Play Kindle Fire Web Browsers Windows Phone Apple Watch

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365 Quotes to Live Your Life By

- I. C. Robledo 2019-04-09

Great Quotes that Inspire, Motivate, and Lift You Up! The quotes in this book will help you to improve your life by focusing on 7 Key Thoughts - elaborated upon in the book, 7 Thoughts to Live Your Life By: A Guide to the Happy, Peaceful, & Meaningful Life. These 7 Thoughts encourage you to focus on what you can control, the positive, what you can do, what you have, the present moment, what you need, and what you can give. This is the key to finding happiness, peace, and meaning in your life. Thus, the quotes in this book are meant to help you master the 7 Thoughts and to help you live your best life. 365 Quotes to Live Your Life By will be more focused than other quote books, allowing you to keep your mind on what is most important, and helping you to produce real and long-lasting positive changes in your life. Internationally bestselling author I. C. Robledo has used the 365 Quotes and the 7 Thoughts they are based on to

empower and transform his life, to keep focused on what truly matters, and to make sure he is always making progress. The 365 Quotes support the 7 Thoughts and serve as his daily inspirational dose to make the best of every day. As he believes these quotes have great potential to help us all, he is now sharing them with everyone that he possibly can. The 365 Quotes to Live Your Life By will help you to: - Be inspired to improve yourself - Attract positivity - Find happiness & enjoy life - Pursue your purpose - Achieve success - Boost your self-esteem - Make your dreams come true - Help friends and family to improve their lives This collection of Great Quotes comes from a diverse range of Great People - men and women from the East to the West, from ancient to modern times, from artists to philosophers to scientists to entrepreneurs and more. Some notable people quoted include: Elon Musk, Mahatma Gandhi, Albert Einstein, Martin Luther King, Jr., Nelson Mandela, Frida Kahlo, Dalai Lama XIV,

Paulo Coelho, Marie Curie, Anne Frank, Oprah Winfrey, Bill Gates, Confucius, Rumi, & Mother Teresa. Absorb some of the most inspirational wisdom of all times with 365 Quotes to Live Your Life By. Pick up your copy today by scrolling to the top of the page and clicking BUY NOW.

The Together Leader - Maia Heyck-Merlin 2016-03-31
Streamline your workflow and bring your vision to life The Together Leader is a practical handbook for the busy mission-driven leader. With an emphasis on time management, the book provides all of the tools, templates, and checklists necessary for leaders to stay organized and keep on top their responsibilities. Maia Heyck-Merlin describes step-by-step a set of habits and systems that help leaders to keep everything running smoothly and, most importantly, achieve their mission-driven goals. By learning how to plan for the predictable, leaders can face the unexpected head-on, going off-plan while keeping their eye

on the objective. Education leaders will learn how to prioritize quickly and efficiently, and gain access to hands-on tools that take the turbulence out of their days, allowing them to truly become a Together Leader. Mission-driven leaders are often required to multi-task; it's part of the job. This book gives leaders the tools and information they need to streamline their workflow, to take the day one task at a time without sacrificing productivity. The book includes lessons on how to: Prioritize effectively and work efficiently Get organized and stay prepared no matter what Manage time, staff, and resources Develop the habits of an effective leader A leader's time is valuable, as is that of their staff. There's no room for waste. The Together Leader prepares leaders to truly lead their teams, with the tools and strategies that make real, effective mission-driven leadership possible.

