

The All New Switch The Complete Guide To Lan

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Healing Back Pain - John E. Sarno 2001-03-15
Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain-and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal yourself--without drugs, surgery or exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today.

All Boys Aren't Blue - George M. Johnson
2020-04-28

An Amazon Best Book of the Year optioned for television by Gabrielle Union! In a series of personal essays, prominent journalist and LGBTQIA+ activist George M. Johnson explores his childhood, adolescence, and college years in New Jersey and Virginia. From the memories of getting his teeth kicked out by bullies at age five, to flea marketing with his loving grandmother, to his first sexual relationships, this young-adult memoir weaves together the trials and triumphs faced by Black queer boys.

Both a primer for teens eager to be allies as well as a reassuring testimony for young queer men of color, *All Boys Aren't Blue* covers topics such as gender identity, toxic masculinity, brotherhood, family, structural marginalization, consent, and Black joy. Johnson's emotionally frank style of writing will appeal directly to young adults.

A Song for You - Robyn Crawford 2019-11-12
The New York Times Bestseller! After decades of silence, Robyn Crawford, close friend, collaborator, and confidante of Whitney Houston, shares her story. Whitney Houston is as big a superstar as the music business has ever known. She exploded on the scene in 1985 with her debut album and spent the next two decades dominating the charts and capturing the hearts of fans around the world. One person was there by her side through it all—her best friend, Robyn Crawford. Since Whitney's death in 2012, Robyn has stayed out of the limelight and held the great joys, wild adventures, and hard truths of her life with Whitney close to her heart. Now, for the first time ever, Crawford opens up in her memoir, *A Song for You*. With warmth, candor, and an impressive recall of detail, Robyn describes the two meeting as teenagers in the 1980s, and how their lives and friendship evolved as Whitney recorded her first album and Robyn pursued her promising Division I basketball career. Together during countless sold-out world tours, behind the scenes as hit after hit was recorded, through Whitney's marriage and the birth of her daughter, the two navigated often challenging families, great loves, and painful losses, always

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supporting each other with laughter and friendship. Deeply personal and heartfelt, *A Song for You* is the vital, honest, and previously untold story that provides an understanding of the complex life of Whitney Houston. Finally, the person who knew her best sets the record straight.

Switching to the Mac: The Missing Manual, El Capitan Edition - David Pogue 2016-01-15

Those who have made the switch from a Windows PC to a Mac have made *Switching to the Mac: The Missing Manual* a runaway bestseller. The latest edition of this guide delivers what Apple doesn't—everything you need to know to successfully and painlessly move your files and adapt to Mac's way of doing things. Written with wit and objectivity by *Missing Manual* series creator and bestselling author David Pogue, this book will have you up and running on your new Mac in no time.

The All-New Switch Book - Rich Seifert 2008-11-10

This much-needed update to the bestselling guide on the extensive changes to the local area networks (LAN) switching technologies explains why LAN switching technologies are critical to network design. This in-depth guide covers the capabilities, application, and design of LAN switches and switched internetworks and examines the significant changes that have taken place since the publication of the first edition seven years ago. You're sure to appreciate the witty writing style and easy-to-follow format on such an often-complicated subject matter.

Uprising - Diamond & Silk 2020-08-18

Coming on the threshold of what promises to be the most acrimonious presidential election in American history, Diamond and Silk's book will be a rallying cry for tens of millions of Americans who are tired of being told what to think and whom to vote for. Diamond and Silk's story is one of overcoming poverty and shame and choosing victory over victimhood. Theirs is a story that defies the left's narrative and that the mainstream media refuses to acknowledge, accept, and respect.

Switch - Chip Heath 2010-02-16

Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives? The primary obstacle is a conflict that's

built into our brains, say Chip and Dan Heath, authors of the critically acclaimed bestseller *Made to Stick*. Psychologists have discovered that our minds are ruled by two different systems - the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort - but if it is overcome, change can come quickly. In *Switch*, the Heaths show how everyday people - employees and managers, parents and nurses - have united both minds and, as a result, achieved dramatic results: • The lowly medical interns who managed to defeat an entrenched, decades-old medical practice that was endangering patients • The home-organizing guru who developed a simple technique for overcoming the dread of housekeeping • The manager who transformed a lackadaisical customer-support team into service zealots by removing a standard tool of customer service In a compelling, story-driven narrative, the Heaths bring together decades of counterintuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformative change. *Switch* shows that successful changes follow a pattern, a pattern you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.

