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Most Western-
driven theories
do not have a

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place in Black
communicative
experience,
especially in
Africa. Many
scholars
interested in
articulating and
interrogating
Black
communication
scholarship are

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therefore at the crossroads of either having to use Western-driven theory to explain a Black communication dynamic, or have to use hypothetical rules to achieve their objectives,

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since they
cannot find
compelling Black
communication
theories to use
as reference.

Colonization and
the African slave
trade brought
with it
assimilationist
tendencies that

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have dealt a serious blow on the cognition of most Blacks on the continent and abroad. As a result, their interpersonal as well as in-group dialogic communication had witnessed

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dramatic shifts.
Black/Africana
Communication
Theory
assembles
skilled communi
cologists who
propose
uniquely Black-
driven theories
that stand the
test of time.

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Throughout the
volume's fifteen
chapters
theories
including but not
limited to
Afrocentricity,
Afro-Cultural
Mulatto,
Venerative
Speech Theory,
Africana

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Symbolic

Contextualism

Theory, HaramB

untu-Governme

nt-Diaspora

Communications

Theory,

Consciencist

Communication

Theory and

Racial

Democracy

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Effect Theory
are introduced
and discussed.
A Perfect Union
of Contrary
Things is the
authorized
biography of
musician and
vintner Maynard
James Keenan.
Co-author Sarah

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Jensen's 30-year
friendship with
Keenan gives
her unique
insight into his
history and
career
trajectory. The
book traces
Keenan's
journey from his
Midwest

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childhood to his
years in the
Army to his time
in art school,
from his stint at
a Boston pet
shop to his place
in the
international
spotlight and his
influence on
contemporary

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music and
regional
winemaking. A
comprehensive
portrayal of a
versatile and
dedicated artist,
A Perfect Union
of Contrary
Things pays
homage to the
people and

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places that
shaped the man
and his art. Until
now, Maynard's
fans have had
access to only
an abridged
version of his
story. A Perfect
Union of
Contrary Things
presents the

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outtakes, the
scenes of
disappointment
and triumph,
and the events
that led him to
take one step
after the next,
to change
direction, to
explore
sometimes

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surprising
opportunities.
Included are
sidebars in his
own words,
often humorous
anecdotes that
illuminate the
narrative, as
well as
commentary by
his family

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members,
Tradi
friends,
instructors, and
industry
colleagues. The
book also
features a
foreword by Alex
Grey, an
American
visionary artist
and longtime

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friend of
Keenan.

Accompanying
the text are
photos of
Keenan from
childhood to the
present.

Maynard's story
is a metaphor
for the reader's
own evolution

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and an encouragement to follow one's dreams, hold fast to individual integrity, and work ceaselessly to fulfill our creative potential.

Tapering and Peaking for

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Optimal
Performance
offers in-depth
discussion of the
science,
strategy, and
program design
of the tapering
phase of
training. This
first-ever book
devoted to the

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subject presents current scientific data on tapering, its physiological and psychological effects, and how these effects relate to athletic performance.

Featuring

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various training models and experiential knowledge, this book allows readers to design optimal tapering programs for each athlete. Though most coaches and

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sport scientists are aware of the key role of tapering in preparation for competition, many tapering programs are developed by a trial-and-error process, often leading athletes

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to fall short of
their optimal
performance. In
Tapering and
Peaking for
Optimal
Performance,
author Iijima
Mujika, one of
the foremost
researchers on
tapering in

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sport, presents various models and explains current scientific data on tapering and its effects on physiological and psychological factors that support or hinder

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performance.

Using this information, coaches, athletes, and sport scientists will be able to do the following:

- Design optimal tapering plans specific to athletes and the

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competition.

-Set realistic performance goals for competition.

-Avoid negative outcomes associated with a deficient tapering program. Parts I and II of the text

**Get Free Ju Jitsu
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provide the
academic reader
with a clear
understanding
of the
foundations,
characteristics,
and
physiological
and
psychological
changes

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associated with
tapering.