The Insightful Reader - I. C. Robledo

Read for Insights, Improve Your Life, & Make an Impact *
INSIGHTS present you with a shift in the way you think about an idea or topic. They provide you with a realization that you should change the way you think about something and reconsider the actions that you take. * Insights from reading have the power to provide us with priceless nuggets of knowledge and wisdom. For example, you may discover a key piece of advice that helps you move away from a bad situation and to change your life around. Or you may discover words that aid you to help someone close to you in need of advice or support, perhaps helping you to save a life. Seeking out and reading insightful books will help catapult you to higher levels of success, happiness, physical and emotional health, understanding, wisdom, and peace. This is because when you read, you have access to some of the most brilliant and inspirational people of all time, and the lessons they learned. The problem is most of us learn

how to read superficially in school, rather than in a deep and meaningful way. Thankfully, The Insightful Reader will help you to choose the right books to read, get more out of what you read, create a better life through reading, and ultimately to become an insightful reader, learner, and thinker. Whether you read hundreds of books or just a few per year, you will benefit from this book. With the insights you acquire through reading, you can change and empower yourself, aid those around you, and ultimately make an impact on the world. Why focus on reading? Reading is a unique vehicle for learning, where the cost in money and time for the insights gained is quite low. A workshop or course will cost magnitudes more, while you may not learn any more than you would from books. Also, you tend to learn much more from reading than you would in audio or video formats, when given the same time. Focus on becoming an Insightful Reader, and you will accomplish your

goals much more effectively and efficiently. Internationally bestselling author I. C. Robledo has written *The Insightful Reader* based on a personal love for reading, learning, and applying what he learns. He has read over 400 books, thousands of general articles, hundreds of academic articles, and hundreds of short stories and poems. Robledo wishes to show you how to improve your reading abilities based on his experience. Inside, you will discover how to:

- Find high quality, interesting books efficiently
- Hunt for insights instead of meaningless facts
- Make more time to read and stop making excuses
- Take notes adaptively, depending on your goals
- Stop getting distracted while reading
- Read different books differently, depending on your purpose
- Learn more effectively from very challenging books (e.g., college textbooks or highly technical texts)
- Apply what you read

Bonus: 200+ high quality and insightful book recommendations Learn how to read better books and get the

most out of them today with *The Insightful Reader*. Pick up your copy today by scrolling to the top of the page and clicking **BUY NOW**.

[Practical Memory](#) - I. C. Robledo 2018-03-06

Simple, Practical, "Common Sense" Tips to Remember More & Forget Less You are here because your memory is not as good as you would like. Why might this be? Well, the internet has all the facts we need at our fingertips. Then cameras store our pictures, and smartphones contain the phone numbers of everyone we know. With so much information being recorded for us, the brain has little that it actually needs to remember. This may be good for productivity, but is bad for our memories. The problem is when we apply our memories less and less, our ability to remember can also get worse and worse.... The solution here is simple. We must practice and exercise our memories. Thankfully, in *Practical Memory* you will discover simple systems and exercises

anyone can use to improve their memory. This way, you can see progress immediately, without needing to spend precious time learning difficult techniques (as with many other memory books). Internationally bestselling author I. C. Robledo has examined “ordinary” people with powerful memories. Studying such people is useful because they tend to use simple, practical “common sense” systems that we could all benefit from. Now, those tips are all compiled here into one convenient resource. Inside, you will discover:

- How to recall even the most difficult memories (e.g., on the tip of your tongue)
- Why intending or planning to remember is a key step to building memories
- How to stop forgetting your purse/wallet, phone, camera, etc.
- Why too much routine can be bad for your ability to remember
- How to remember where you parked the car
- Special tips for how to remember new locations when traveling (and stop getting lost)

Start building a more powerful memory today with Practical

Memory. Pick up your copy today by scrolling to the top of the page and clicking BUY NOW.

PC Mag - 1993-01-12

PCMag.com is a leading authority on technology, delivering Labs-based, independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology.