The Switch Book - Rich Seifert 2000-07-11

* Explores the architecture and data flow through a typical switch, including an analysis of switch fabric options

All American Boys - Jason Reynolds 2015-09-29

A 2016 Coretta Scott King Author Honor book, and recipient of the Walter Dean Myers Award for Outstanding Children's Literature. In this New York Times bestselling novel, two teens—one black, one white—grapple with the repercussions of a single violent act that leaves their school, their community, and, ultimately, the country bitterly divided by racial tension. A bag of chips. That's all sixteen-year-old Rashad is looking for at the corner bodega. What he finds instead is a fist-happy cop, Paul Galluzzo, who mistakes Rashad for a shoplifter, mistakes Rashad's pleadings that he's stolen nothing for

belligerence, mistakes Rashad's resistance to leave the bodega as resisting arrest, mistakes Rashad's every flinch at every punch the cop throws as further resistance and refusal to STAY STILL as ordered. But how can you stay still when someone is pounding your face into the concrete pavement? There were witnesses: Quinn Collins—a varsity basketball player and Rashad's classmate who has been raised by Paul since his own father died in Afghanistan—and a video camera. Soon the beating is all over the news and Paul is getting threatened with accusations of prejudice and racial brutality. Quinn refuses to believe that the man who has basically been his savior could possibly be guilty. But then Rashad is absent. And absent again. And again. And the basketball team—half of whom are Rashad's best friends—start to take sides. As does the school. And the town. Simmering tensions threaten to explode as Rashad and Quinn are forced to face decisions and consequences they had never considered before. Written in tandem by two award-winning authors, this four-starred reviewed tour de force shares the alternating perspectives of Rashad and Quinn as the complications from that single violent moment, the type taken directly from today's headlines, unfold and reverberate to highlight an unwelcome truth.

The Undocumented Americans - Karla

Cornejo Villavicencio 2021-04-06

NATIONAL BOOK AWARD FINALIST • One of the first undocumented immigrants to graduate from Harvard reveals the hidden lives of her fellow undocumented Americans in this deeply personal and groundbreaking portrait of a nation. "Karla's book sheds light on people's personal experiences and allows their stories to be told and their voices to be heard."—Selena Gomez FINALIST FOR THE NBCC JOHN LEONARD AWARD • NAMED A BEST BOOK OF THE YEAR BY THE LOS ANGELES TIMES, THE NEW YORK TIMES BOOK REVIEW, NPR, THE NEW YORK PUBLIC LIBRARY, BOOK RIOT, LIBRARY JOURNAL, AND TIME Writer Karla Cornejo Villavicencio was on DACA when she decided to write about being undocumented for the first time using her own name. It was right after the election of 2016, the day she realized the story she'd tried to steer clear of was the only one she wanted to tell. So she wrote her

immigration lawyer's phone number on her hand in Sharpie and embarked on a trip across the country to tell the stories of her fellow undocumented immigrants—and to find the hidden key to her own. Looking beyond the flashpoints of the border or the activism of the DREAMers, Cornejo Villavicencio explores the lives of the undocumented—and the mysteries of her own life. She finds the singular, effervescent characters across the nation often reduced in the media to political pawns or nameless laborers. The stories she tells are not deferential or naively inspirational but show the love, magic, heartbreak, insanity, and vulgarity that infuse the day-to-day lives of her subjects. In New York, we meet the undocumented workers who were recruited into the federally funded Ground Zero cleanup after 9/11. In Miami, we enter the ubiquitous botanicas, which offer medicinal herbs and potions to those whose status blocks them from any other healthcare options. In Flint, Michigan, we learn of demands for state ID in order to receive life-saving clean water. In Connecticut, Cornejo Villavicencio, childless by choice, finds family in two teenage girls whose father is in sanctuary. And through it all we see the author grappling with the biggest questions of love, duty, family, and survival. In her incandescent, relentlessly probing voice, Karla Cornejo Villavicencio combines sensitive reporting and powerful personal narratives to bring to light remarkable stories of resilience, madness, and death. Through these stories we come to understand what it truly means to be a stray. An expendable. A hero. An American.