Readers will
explore
performance
implications of
tapering,
examine
tapering with
the use of
mathematical
models, and

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learn the unique
aspects of
tapering for
team sports.
Special
elements with
clear
explanations of
scientific data
and
performance
information are

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provided to help
readers--even
those without a
strong
background in
science--grasp
the theoretical
concepts
presented in the
text. A running
glossary also
helps readers

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Tradition
quickly define
terms, and
summary
sections in each
chapter provide
quick reference
and an overview
of the content.
In part III of the
book, 16
internationally
known coaches

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and athletes
share the
tapering
strategies that
enabled them to
succeed in
major
international
competitions.
Readers will find
sport-specific
strategies for

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individual
endurance
sports, sprint
and power
events,
precision sports,
and team
sports. By
combining the e
xperience-based
knowledge of
elite sport

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performers and coaches with the performance data presented in parts I and II, athletes, coaches, and students will learn to create optimal tapering programs for every sport.

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Tapering and
Peaking for
Optimal
Performance is a
powerful
resource for
athletes,
coaches, and
sport scientists
to use in dealing
with the
important

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tapering period
of a training
program with
increased
confidence. By
combining
current scientific
research with
real-world
examples, this
text presents
the most

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Tradi

complete look at
tapering

available, and it
encourages

further study of
this vital and

sometimes

elusive aspect of
training for

success.

Collects

Daredevil: The

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Tradi

Man Without
Fear #1-5

Quid?

The Man

Without Fear

Drawing On

Location Around

The World

Food, Nutrition,

and the Nitric

Oxide Pathway

Everyday

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Matters
Tradi

A Perfect Union
of Contrary
Things

Sketching is
more popular
than ever, but
busy lives
leave almost no
room for
sitting down
with a pad and

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pen, and
practicing.

Many people
give up on
their potential
hobby (and
artistic
outlet) because
they feel they
just don't have
the time to lay
the groundwork.
Here's a secret

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though: you do
have time each
day to
practice, you
just need to
incorporate
sketching into
your daily
life. Sketch
Now, Think
Later covers
the tools,
techniques and

Get Free Ju Jitsu La Force Milla C Naire Du Ju Jitsu

tips that

author and

Urban Sketching

Correspondent

of Boston Mike

Daikubara has

developed in

his more than

15 years as a

practicing

artist, and

will show you

how to fully

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dive into any
sketching
situation with
limited time
and tools, and
still be able
to produce
memorable,
great looking,
fun sketches!
As teachers
around the
world deal with

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the challenges
of inclusive
education, they
must find
effective ways
of enhancing
their classroom
teaching
methods. What
Really Works in
Special and
Inclusive
Education

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Naire Du Ju Jitsu

presents

Tradi
teachers with a
range of
evidence-based
strategies they
can immediately
put into
practice in
their
classrooms.

This unique
book will be an
invaluable

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resource for
Tradi
educators who
may not have
the time or the
inclination to
engage with
theory-heavy
research, but
who wish to
ensure that
their teaching
strategies are
up-to-the-

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minute and
proven to be
the most
effective best
practices. Each
of the 27
strategies that
this book
comprises has a
substantial
research base,
a strong
theoretical

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rationale and
clear
guidelines on
their
implementation,
as well as
cautionary
advice where
necessary. In
this new second
edition, David
Mitchell, a
leading writer

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in special and
inclusive
education,
continues to
break new
ground with
revised and
updated
strategies
based on
evidence from
the most recent
studies in the

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field. From the
myriad of
related
research
available, only
those studies
with genuine
potential for
improving the
practices of
teachers and
schools have
been included,

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with the aim of
facilitating
high-quality
learning and
social outcomes
for all
learners in
schools.

Updates to this
new edition
include: four
new chapters,
on response to

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intervention,
universal
design for
learning, inter-
agency
cooperation and
one on the
Finnish
education
system over 350
new references
an even wider
international

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focus,
including
evidence drawn
from Asia
references to
recent
developments in
neuroscience a
new companion
website, with
extra case
studies, links
to further

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reading,

journal

articles and

videos, and an

interactive

quiz, at www.ro

utledge.com/cw/

mitchell This

book will be

essential

reading for

anyone with a

vocational or

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academic

interest in
evidence-based
special
educational
needs teaching
strategies,
whether a
student in
initial teacher
education or a
qualified
classroom

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teacher,

teacher

educator,

educational

psychologist,

special needs

coordinator,

parent,

consultant or

researcher.

David Mitchell

is an Adjunct

Professor in

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the College of
Education,
University of
Canterbury,
Christchurch,
New Zealand,
and a
consultant in
inclusive
education.

'This is the
book I wish I
had written,

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synthesizing an enormous literature focused on special needs students. It is robust, it is readable, and it is your right-hand resource. A stunner of a book.'