The Smart Habit Guide - I. C. Robledo 2018-03-22

The Smart Habit Guide is an International Bestseller with over 500 Five-Star Reviews on Amazon and Goodreads, across four translations. Think Smarter. Work Smarter. Be Smarter. Imagine if there was a secret that all of the smart people in the world were keeping from you. And this meant that they always had an advantage. Really, there isn't just one secret. There are many. They don't keep these secrets on purpose - rather, they are often too busy implementing smart habits to

talk about them. These are powerful habits. They drive us to improve our abilities and succeed. Internationally bestselling author I. C. Robledo has studied the lives of highly intelligent people for many years. He has concluded that smart people are not born smart. Instead, they acquire habits that keep the brain in top shape. Inside, you will discover:

- How putting household items in unexpected places can benefit your memory
- How to conduct a thought experiment - a tool often used by Einstein
- Why teaching helps you learn, even if you think you know the material
- How smart people search deeply for answers, examining details thoroughly
- Why great thinkers document their thought processes

Get smarter by making small life changes with *The Smart Habit Guide*. Pick up your copy today by scrolling to the top of the page and clicking BUY NOW.

No One Ever Taught Me How to Learn - I. C. Robledo
2018-03-22
Go from Poor Learner to Pro-

Learner Without Buying into the Many Myths Imagine that there was a way to improve your ability to learn, so that you could move toward your goals faster. Think what would happen if you didn't have to struggle so much to get little result, and that you could make great progress for the effort you put in. Internationally bestselling author I. C. Robledo collected information from a wide range of sources to show you what you need to know about learning. Realize that learning is a skill that can be improved. If you master this skill, it can help you make progress in many other areas. Inside, you will discover:

- The most effective study technique that few students actually use
- How slower learners are often underestimated, and can surpass expectations
- What we can learn from the fun and curiosity children bring to learning
- Why knowing your motivation and purpose is key when learning something new
- What type of learner you are: exploratory generalist, project tackler, or curriculum

developer Understand how learning works, and use it to your advantage with No One Ever Taught Me How to Learn. Pick up your copy today by scrolling to the top of the page and clicking BUY NOW.

InfoWorld - 1997-03-24

InfoWorld is targeted to Senior IT professionals. Content is segmented into Channels and Topic Centers. InfoWorld also celebrates people, companies, and projects.

Mastering Kubernetes - Gigi Sayfan 2020-06-30

Go beyond simply learning Kubernetes fundamentals and its deployment, and explore more advanced concepts, including serverless computing and service meshes with the latest updates Key Features Master Kubernetes architecture and design to build and deploy secure distributed applications Learn advanced concepts like autoscaling, cluster federation, serverless computing, and service mesh integration for observability Explore Kubernetes 1.18 features and its rich ecosystem of tools like

Kubectl, Knative, and Helm Book Description The third edition of Mastering Kubernetes is updated with the latest tools and code enabling you to learn Kubernetes 1.18's latest features. This book primarily concentrates on diving deeply into complex concepts and Kubernetes best practices to help you master the skills of designing and deploying large clusters on various cloud platforms. The book trains you to run complex stateful microservices on Kubernetes including advanced features such as horizontal pod autoscaling, rolling updates, resource quotas, and persistent storage backend. With the two new chapters, you will gain expertise in serverless computing and utilizing service meshes. As you proceed through the chapters, you will explore different options for network configuration and learn to set up, operate, and troubleshoot Kubernetes networking plugins through real-world use cases. Furthermore, you will understand the mechanisms of

custom resource development and its utilization in automation and maintenance workflows. By the end of this Kubernetes book, you will graduate from an intermediate to advanced Kubernetes professional. What you will learn Master the fundamentals of Kubernetes architecture and design Build and run stateful applications and complex microservices on Kubernetes Use tools like Kubectl, secrets, and Helm to manage resources and storage Master Kubernetes Networking with load balancing options like Ingress Achieve high-availability Kubernetes clusters Improve Kubernetes observability with tools like Prometheus, Grafana, and Jaeger Extend Kubernetes working with Kubernetes API, plugins, and webhooks Who this book is for If you are a system administrator or a cloud developer with working knowledge of Kubernetes and are keen to master its advanced features, along with learning everything from building microservices to utilizing service meshes,

Mastering Kubernetes is for you. Basic familiarity with networking concepts will be helpful.