Civil Rights Queen - Tomiko Brown-Nagin
2022-01-25

With the US Supreme Court confirmation of Ketanji Brown Jackson, "it makes sense to revisit the life and work of another Black woman who profoundly shaped the law: Constance Baker Motley" (CNN). The first major biography of one of our most influential judges—an activist lawyer who became the first Black woman appointed to the federal judiciary—that provides an eye-opening account of the twin struggles for gender equality and civil rights in the 20th Century. "A must-read for anyone who dares to believe that equal justice under the law is possible and is in search of a model for how to make it a reality."

—Anita Hill Born to an aspirational blue-collar

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family during the Great Depression, Constance Baker Motley was expected to find herself a good career as a hair dresser. Instead, she became the first black woman to argue a case in front of the Supreme Court, the first of ten she would eventually argue. The only black woman member in the legal team at the NAACP's Inc. Fund at the time, she defended Martin Luther King in Birmingham, helped to argue in *Brown vs. The Board of Education*, and played a critical role in vanquishing Jim Crow laws throughout the South. She was the first black woman elected to the state Senate in New York, the first woman elected Manhattan Borough President, and the first black woman appointed to the federal judiciary. *Civil Rights Queen* captures the story of a remarkable American life, a figure who remade law and inspired the imaginations of African Americans across the country. Burnished with an extraordinary wealth of research, award-winning, esteemed Civil Rights and legal historian and dean of the Harvard Radcliffe Institute, Tomiko Brown-Nagin brings Motley to life in these pages. Brown-Nagin compels us to ponder some of our most timeless and urgent questions--how do the historically marginalized access the corridors of power? What is the price of the ticket? How does access to power shape individuals committed to social justice? In *Civil Rights Queen*, she dramatically fills out the picture of some of the most profound judicial and societal change made in twentieth-century America.

The Leadership Mind Switch: Rethinking How We Lead in the New World of Work - D. A. Benton 2017-06-23

Lead your company to success in the New Industrial Revolution! The world of business has completely transformed in recent years—and the pace of change will only increase in coming years. But one thing remains the same: Quality leadership is the hinge on which the fate of every organization swings. *The Leadership Mind Switch* provides the critical lessons you need to lead your company in a fully globalized business world where radical technologies reign supreme. Debra Benton and Kylie Wright-Ford have helped some of today's most top executives successfully position themselves and their companies for the future. Now, in this groundbreaking leadership guide, they share

their insight with you. Learn how to effectively lead a workforce that: Is rich in demographic texture—representing as many as four different generations Has varying—and sometimes conflicting—expectations of the company Operates with different ideas about what success looks like Uses, approaches, and even understands technology in different ways The answers to these questions and many others are all here. You'll learn how to be the kind of leader who is both firm in his or her decisions but maintains an air of approachability. You'll learn how to drive high productivity while keeping your workers happy and satisfied in their jobs. And you'll learn how to embrace new technologies without sacrificing the human touch—which is the hallmark of great leadership. It will take unprecedented levels of agility, confidence, and fearlessness to lead into the future. Make the leadership mind switch to seize the competitive edge now in order to drive profits and growth tomorrow.