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-Professor John

Hattie,

University of

Melbourne,

author of

Visible

Learning

The Art of

Urban Sketching

is both a

comprehensive

guide and a

showcase of

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location

drawings by

artists around

the world who

draw the cities

where they live

and travel.

Authored by the

founder of the

nonprofit

organization

Urban Sketchers

(www.urbansketc

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hers.org), this
beautiful,
320-page volume
explains urban
sketching
within the
context of a
long historical
tradition and
how it is being
practiced
today. With
profiles of

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leading
Tradi
practitioners
and discussions
of the benefits
of working in
this art form,
this inspiring
book shows how
one can
participate and
experience this
creative outlet
through modern-

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day social

networks and

online

activity.

You'll find

more than 600

beautiful,

contemporary

illustrations,

as well as

artists'

profiles and

extended

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captions where
these urban
sketchers share
their stories,
how they work,
sketching tips,
and the tools
behind each
drawing. With
sketches and
observations
from more than
50 cities in

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Tradi

more than 30
countries,
The Art of
Urban Sketching
offers a
visually
arresting,
storytelling
take on urban
life from
different
cultures and
artistic

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styles, as well
as insight into
various drawing
techniques and
mediums.

Pen & Ink is
packed with
page after page
of bite-sized
creative
sketching tips
and accessible
advice, and

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offers aspiring
artists the
freedom to dip
in and out for
practical
information or
flick through
for fresh
inspiration and
ideas.

Exploring
around 200
pieces of

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artwork by

young

contemporary

artists, Pen &

Ink highlights

and examines

the different

techniques,

qualities, and

effects

relating to

each piece.

Organized into

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chapters
according to
the technique
exemplified
(e.g.water
soluble, mixed
media) artwork
is featured
large and
luscious,
accompanied by
extended
captions,

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insightful
tips, and
practical
advice. A
detailed index
at the front of
the book also
groups the
paintings
according to
three main
categories:

Principles

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(e.g. composition),
Media, Type of
sketch (e.g.
abstract), and
Subject (e.g.
nature).

Listing each
page where
similar
examples may be
found, this
category index

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enables the
reader to
easily identify
and cross
reference
subjects that
have been
painted in
similar styles.
Throughout the
book, useful
information and
practical tips

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are provided on
a wide range of
topics such as
tone,
perspective,
color, and much
more besides.
Readers are
encouraged to
discover the
various ways in
which similar
subjects and

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styles are
executed by
different
artists, while
also being
inspired to use
the tips in the
book as a way
of building on
their existing
skills.

Offering a
bold,

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refreshing
change from
other run-of-
the-mill art
books, Pen &
Ink adopts the
unique approach
of accessing
practical
information via
the images,
focusing on the
way subjects

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can be treated
using a whole
range of
different
drawing
techniques,
rather than
looking at how
to master one
single style.
This gives the
reader a much
wider skill

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set—allowing
Tradition
them to capture
or create the
essence of any
image in a
variety of
different ways.
Slam! Wrestling
Daredevil
The shifting
border: Legal
cartographies
of migration

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Naire Du Ju Jitsu
and mobility
Tradi
Urban

Watercolor

Sketching

Sport and

Exercise

Psychology

The Urban

Sketching

Handbook:

People and

Motion

Engineering

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**Mechanics:
Combined
Statics &
Dynamics,
Twelfth
Edition is ideal
for civil and
mechanical
engineering
professionals.
In his
substantial**

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Tradition

**revision
of Engineering
Mechanics,
R.C. Hibbeler
empowers
students to
succeed in the
whole learning
experience.
Hibbeler
achieves this
by calling on**

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**his everyday
classroom
experience
and his
knowledge of
how students
learn inside
and outside of
lecture. In
addition to
over 50% new
homework**

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**problems, the
twelfth edition
introduces the
new elements
of Conceptual
Problems, Fund
amental Probl
ems and Master
ing Engineerin
g, the most
technologicall
y advanced**

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**online tutorial
and homework
system.**

**This book
provides a
scientific
analysis of the
effects of
foods and
nutrients on
the NO
pathway in**

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humans.

**Contributors
to the book
clarify novel
chemical and
biochemical
connections
between
dietary intake
and nitric
oxide,
particularly in**

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**cases of NO
deficiency. In
this context,
the book
addresses how
specific foods
can restore
nitric oxide
production
and bioactivity
—without
medical**

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Traditionnel

interventions.