PC Mag - 1993-04-13

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Haggle A Freebie - Anjali Sharda 2020-07-14

This book is all about freebies (free product or free sample strategies) that one needs to know. Whether you are a startup or big company, freebies play a pivotal role in boosting a company's bottom line and top line growth. It's a great brand building tool that big companies are using to make competition squirm. To know the why-how, read the book!!

Master Your Focus - I. C. Robledo 2018-03-22

Multiply Your Focus And Productivity Without Feeling

Overwhelmed Imagine if you could sit down, keep your mind on one goal, and actually finish your task. Think how your life would be if you found a way to manage your work hours, breaks, and distractions so that you could truly focus and complete goal after goal. Internationally bestselling author I. C. Robledo has revealed his struggle with maintaining focus. He was once frustrated, unable to stay focused on even simple tasks. Then he decided to experiment with different techniques until he was able to get more done in less time, with greater focus. Now he is able to maintain his focus at the highest level, and he wants to help you do the same. Inside, you will discover:

- How using Brute Force Focus can stretch your focus ability -
- Why focused people work less to get more done - with Smart Breaks -
- How to find your Sweet Spot of Challenge to stay focused on one task -
- Why Internal Motivation will help you focus in the long-term -
- How to stop Disruptive Ideas before they become big

distractions Get your focus in gear and turn your goals into a reality with Master Your Focus. Pick up your copy today by scrolling to the top of the page and clicking BUY NOW.

PC Mag - 1993-01-26

PCMag.com is a leading authority on technology, delivering Labs-based, independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology.

Idea Hacks - I. C. Robledo
2018-04-03

Come up with 10x More Ideas AND Get Rid of Your Mental Blocks Many of us want to be creative, but where are the ideas supposed to come from? You probably already know that simply wanting to get ideas isn't enough to make them magically appear. Instead of getting frustrated and giving up, there is an easier way. Now, it will be a realistic goal to come up with a hundred or more ideas in a day. You can do this regardless of your

profession or background, and with virtually any topic. Internationally bestselling author I. C. Robledo has developed and tested 16 “idea hacks”. You can use them to come up with many more creative ideas, and in much less time than you ever have. The more you use the hacks, the more you will tend to come up with better and better ideas as well. Inside, you will discover: - Why even your worst ideas are MUCH more valuable than you think they are - How William Kamkwamba, a boy who came from nothing, was able to build a windmill - Why the convenience of looking up answers too quickly can hurt your creativity - The #1 Habit of the most creative people (Hint: You’ve been doing it since you were One) - Why Neil Gaiman (sci-fi & fantasy author) purposely chooses to get bored, to get creative - BONUS: 101 Creative Exercises to Try Get a head start on coming up with your next bright idea with Idea Hacks. Pick up your copy today

by scrolling to the top of the page and clicking BUY NOW.

PC Mag - 2002-01-29

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PC/Computing - 1996

The Intellectual Toolkit of Geniuses - I. C. Robledo
2018-03-22

Think Like Leonardo da Vinci, Albert Einstein, & Charles Darwin Great geniuses before us have uncovered certain key principles on their path to greatness. You can learn those principles now, without all of the sweat, tears, and costly mistakes. Imagine that you could tap into the minds of many great geniuses. Think how they could help you solve challenging problems, broaden your mental horizons, and avoid common pitfalls. They actually can, if we study the

principles that they lived by, and incorporate them into our lives. Internationally bestselling author I. C. Robledo has identified the principles that the most brilliant people in history have used to make great accomplishments. Inside, you will discover: - (#13) Why you should always have questions - (#15) The importance of listening to people with different perspectives... even when you disagree with them - (#19) How to avoid restricting your genius potential - (#27) That we all have false ways of viewing the world - (#37) How to observe patterns, and the anomalies that do not fit the pattern - 40 Total principles inside! Tap into the greatest minds of all time and use their principles in your life, with The Intellectual Toolkit of Geniuses. Pick up your copy today by scrolling to the top of the page and clicking BUY NOW.