THE GREAT GATSBY - F. SCOTT FITZGERALD 2022

THE GREAT GATSBY BY F. SCOTT FITZGERALD

Key features of this book: * Unabridged with 100% of it's original content * Available in multiple formats: eBook, original paperback, large print paperback and hardcover * Easy-to-read 12 pt. font size * Proper paragraph formatting with Indented first lines, 1.25 Line Spacing and Justified Paragraphs * Properly formatted for aesthetics and ease of reading. * Custom Table of Contents and Design elements for each chapter * The Copyright page has been placed at the end of the book, as to not impede the content and flow of the book. Original publication: 1925 *The Great Gatsby* - The story of the mysteriously wealthy Jay Gatsby and his love for the beautiful Daisy Buchanan, This book is F. Scott Fitzgerald's third book and stands as the supreme achievement of his career. First published in 1925, this classic novel of the Jazz Age has been acclaimed by generations of readers which depicts the life of lavish parties on Long Island is an exquisitely crafted tale of America in the 1920s. This book is great for schools, teachers and students or for the casual reader, and makes a wonderful addition to any classic literary library At Pure Snow Publishing we have taken the time and care into formatting

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this book to make it the best possible reading experience. We specialize in publishing classic books and have been publishing books since 2014. We now have over 500 book listings available for purchase. Enjoy!

The Strength Switch - Lea Waters 2017-08-10
Unlock your child's potential by helping them build their strengths. As a strengths-based scientist for more than 20 years, Dr Lea Waters has witnessed first-hand how focusing on our children's strengths, rather than correcting their weaknesses, can help build resilience and optimism, and offer protection from depression and anxiety. In this game-changing book, she argues that by throwing the 'strength switch' parents can encourage creativity, develop their children's self-esteem and energy, and enhance achievement — and she offers easy-to-follow steps to teach parents how. With specific tips for interacting with your kids and your teens, The Strength Switch offers all the tools parents need to discover talents in their children, use positive emotions as a resource, build strong brains, and deal with problem behaviours and difficult emotions. This essential book will show parents how a small shift can yield enormous results.

Becoming Abolitionists - Derecka Purnell
2021-10-05

A NONAME BOOK CLUB PICK Named a Kirkus Reviews "Best Book of 2021" "Becoming Abolitionists is ultimately about the importance of asking questions and our ability to create answers. And in the end, Purnell makes it clear that abolition is a labor of love—one that we can accomplish together if only we decide to." —Nia Evans, Boston Review For more than a century, activists in the United States have tried to reform the police. From community policing initiatives to increasing diversity, none of it has stopped the police from killing about three people a day. Millions of people continue to protest police violence because these "solutions" do not match the problem: the police cannot be reformed. In *Becoming Abolitionists*, Purnell draws from her experiences as a lawyer, writer, and organizer initially skeptical about police abolition. She saw too much sexual violence and buried too many friends to consider getting rid of police in her hometown of St. Louis, let alone the nation. But the police were a placebo. Calling them felt like something, and something

feels like everything when the other option seems like nothing. Purnell details how multi-racial social movements rooted in rebellion, risk-taking, and revolutionary love pushed her and a generation of activists toward abolition. The book travels across geography and time, and offers lessons that activists have learned from Ferguson to South Africa, from Reconstruction to contemporary protests against police shootings. Here, Purnell argues that police can not be reformed and invites readers to envision new systems that work to address the root causes of violence. *Becoming Abolitionists* shows that abolition is not solely about getting rid of police, but a commitment to create and support different answers to the problem of harm in society, and, most excitingly, an opportunity to reduce and eliminate harm in the first place.

[The World Book Encyclopedia](#) - 2002

An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.

In Defense of Looting - Vicky Osterweil
2020-08-25

A fresh argument for rioting and looting as our most powerful tools for dismantling white supremacy Looting--a crowd of people publicly, openly, and directly seizing goods--is one of the more extreme actions that can take place in the midst of social unrest. Even self-identified radicals distance themselves from looters, fearing that violent tactics reflect badly on the broader movement. But Vicky Osterweil argues that stealing goods and destroying property are direct, pragmatic strategies of wealth redistribution and improving life for the working class--not to mention the brazen messages these methods send to the police and the state. All our beliefs about the innate righteousness of property and ownership, Osterweil explains, are built on the history of anti-Black, anti-Indigenous oppression. From slave revolts to labor strikes to the modern-day movements for climate change, Black lives, and police abolition, Osterweil makes a convincing case for rioting and looting as weapons that bludgeon the status quo while uplifting the poor and marginalized. *In Defense of Looting* is a history of violent protest sparking social change, a compelling reframing of revolutionary activism, and a practical vision for a dramatically restructured society.