**A variety of
evidential data
is presented
showing how
NO-rich
dietary
elements are
implicated in
disease
prevention and
modulation.**

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**The book
offers new
knowledge for
food
technologists,
food
manufacturers
, nutrition
researchers,
and healthcare
practitioners.
From the**

Page 87/200

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**Foreword by
Louis J.**

**Ignarro, Nobel
Laureate in Ph
ysiology/Medic
ine "The body
of work
contained in
this volume,
linking NO to
food and
nutrition, may**

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have

**revolutionary
implications in
terms of
developing
strategies to
combat heart
disease and
many other
contemporary
diseases
associated**

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with NO

deficiency.

**Proving that a
natural and
inexpensive
regimen of
foods rich in
nitric oxide
activity does
restore NO
homeostasis
can have**

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**profound
effects on
human
health...The
research
presented in
this text
provides an
important
expansion of
NO
work...(and)**

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**Dr. Nathan
Bryan, the
editor...is to be
congratulated
for...communic
ating new
knowledge and
assembling
the world's
experts in
their fields."
The power of**

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reportage

**drawing is in
the immediacy
of the images
that are
created and
the feeling of
the
illustrator's
presence on
location.**

Comparable in

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**some ways to p
hotojournalis
m, reportage
illustrators are
acting as
visual
journalists,
proactively
creating
narrative work
about issues
and subjects,**

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**translating
what they
witness into
handmade
imagery. There
is evidence
that
illustrations
connect to
people in
powerful ways
whether they**

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**are drawings
created while
embedded
with troops in
Afghanistan,
documenting
during a
courtroom
trial or
recreating the
energy of the
crowd at a**

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rock concert.

**This area of
applied
illustration
also provides
career
opportunities
for students
and takes
them out of
the classroom
and into**

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**different
environments
and situations.
With practical
information
about tools,
techniques
and coping in
various
situations as
well as
inspirational**

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**interviews and
advice from
reportage
artists**

**working in the
field, this book
will fill a gap
in this growing
market.**

**In the
tradition of
Persepolis, In**

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**the Shadow of
No Towers,
and Our
Cancer Year,
an illustrated
memoir of
remarkable
depth, power,
and beauty
Danny Gregory
and his wife,
Patti, hadn't**

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**been married
long. Their
baby, Jack,
was ten
months old;
life was pretty
swell. And
then Patti fell
under a
subway train
and was
paralyzed from**

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**the waist
down. In a
world where
nothing
seemed to
have much
meaning,
Danny decided
to teach
himself to
draw, and
what he**

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**learned
stunned him.
Suddenly
things had
color again,
and value. The
result is
Everyday
Matters, his
journal of
discovery,
recovery, and**

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**daily life in
New York City.
It is as funny,
insightful, and
surprising as
life itself.**

**Manual of
Catalan
Linguistics
The Youth
Olympic
Games**

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Tradi

**Backwards
and in Heels
Get Out, Walk,
Observe, Draw,
Lose Yourself,
Create
A Natural
History of
Skull Island
Sketch Now,
Think Later
*My Year in***

Page 105/200

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***Small Drawings
is a
charmingly
original
visual diary
which
encourages you
to create and
collect the
details all
around you
every day.***

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*This manual is
intended to
fill a gap in
the area of
Romance
studies. There
is no
introduction
available so
far that
broadly covers
the field of*

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Tradi

***Catalan
linguistics,
neither in
Catalan nor in
any other
language. The
work deals
with the
language
spoken in
Catalonia and
Andorra, the***

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***Balearic
Islands, the
region of
Valencia,
Northern
Catalonia and
the town of
l'Alguer in
Sardinia.
Besides
introducing
the ideologies***

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Tradi

***of language
and nation and
the history of
Catalan
linguistics,
the manual is
divided into
separate parts
embracing the
description –
grammar,
lexicon,***

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***variation and
varieties –
and the
history of the
language since
the early
medieval
period to the
present day.
It also covers
its current
social and***

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Tradi

***political
situation in
the new local
and global
contexts. The
main emphasis
is placed on
modern
Catalan. The
manual is
designed as a
companion for***

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**students of
Catalan, while
also
introducing
specialists of
other
languages into
this field, in
particular
scholars of
Romance
Languages.**

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***Offers a
visual tour of
the artwork,
design
sketches, and
digital
effects
depicting
Skull Island
that enhance
the remake of
"King Kong"***