Principles and Labs for Physical Fitness - Wener W.K. Hoeger 2015-01-01
Discover the benefits of an active, healthy lifestyle with

PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10th Edition! Emphasizing behavioral modification approaches, husband-and-wife fitness gurus Werner and Sharon Hoeger challenge you to improve your life with cardiovascular exercise, strength training, better nutrition, weight management, and overall wellness.

Thoughtfully written with a variety of learning features, PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10th Edition guides you toward adopting healthy behaviors with My Profile and Behavior Modification Planning boxes, test-test questions, exercise videos, online labs, and other helpful tools. Whether you choose a traditional text or interactive eBook, the road to achieving and maintaining personal health and wellness goals has never been so easy to follow. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.
EASYUNI Ultimate University

Guide 2014 - EasyUni Sdn Bhd
2014-07-02

Hi there! It's nice to present you once again with another 'hot' issue of easyuni. On 11 June this year, we launched the unifrens social platform, an extension to easyuni's existing vision of providing comprehensive and accurate information to students about colleges and universities. This is another milestone in the history of easyuni as one of Asia's most popular education portals, committed to helping students with their higher education plans. unifrens is a social platform which allows students, searching for universities and colleges with similar interests, to connect with each other to help them make unbiased and community-driven decisions about their higher education. It also allows them to connect with students who are currently enrolled at universities who can tell them about their experiences about a particular city, country, university or a course. unifrens is something we had been planning for a while to

complement our current family of tools for students. We always knew that our users would love it as they want more community-driven information instead of promotional content from universities and "study abroad" consultants. I believe this feature will democratise the way information about specific courses, countries or institutions is presented and this can only mean good news for students and their parents visitors, as it helps them make more informed decisions about which course, institution or country to pick. Students can also pose questions to their groups, which will be answered by experts and the community. The feature is still in its beta stage but has gained massive traction with over 100,000 users already registered and assigned to groups. Exciting, isn't it? The issue you're holding now has so much to offer as well. So, read every page and fill yourself with all the knowledge needed to make informed decisions about your higher education.

The Energy Wise Home - Jeff

Dondero 2017-05-19

When picking out a home, there are a number of aspects to keep in mind: location, size, and layout. One issue that many people neglect is energy conservation, which is quickly becoming one of the most important aspects of modern life. How do you make your home energy wise? Where do you start? What aspects of home living can affect, and be affected by, our energy choices? This task can be momentous and intimidating. **The Energy Wise Home: Practical Ideas for Saving Energy, Money, and the Planet** makes it easy. Jeff Dondero walks you through your home's walls, doors, windows, and roof, room by room and appliance by appliance, breaking them down into simple terms so that you can make the smartest energy and resource choices possible. He even covers gardens and garages, explaining what household items cost to run, how to conserve energy when using them, giving guidance on what's sustainable and what

isn't. This encyclopedic manual is very helpful for understanding the machine that is your house, and how to keep it maintained and running well and "green" while saving you money. This guide is a great fit to make sure that you make the best of your home and the resources that power and run it. Conservation in the home is something that you owe to yourself, your family, and your planet.

Smart Life Book Bundle - I.

C. Robledo 2017-04-05

Live the Smart Lifestyle to Master Your Mind and Succeed Faster If you want to develop a higher functioning mind, this collection of books is what you need. Inside, you will learn to improve your focus, learning ability, thinking skills, and to adopt smarter habits in your life. Ultimately, this will help you to be more productive and speed up your path to success. Now, you can get SIX of I. C. Robledo's books at up to 67% Off the normal price. This includes: - **The Intellectual Toolkit of Geniuses** - **Master Your Focus** - **The Smart Habit**