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The Switch - Chris Goodall 2016-07-07

How will the world be powered in ten years' time? Not by fossil fuels. Energy experts are all saying the same thing: solar photovoltaics (PV) is our future. Reports from universities, investment banks, international institutions and large investors agree. It's not about whether the switch from fossil fuels to solar power will happen, but when. Solar panels are being made that will last longer than ever hoped; investors are seeing the benefits of the long-term rewards provided by investing in solar; in the Middle East, a contractor can now offer solar-powered electricity far cheaper than that of a coal-fired power station. The Switch tracks the transition away from coal, oil and gas to a world in which the limitless energy of the sun provides much of the energy the 10 billion people of this planet will need. It examines both the solar future and how we will get there, and the ways in which we will provide stored power when the sun isn't shining. We learn about artificial photosynthesis from a start-up in the US that is making petrol from just CO₂ and sunlight; ideas on energy storage are drawn from a company in Germany that makes batteries for homes; in the UK, a small company in Swindon has the story of wind turbines; and in Switzerland, a developer shows how we can use hydrogen to make 'renewable' natural gas for heating. Told through the stories of entrepreneurs, inventors and scientists from around the world, and using the latest research and studies, The Switch provides a positive solution to the climate change crisis, and looks to a brighter future ahead.

Packet Guide to Routing and Switching - Bruce Hartpence 2011-09

Go beyond layer 2 broadcast domains with this in-depth tour of advanced link and internetwork layer protocols, and learn how they enable you to expand to larger topologies. An ideal follow-up to *Packet Guide to Core Network Protocols*, this concise guide dissects several of these protocols to explain their structure and operation. This isn't a book on packet theory. Author Bruce Hartpence built topologies in a lab as he wrote this guide, and each chapter includes several packet captures. You'll learn about protocol classification, static vs. dynamic topologies, and reasons for installing a particular route. This guide covers: Host

routing—Process a routing table and learn how traffic starts out across a network
Static routing—Build router routing tables and understand how forwarding decisions are made and processed
Spanning Tree Protocol—Learn how this protocol is an integral part of every network containing switches
Virtual Local Area Networks—Use VLANs to address the limitations of layer 2 networks
Trunking—Get an in-depth look at VLAN tagging and the 802.1Q protocol
Routing Information Protocol—Understand how this distance vector protocol works in small, modern communication networks
Open Shortest Path First—Discover why convergence times of OSPF and other link state protocols are improved over distance vectors

Windows 10 - David Pogue 2018-07-15

"Microsoft's last Windows version, the April 2018 Update, is a glorious Santa sack full of new features and refinements. What's still not included, though, is a single page of printed instructions. Fortunately, David Pogue is back to help you make sense of it all—with humor, authority, and 500 illustrations."--Page 4 of cover.

Switching in Systems and Control - Daniel Liberzon 2012-12-06

The theory of switched systems is related to the study of hybrid systems, which has gained attention from control theorists, computer scientists, and practicing engineers. This book examines switched systems from a control-theoretic perspective, focusing on stability analysis and control synthesis of systems that combine continuous dynamics with switching events. It includes a vast bibliography and a section of technical and historical notes.

High Performance JavaScript - Nicholas C. Zakas 2010-03-11

If you're like most developers, you rely heavily on JavaScript to build interactive and quick-responding web applications. The problem is that all of those lines of JavaScript code can slow down your apps. This book reveals techniques and strategies to help you eliminate performance bottlenecks during development. You'll learn how to improve execution time, downloading, interaction with the DOM, page life cycle, and more. Yahoo! frontend engineer Nicholas C. Zakas and five other JavaScript experts—Ross Harmes, Julien Lecomte, Steven