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Tradi
**directed by
Peter Jackson.
Provides keys
to help make
the experience
of drawing
architecture
and cityscapes
fun and
rewarding,
using
composition,**

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***depth, scale,
contrast, line
and***

***creativity.
What Really
Works in
Special and
Inclusive
Education
Kat Obŭ Hai
Sŭk'ul***

Lucky Dog

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Naire Du Ju Jitsu
Lessons

***Focus on East
Asia***

***Using evidence-
based teaching
strategies***

This Palgrave
Handbook provides a
definitive account of
women's political
rights across all major

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regions of the world,
Tradi
focusing both on
women's right to vote
and women's right to
run for political office.
This dual focus makes
this the first book to
combine historical
overviews of debates
about enfranchising
women alongside
analyses of more
contemporary efforts

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Tradi

to increase women's
political
representation around
the globe. Chapter
authors map and
assess the impact of
these groundbreaking
reforms, providing
insight into these
dynamics in a wide
array of countries
where women's
suffrage and

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representation have taken different paths and led to varying degrees of transformation. On the eve of many countries celebrating a century of women's suffrage, as well as record numbers of women elected and appointed to political office, this timely volume offers

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an important
introduction to
ongoing developments
related to women's
political
empowerment
worldwide. It will be
of interest to students
and scholars across
the fields of gender
and politics, women's
studies, history and
sociology.

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People around the world know Dave Batista as World Wrestling Entertainment's "the Animal," the rope-shaking, spine-busting World Heavyweight Champion, one of the most popular Superstars in recent years. The crowd turned Batista from

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heel to babyface after they were electrified by his awesome physique and physical wrestling style. Few fans, however, know that Batista didn't join the profession until he was thirty years old -- an age at which many wrestlers are thinking about hanging up their boots. Nor do most

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Tradi

fans know the tremendous toll the climb to the top has taken on Batista's personal life. While successfully staying away from hard drugs and -- usually -- liquor, he found sex too tempting to resist. "Women were my drug of choice," the Animal confesses.

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Tradi
That addiction cost
him his marriage,
destroying a
relationship that had
helped him climb
from poverty to the
pinnacle of sports
entertainment in less
than two years. Now,
in Batista Unleashed,
the WWE Superstar
comes clean about the
choices he made and

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Tradi
the devastating effects
they had on his
family. He talks about
the injury that stripped
him of his title -- an
injury he blames on
Mark Henry's
carelessness. While
being sidelined cost
Batista untold
hundreds of thousands
of dollars in lost
income, it also set the

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stage for a tremendous comeback that cemented the Animal's reputation as a true champion. Batista talks about growing up in the worst part of Washington, D.C., where three murders occurred in his front yard before he was nine. He speaks lovingly about his

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Tradi
mother -- a lesbian --
and how hard she
worked to keep the
family not just
together but alive. He
talks candidly about
his own criminal past:
a conviction on a drug
charge and another,
since overturned, on
assault. He speaks of
his days as a bouncer
and a lifeguard, and

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tells how

bodybuilding may
have saved his life.

Once he made it to the
WWE, Batista
realized he wasn't
really ready for the
big time. His career
seemed headed for a
fall until Fit Finlay
took him under his
wing. But his real
education came when

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he joined Evolution and rode with Triple H and Ric Flair, two of sports entertainment's all-time greats. Batista talks about what they taught him, and details some of their wild times on the road. But the champ also reveals a kinder, gentler side. While his soft-spoken

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manner in the locker room has sometimes been misinterpreted as arrogance, in truth Batista's always been somewhat shy and quiet. Emotional by nature, he reveals for the first time that the tears fans saw at WrestleMania 21, when he won the World Heavyweight

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Championship for the first time, were very real. And he speaks movingly about his problems with his ex-wives and teenage daughters, and how it felt to become a grandfather. While his straight-shooting mouth has occasionally gotten him into trouble --

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Tradition

most notably in a
backstage
confrontation with
Undertaker after some
remarks about
SmackDown! --
Batista is his own
harshest critic. He
explains his early
limitations as a
wrestler and the work
he has done to
overcome them.

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Interspersing his memoir with accounts from life on the road, Batista lightens the narrative with a surprising sense of humor. An Animal in the ring, he reveals himself as an honest and even humble man in everyday life.

The border is one of the most urgent issues

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of our times. We tend to think of a border as a static line, but recent bordering techniques have broken away from the map, as governments have developed legal tools to limit the rights of migrants before and after they enter a country's territory.