Guide - No One Ever Taught Me How to Learn - 55 Smart Apps to Level Up Your Brain - Ready, Set, Change In The Intellectual Toolkit of Geniuses: 40 Principles that Will Make You Smarter and Teach You to Think Like a Genius, you will learn to think like Leonardo da Vinci, Albert Einstein, & Charles Darwin. The principles of such geniuses will help you learn to solve challenging problems, broaden your mental horizons, and unleash your true potential. In Master Your Focus: Focus on What Matters, Ignore the Rest, & Speed up Your Success, you will learn to multiply your focus and productivity without feeling overwhelmed. Now, you can gain full control over your mind to focus on what you want, when you want, and stop losing the fight against distraction and procrastination. In The Smart Habit Guide: 37 Small Life Changes Your Brain Will Thank You for Making, you will learn to think, work, and be smarter. Smart habits are simply the habits smart people apply in their lives to keep the

mind and brain in top shape. The more you apply them, the smarter you will become. In No One Ever Taught Me How to Learn: How to Unlock Your Learning Potential and Become Unstoppable, you can advance from being a poor learner to being a pro-learner. Knowing how to learn is probably the most important skill you can have. Now you will be able to learn anything you want without struggling so much. In 55 Smart Apps to Level Up Your Brain: Free Apps, Games, and Tools for iPhone, iPad, Google Play, Kindle Fire, Web Browsers, Windows Phone, & Apple Watch, now you can build up your brain the easy way and have fun while doing it. You will discover a collection of apps, games, and tools to easily improve your memory, focus, thinking speed, vocabulary, and much more. In Ready, Set, Change: The Power of Simple Experiments to Create the Life You Want, you will discover a powerful system to change your life around. It is easy to get caught in a rut, and do the same things day in, day

out. But the path toward improvement lies in making small life changes until we get the results we desire. I. C. Robledo's Smart Life Book Bundle will systematically teach you how to take your mind to a higher level so you can start living the smart life. Inside, you will discover evidenced-based tips and strategies that you can apply right now to unlock your intellectual potential. Pick up your copy today by scrolling to the top of the page and clicking BUY NOW.

PC Mag - 1993-07

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PC Mag - 2004-11-30

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PC Mag - 1993-06-29

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PC Magazine - 1993

Digital Branding - Daniel Rowles 2022-01-03

Every decision and action you make contributes to your brand, so it makes sense that everything you do digitally also contributes to your digital brand. Use this bestselling guide to strengthen your brand's online presence and explore core marketing avenues. Digital Branding is ideal for marketers and brand strategists who want to enhance their brand's online presence. It provides step-by-

step, practical guidance on how to build a brand online and quantify it through tangible results. Written by a respected Chartered Institute of Marketing (CIM) fellow, course leader and industry thought leader, it examines core marketing areas such as content marketing, social media, search engine optimization and web analytics. The book delivers a robust framework for planning, brand identity, channel selection and measuring the effectiveness of campaigns, and includes lessons from the BBC, Imperial College London and Hootsuite. Now fully updated, this third edition features new content on brand authenticity, ethics and meaning, as well as updates on social media regulations and social media platforms such as TikTok.

PC Mag - 1993-02-09

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PC Mag - 1993-03-16

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55 Smart Apps to Level up Your Brain - I. C. Robledo
2015-06-11

Build Up Your Brain the Easy Way And Have Fun While Doing It Imagine that you had access to the best tools for learning, brain training, and problem-solving. Think what it would be like if you could easily improve your memory, focus, thinking speed, vocabulary, and more. Fortunately, you can. All you need is a smart phone or device. Internationally bestselling author I. C. Robledo personally tested 100+ apps to come up with the best Free Apps for brain training,

learning, and solving everyday problems. Smart apps are valuable to your intellectual growth because they are easily available, can adapt to your needs, and are engaging and fun. Inside, you will discover: - An app that has been proven to raise IQ scores in people who train with it - A brain training app created in collaboration with scientists from Cambridge and Yale - Two apps to help you learn almost any language you can think of - An app that gives you something new to learn every time you access your device - A game that lets you test yourself in over 1,000 unique topics Here are the number of Free Apps you will find for each device: iPhone & iPad: 53 Google Play: 50 Kindle Fire: 31 Web Browser: 24 Windows Phone: 17 Apple Watch: 5 Train your brain using fun and free apps, with 55 Smart Apps to Level Up Your Brain. Pick up your copy today by scrolling to the top of the page and clicking BUY NOW.