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Levithan, Stoyan Stefanov, and Matt Sweeney—demonstrate optimal ways to load code onto a page, and offer programming tips to help your JavaScript run as efficiently and quickly as possible. You'll learn the best practices to build and deploy your files to a production environment, and tools that can help you find problems once your site goes live. Identify problem code and use faster alternatives to accomplish the same task Improve scripts by learning how JavaScript stores and accesses data Implement JavaScript code so that it doesn't slow down interaction with the DOM Use optimization techniques to improve runtime performance Learn ways to ensure the UI is responsive at all times Achieve faster client-server communication Use a build system to minify files, and HTTP compression to deliver them to the browser

Network Warrior - Gary A. Donahue
2011-05-13

Pick up where certification exams leave off. With this practical, in-depth guide to the entire network infrastructure, you'll learn how to deal with real Cisco networks, rather than the hypothetical situations presented on exams like the CCNA. Network Warrior takes you step by step through the world of routers, switches, firewalls, and other technologies based on the author's extensive field experience. You'll find new content for MPLS, IPv6, VoIP, and wireless in this completely revised second edition, along with examples of Cisco Nexus 5000 and 7000 switches throughout. Topics include: An in-depth view of routers and routing Switching, using Cisco Catalyst and Nexus switches as examples SOHO VoIP and SOHO wireless access point design and configuration Introduction to IPv6 with configuration examples Telecom technologies in the data-networking world, including T1, DS3, frame relay, and MPLS Security, firewall theory, and configuration, as well as ACL and authentication Quality of Service (QoS), with an emphasis on low-latency queuing (LLQ) IP address allocation, Network Time Protocol (NTP), and device failures

The Switch - James W. Clement 2021-04-27
"How can you lose dramatic weight, reverse chronic conditions, and stay healthier longer? Flip the switch on your metabolism with intermittent fasting, protein restriction, and

ketosis! Lose weight. Reverse Chronic Conditions. Live Healthier Longer. Within each of us is an ancient mechanism that eliminates toxic materials, initiates fat burning, and protects cells against stress. It's called autophagy, and when it's turned on, the complex operation can not only slow down the aging process, but can optimize biological function as a whole, helping to stave off all manner of disease—from diabetes to dementia—and affording us the healthy lifespan we never thought possible. So how can we activate this switch through diet? How frequently should we fast and for how long? Must we abstain from all foods or just specific macronutrients? What's the sweet spot between intermittent fasting, protein restriction, and ketogenic eating? Backed by a wealth of data, and with a practical program anyone can follow for lasting results, *The Switch* not only decodes the science of autophagy, but also teaches you how to control it and benefit from its profound impact"--

The Master Switch - Tim Wu 2010-11-02
A New Yorker and Fortune Best Book of the Year "A must-read for all Americans who want to remain the ones deciding what they can read, watch, and listen to." —Arianna Huffington Analyzing the strategic maneuvers of today's great information powers—Apple, Google, and an eerily resurgent AT&T—Tim Wu uncovers a time-honored pattern in which invention begets industry and industry begets empire. It is easy to forget that every development in the history of the American information industry—from the telephone to radio to film—once existed in an open and chaotic marketplace inhabited by entrepreneurs and utopians, just as the Internet does today. Each of these, however, grew to be dominated by a monopolist or cartel. In this pathbreaking book, Tim Wu asks: will the Internet follow the same fate? Could the Web—the entire flow of American information—come to be ruled by a corporate leviathan in possession of "the master switch"? Here, Tim Wu shows how a battle royale for the Internet's future is brewing, and this is one war we dare not tune out.

The Switch - Sandra Brown 2013-08-27
From #1 New York Times bestselling author Sandra Brown comes another masterful creation, a riveting novel of suspense, revenge,

and unpredictable twists and turns...When Melina suggests that her twin sister Gillian take her place as a media escort to an astronaut, she initially refuses. The following morning Melina is horrified to learn that her sister has been murdered. Now she must work together to learn the truth behind her sister's death, and discover the identity of the killer, whose plans are far from over.