The consequent

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Tradition
detachment of state
power from any fixed
geographical marker
has created a new
paradigm: the shifting
border, an adjustable
legal construct
untethered in space.
This transformation
upsets our
assumptions about
waning sovereignty,
while also revealing

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the limits of the populist push toward border-fortification. At the same time, it presents a tremendous opportunity to rethink states' responsibilities to migrants. This book proposes a new, functional approach to human mobility and access to membership in a world where

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Tradition

borders, like people,
have the capacity to
move.

In a clear and easy-to-
follow format, Grand
Master Helio Gracie
addresses different
aspects of the
Brazilian jiu-jitsu
method that bears his
name. Learn how to
systematically
progress and

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Tradi

technically improve
mat game, regardless
of background or
grappling ability.

The Palgrave
Handbook of
Women's Political
Rights

Batista Unleashed
The Report: Abu
Dhabi 2016

My Year in Small
Drawings

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Tradi

A Guide to Drawing,
Painting, and
Storytelling in Color
Bungo Stray Dogs,
Vol. 17

1 notorious 1%er 1
innocent trapped in an
impossible situation 1
viscous crime lord 3
people who aren't
who they appear to be
= one big (bloody)
mess. Reign is no

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Tradi

stranger to the
criminal underbelly
and hard life, but
when a random
woman comes
(literally) crashing into
his life- learning
things she has no
business knowing,
and bringing with her
the weight of the city's
biggest skin trader,
the "hard life" starts to
take on a whole new

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meaning.

The first summer Youth Olympic Games (YOG) were held in Singapore in 2010 and the first winter Youth Olympic Games in Innsbruck in 2012. The IOC hopes that the YOG will encourage young people to be more active and that they will bring the Olympic

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movement closer to its original founding values. This is the first book to be published on the Youth Olympic Games. It critically examines the origins of the Games and the motives of the Games organisers, as well as the organisation and management of the Games and their wider impact and

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significance. The first part of the book discusses the relationship between the YOG and the ideology of Olympism, in the context of broader developments in youth sport competitions. The second part investigates a wide range of managerial

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aspects including the bidding process, finance, the prominent role of young people on the organising committees and as volunteers, the role of media and sponsors, and the distinctive competition structure. The final part of the book assesses the current and likely future impact of the

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Tradi
YOG on the host
cities and countries,
the IOC and on
national youth sport
policies. The Youth
Olympic Games is
essential reading for
any researcher,
advanced student or
policy maker with an
interest in Olympic
Studies, sports
development, sport
policy, youth sport or

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event management.

SPORT AND
EXERCISE

PSYCHOLOGICAL

□ This book is a joy to read and greatly needed. The overall scholarly quality is very strong, and the chapters are clear, accessible, helpful and interesting - a rare combination.

There are few texts

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that examine sport and exercise from a practitioner's perspective, and fewer that help students and trainees navigate the complex terrain of practice. The editors should be congratulated on pulling together a book that educates, inspires, provokes, and will be of practical

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use. Professor Brett Smith, School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham Sport and Exercise Psychology: Practitioner Case Studies is a contemporary text focusing on current issues in the discipline of sport and

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exercise psychology.
Integrating research
and practice in order
to develop a coherent
understanding of
existing knowledge,
future research
directions and applied
implications within the
field, the text explores
issues pertinent to the
applied
practitioner/supervisor
and draws on expert

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commentary to
investigate potential
solutions to many key
issues. Each chapter
uses a case study
approach to allow
internationally
recognized
contributors to
highlight and evaluate
their experience
across a broad range
of sport and exercise
performance areas.

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Practitioners are provided with a full range of available interventions to address specific types of psychological issue including performing under pressure, working with teams, injury rehabilitation, working with coaches, mental toughness, career transitions, athlete well- being,

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physical activity
promotion, exercise
and body image,
lifestyle interventions,
exercise dependence,
and motor learning
and control. Sport and
Exercise Psychology
is supported by a
range of online
materials designed to
help both study and
practice. It presents
content that is directly

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applicable to those seeking to enter the profession, and which can also inform the ongoing development of reflective practitioners.

Discover a short history of sketching and the changing role of sketchers in our social media-impacted world. Also includes tips on how

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to choose materials,
utilize different
techniques, unlock an
intimate personal
style, and document
their everyday
environments in
exquisite detail.