PC Mag - 2005-09-20

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authority on technology, delivering Labs-based, independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology.

PC Mag - 1993-08

PCMag.com is a leading authority on technology, delivering Labs-based, independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology.

Internet Applications with Visual FoxPro 6.0 - Rick Strahl 1999-04

Learn how to build large, mission critical Internet database applications using Tahoe as the foundation. Covers server side web applications, including ASP (ODBC and ActiveX automation servers), FoxISAPI, and advanced web features such as cookies, authentication, and browser functionality

encapsulation. Also delves into non-HTML distributed applications and remote data services.

PC Mag - 1991-12-31

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PC Mag - 1993-06-15

PCMag.com is a leading authority on technology, delivering Labs-based, independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology.

Ready, Set, Change - I. C.

Robledo 2018-03-23

Are You Ready to Change Your Life Around? Does it seem like everyone else is zooming ahead in life, but that you are like a hamster on a wheel - in motion, but not getting

anywhere? Millions of people around the world feel like this too. Fortunately, it doesn't have to be this way.... Whether you want to earn more money, lose weight, meet new friends, or make another life change, Ready, Set, Change will help you accomplish this and more. A problem with the advice you may get from friends and family is that too often, it won't actually apply to your personal situation. Now there is a tested and proven system to make progress in key areas of your life. The best part is you will be able to make changes that work for you, specifically, not just for a "general audience". Internationally bestselling author I. C. Robledo has discovered a way to make long-lasting improvements in many areas of his life. He knows that making a change is not always easy, but with the proven systems inside you will have the road map you need to create the life you want. Inside, you will discover: - What "life experiments" are, and why they are the best way to make the biggest improvements in

the shortest time - How to take control of your life, instead of being a victim of circumstances - Why failures aren't as bad as most people think, and how to use them to your advantage - How the author's life experiments led him to multiply his focus, come up with hundreds of creative ideas per day, and design the perfect life schedule - Why the language you use and the questions you ask will impact your ability to change Change your life for the better with Ready, Set, Change. Pick up your copy today by scrolling to the top of the page and clicking BUY NOW.

Principles and Labs for Fitness and Wellness - Wener W.K.

Hoeger 2015-01-01

PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13th Edition challenges students to meet their personal fitness and wellness goals, and perhaps teach others to do the same. Fully updated by fitness experts Hoeger and Hoeger, this text emphasizes behavior modification through sensible approaches and provides a

strong focus on the practical ways students can incorporate changes into in their daily lives. Chapters are written in a student-friendly tone with supporting features such as My Profile, Behavior Modification Planning, and "FAQs," all designed to highlight important practices. PRINCIPLES AND LABS FOR FITNESS AND WELLNESS, 13th Edition also offers interactive learning tools such as exercise videos, online labs, and self-assessments that bring topics to life and help students maintain their new healthy lifestyles. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

PC Mag - 1993-05-25

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Mac OS X Snow Leopard for Power Users - Scott

Granneman 2011-01-11

Mac OS X Snow Leopard for Power Users: Advanced Capabilities and Techniques is for Mac OS X users who want to go beyond the obvious, the standard, and the easy. If want to dig deeper into Mac OS X and maximize your skills and productivity using the world's slickest and most elegant operating system, then this is the book for you. Written by Scott Granneman, an experienced teacher, developer, and consultant, Mac OS X for Power Users helps you push Mac OS X to the max, unveiling advanced techniques and options that you may have not known even existed. Create custom workflows and apps with Automator, run Windows programs and even Windows itself without dual-booting, and sync data on your hard drive, on your phone, and in the cloud—learn all of these techniques and more. This is not a book that talks down to you; Mac OS X for Power Users is an essential book for

experienced Mac users who are smart enough to know there is more to be known, and are ready to become power users.

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Herbert Alexander Simon