[Kill Switch: The Rise of the Modern Senate and the Crippling of American Democracy](#) - Adam Jentleson 2021-01-12

With a new epilogue on filibuster battles under the Biden administration THE CASE FOR ENDING THE FILIBUSTER "A truly excellent book... blistering and persuasive." —Ezra Klein, New York Times An insider's account of how politicians representing a radical white minority of Americans have used "the world's greatest deliberative body" to hijack our democracy. Our democracy is under assault from homegrown authoritarians, with most observers blaming Donald Trump and the Republican Party that submitted to him. Yet as Adam Jentleson shows, the problem not only goes back to the nineteenth century, but is less about the presidency than it is about our nation's most venerated institution: the United States Senate. A revelatory history of minority rule in America as expressed through the Senate filibuster, Kill Switch shows that white conservatives have long relied on the filibuster—which is not featured in the Constitution, and which, as Jentleson demonstrates, the Framers would have opposed—to shut down attempts to create a multiracial democracy. Featuring a new epilogue on filibuster battles under the Biden administration, Kill Switch will remain an essential warning about the costs of empowering this nation's right-wing minority. • "Jentleson understands the inner workings of the institution, down to the most granular details, showing precisely how arcane procedural rules can be leveraged to dramatic effect." —Jennifer Szalai, New York Times • "Careful and thorough and exacting." —Michael Tomasky, New York Review of Books • "[An] excellent, surprising new book." —Benjamin Wallace-Wells, The New Yorker

[In the Country of Others](#) - Leila Slimani 2021-08-10

The award-winning, #1 internationally bestselling new novel by the author of The Perfect Nanny that "lays bare women's intimate, lacerating experience of war" (The New York Times Book Review) After World War II, Mathilde leaves France for Morocco to be with her husband, whom she met while he was fighting for the French army. A spirited young woman, she now finds herself a farmer's wife, her vitality sapped by the isolation, the harsh climate, and the mistrust she inspires as a foreigner. But she refuses to be subjugated or confined to her role as mother of a growing family. As tensions mount between the Moroccans and the French colonists, Mathilde's fierce desire for autonomy parallels her adopted country's fight for independence in this lush and transporting novel about race, resilience, and women's empowerment.

[The Big Switch: Rewiring the World, from Edison to Google](#) - Nicholas Carr 2009-01-19

Offers predictions about the shift from private computer systems to Internet-based networks for computer-based businesses, and how the change will impact economics, culture, and society.

[The Switch](#) - Beth O'Leary 2020-08-18

A grandmother and granddaughter swap lives in The Switch, a charming, romantic novel by Beth O'Leary, who has been hailed as "the new Jojo Moyes" (Cosmopolitan UK)... When overachiever Leena Cotton is ordered to take a two-month sabbatical after blowing a big presentation at work, she escapes to her grandmother Eileen's house for some long-overdue rest. Eileen is newly single and about to turn eighty. She'd like a second chance at love, but her tiny Yorkshire village doesn't offer many eligible gentlemen. So they decide to try a two-month swap. Eileen will live in London and look for love. She'll take Leena's flat, and learn all about casual dating, swiping right, and city neighbors. Meanwhile Leena will look after everything in rural Yorkshire: Eileen's sweet cottage and garden, her idyllic, quiet village, and her little neighborhood projects. But stepping into one another's shoes proves more difficult than either of them expected. Will swapping lives help Eileen and Leena find themselves...and maybe even find true love? In Beth O'Leary's The Switch, it's never too late to change

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everything....or to find yourself.

Flipping a Switch: Your Guide to Happiness and Financial Security in Later Life - Barbara O'Neill
2020-07-30

Leaving full-time employment to enter retirement often requires a 180-degree change--in mindset and behavior--from the way you managed your time and money previously. This is especially true for Baby Boomers who may have never experienced adult life without a full-time job and have been practicing the same habits since their 20s. These life transitions can be looked at as if they require "flipping a switch." Some changes happen suddenly like an on/off switch, while others happen over time like a "dimmer switch". Some "switches" are voluntary like spending accumulated savings, while some are mandatory like taking required minimum distributions starting at age 72. And to make matters more confusing, there are also lifestyle and social changes to consider as well. Flipping a Switch discusses 35 financial, lifestyle, and social transitions you'll encounter upon entering retirement, including: • Full-time work to new pastimes • Saving money to spending money • Receiving a paycheck to creating a "paycheck" • Funding retirement savings plans to taking required minimum distribution withdrawals • Accumulating possessions to downsizing Everyone has unique "switches" to flip. *Flipping a Switch: Your Guide to Happiness and Financial Security in Later Life* offers important information and guidance new retirees need before undertaking their new life. Each chapter includes a "How to Flip This Switch" section with suggested action steps. Nationally known speaker, author, and Certified Financial Planner® Dr. Barbara O'Neill will help you develop a plan to become your best future self.