The Urban Sketching
Handbook

Understanding
Perspective

The Art of Urban
Sketching

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Notice, Draw,
Appreciate

Tapering and Peaking
for Optimal
Performance

The Urban Sketching
Handbook:

Architecture and
Cityscapes

Easy Techniques for
Mastering Perspective
Drawing on Location

Tells the history of
women in film in a

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Tradi
different way, with
stories about
incredible ladies
who made their
mark throughout
each era of
Hollywood. From
the first women
directors, to the
iconic movie stars,
and present day
activists.

Subdued oil prices

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prompted a trimmed federal budget for 2016 as the UAE, like other countries in the region, tightened its belt in response to falling hydrocarbons revenues. However, a sustained focus on economic diversification and targeted investment

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in Abu Dhabi 's key
non-oil sectors in
recent years means
the emirate is well
positioned to
weather the storm.
Looking forward,
plans for future
development are
mapped out in Abu
Dhabi Economic
Vision 2030, a
comprehensive

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economic policy
document that aims
to reduce
dependence on oil
and gas, thereby
creating a more
sustainable
knowledge-based
economy for the
emirate and its
inhabitants. Aided
by hydrocarbons
reserves that are

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among the world's largest and substantial financial resources, Abu Dhabi has built up a strong foundation to become a regional leader and an increasingly important global player in a wide variety of sectors, including oil and

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gas, financial
services, health
care, aviation and
renewable energy.
A good sketch starts
with good bones.
The fourth book in
the Urban Sketching
Handbook series
uses drawings and
simple steps to
explain the often
challenging and

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Naire Du Ju Jitsu
Tradi

overwhelming
concepts of
perspective in
practical and useful
ways for on-site
sketching. Most
books are either too
abstract or don't
provide enough
information that
relates to what you
actually do when
you're out in the

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Tradi
busy, wide world
about to start a
drawing. Where do
you start? How do
you edit what you
see to flatten and
shrink it onto your
paper? How does
perspective work?

The Urban
Sketching
Handbook:
Understanding

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Tradition
Perspective helps
you learn to think
like an architect, to
draw buildings and
spaces by reducing
what you see to
simple, basic
shapes, then adding
layers in simple
steps, and finally
finishing your sketch
with detail, tone,
and color--in

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accurate

perspective. Full of helpful tips, architect and illustrator, Stephanie Bower even de-constructs sketches to show you how to create them! Once you understand perspective, it will change the way you see the world--you'll

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see perspective
everywhere. Some
of the key concepts
explored in this
volume are: - Basic
Terms - Basic
Spatial Principles -
Types of
Perspective -
Building a Sketch in
Layers - Special
Conditions
A guide that shows

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painters, drawers,
doodlers, and urban
sketchers how to
bring their drawings
to life with colorful,
bold, yet accessible
painting methods.

Watercolor
sketching is a
rapidly emerging
technique that
enlivens sketches
done in pen or

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pencil with the
expressive washes,
glazes, and
luminous hues of
watercolor . This
lushly illustrated
resource teaches
artists on the go
how to sketch with
watercolor,
rendering subjects
efficiently and
without inhibitions.

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Readers are guided through all aspects of the medium, from fundamental techniques including wet-on-wet, glazing, and washes; materials and supplies; and little known tips and tricks for getting the most out of watercolor (for

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example, just sprinkling a little salt on your painting creates a texture that's impossible to achieve with a brush.) A strong focus color theory provides a solid foundation for enhancing drawings with vibrant hues.

Black/Africana

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Tradi

Communication

Theory

Subject Catalog

Coasts of Korea and
China

Reportage

Illustration

The World of Kong

Gracie Jiu-Jitsu

Founded by Greg

Oliver and John

Powell, SLAM!

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Wrestling (<http://slam.canoe.ca/Slam/Wrestling/home.html>) changed the way North America's true favorite pastime was presented on the web. With the backing of Sun Media and Canoe, SLAM! Wrestling

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Tradi

brought pure
journalism to the
muddy waters of
the pro wrestling
media coverage.
Never in the
Internet Age had
the squared circle
been viewed with a
keen eye by
reporters and
analysts who broke

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down the
Tradi
philosophy of
wrestling and feted
its legends, while
also not being
afraid to show the
very human side of
the locker rooms
that are hidden
from the plain eye
inside the world's
biggest

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arenas."SLAM!
Tradi

Wrestling" takes
readers on a
journey through
SLAM! Wrestling's
first dozen years
and the often all -
too real world of
professional
wrestling. From
WWE to the
independent

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Tradition

leagues that dot North America's landscape, "SLAM! Wrestling" gives the unique view of the reporter's eye as history unfolds, including interviews with "Stone Cold" Steve Austin, John Cena, "The Rock"

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Tradi
Dwayne Johnson,
Trish Stratus and
many others.Plus,
for the first time
ever, SLAM!

Wrestling's writers
take you behind the
scenes and share
their insights into
what made the site
stand out as one of
the most respected

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Tradi

sources for
information in all
of the Internet
wrestling
community. From
the celebration of
WrestleMania
XVIII in Toronto,
to the tragic death
of Owen Hart and
many others,
SLAM! Wrestling

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Tradi

has covered it all
and now brings the
history of the mat
wars straight to
your bookshelf.

The celebrity dog
trainer and Emmy-
winning star of the
CBS show Lucky
Dog shares his
training system to
transform any

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Tradi

dog—from spoiled
purebred puppy to
shelter-shocked
rescue—into a
model companion
in just seven days.
Each week on
Lucky Dog,
Brandon McMillan
rescues an
untrained,
unwanted,

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Tradi

"unadoptable"
shelter dog. In the
days that follow,
these dogs undergo
a miraculous
transformation as
they learn to trust
McMillan, master
his 7 Common
Commands, and
overcome their
behavior problems

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—ultimately
Tradi

becoming well-mannered pets and even service dogs. With his labor of love complete, McMillan unites each dog with a forever family. Now, in his first book, McMillan shares the

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Tradi

knowledge he has gained working with thousands of dogs of every breed and personality to help readers turn their own pets into well-trained Lucky Dog graduates. Lucky Dog Lessons begins with the basics—building

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Tradition
trust, establishing
focus and control,
and mastering
training techniques.

From there,

McMillan explains
his playful, careful,
and kind approach
to training the 7

Common

Commands he

teaches every dog:

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SIT, STAY,
DOWN, COME,
OFF, HEEL, and
NO. Next,
McMillan provides
solutions to
common canine
behavior problems,
including house
training issues,
door dashing,
chewing, barking,

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and common

mealttime

misbehaviors.

Lucky Dog Lessons

includes easy-to-

follow steps,

illustrative

examples, tried-and-

true tips and tricks,

and photographs to

demonstrate each

technique.

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Throughout the book, McMillan shares inspiring stories about his favorite students and gives fans a behind-the-scenes look at the show and some of his most unique and challenging canine encounters,

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including some never-before-seen outtakes. Brandon McMillian believes that no dog is beyond saving, and the loving, positive, successful methods he offers will work wonders with even the most challenging dog.

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Tradi

Create the happy
pet family you want
with Lucky Dog
Lessons.

Atsushi and
Kyouka, struggling
to revive the
Detective Agency,
meet with
amysterious
benefactor to gain
information. As

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Tradi

they infiltrate the
Decay of the Angel's
Sky Casino, can
they slip through
the fangs of the
hunting dogs
and seize a faint
glimmer of hope?
Award-winning
illustrator Gabriel
Campanario first
introduced his

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approach to
drawing in The Art
of Urban
Sketching, a
showcase of more
than 500 sketches
and drawing tips
shared by more
than 100 urban
sketchers around
the world. Now, he
drills down into

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specific challenges
of making sketches
on location, rain or
shine, quickly or
slowly, and the
most suitable
techniques for
every situation, in
The Urban
Sketching
Handbook series.
It's easy to

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Tradi

overlook that
ample variety of
characters that
walk the streets
everyday. From
neighbors, dog
walkers and
shoppers to dancers
and joggers, the
people that move
through the cities
and towns are

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fascinating subjects
to study and sketch.

In The Urban
Sketching

Handbook: People
and Motion Gabriel
lays out keys to
help make the
experience of
drawing humans
and movements fun
and rewarding.

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Using composition,
depth, scale,
contrast, line and
creativity,
sketching out
citizens and the
way they move has
never been more
inspirational and
entertaining. This
guide will help you
to develop your

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own creative
approach, no
matter what your
skill level may be
today. As much as
The Urban
Sketching
Handbook: People
and Motion may
inspire you to draw
more individuals, it
can also help to

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increase your
appreciation of the
folks around you.
Drawing our postal
workers, shopkeeps
and neighbors, is a
great way to show
your appreciation
and creativity.

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