My Monticello - Jocelyn Nicole Johnson
2021-10-05

"A badass debut by any measure—nimble, knowing, and electrifying." —Colson Whitehead, Pulitzer Prize-winning author of *The Nickel Boys* and *Harlem Shuffle* "...'*My Monticello*' is, quite simply, an extraordinary debut from a gifted writer with an unflinching view of history and what may come of it." — The Washington Post Winner of the Weatherford Award in Fiction A winner of 2022 Lillian Smith Book Awards A

young woman descended from Thomas Jefferson and Sally Hemings driven from her neighborhood by a white militia. A university professor studying racism by conducting a secret social experiment on his own son. A single mother desperate to buy her first home even as the world hurtles toward catastrophe. Each fighting to survive in America. Tough-minded, vulnerable, and brave, Jocelyn Nicole Johnson's precisely imagined debut explores burdened inheritances and extraordinary pursuits of belonging. Set in the near future, the eponymous novella, "My Monticello," tells of a diverse group of Charlottesville neighbors fleeing violent white supremacists. Led by Da'Naisha, a young Black descendant of Thomas Jefferson and Sally Hemings, they seek refuge in Jefferson's historic plantation home in a desperate attempt to outlive the long-foretold racial and environmental unravelling within the nation. In "Control Negro," hailed by Roxane Gay as "one hell of a story," a university professor devotes himself to the study of racism and the development of ACMs (average American Caucasian males) by clinically observing his own son from birth in order to "painstakingly mark the route of this Black child too, one whom I could prove was so strikingly decent and true that America could not find fault in him unless we as a nation had projected it there." Johnson's characters all seek out home as a place and an internal state, whether in the form of a Nigerian widower who immigrates to a meager existence in the city of Alexandria, finding himself adrift; a young mixed-race woman who adopts a new tongue and name to escape the landscapes of rural Virginia and her family; or a single mother who seeks salvation through "Buying a House Ahead of the Apocalypse." United by these characters' relentless struggles against reality and fate, *My Monticello* is a formidable book that bears witness to this country's legacies and announces the arrival of a wildly original new voice in American fiction.

The Fashion Switch - Joanne Yulan Jong
2017-10-04

Independent owner-led fashion businesses face unique challenges. They are competing with big brands with unlimited budgets while simultaneously losing market share to agile, digital-savvy newcomers. Without creative and

strategic clarity, you could lose the business you have worked so hard to build.

The Little Engine That Could - Watty Piper

2021-05-11

Make family reading a regular and cherished activity with *The Little Engine That Could* and READ TOGETHER, BE TOGETHER, a nationwide movement developed by Penguin Random House in partnership with Parents magazine. The kindness and determination of the Little Blue Engine have inspired millions of children around the world since the story was first published in 1930. Cherished by readers for ninety years, *The Little Engine That Could* is a classic tale of a little engine that, despite her size, triumphantly pulls a train full of wonderful things to the children waiting on the other side of a mountain. Now parents and educators can introduce the importance of determination and kindness to younger readers with this classic picture book! Don't miss READ TOGETHER, BE TOGETHER throughout July and be sure to celebrate the importance, and power, of the shared reading experience between an adult and a child. Picture books in the READ TOGETHER, BE TOGETHER program are available at a low price for a limited time so that families everywhere can make the most of storytime. Other titles include: *Horton Hears a Who* (Dr. Seuss) *Llama Llama Misses Mama* (Anna Dewdney) *Richard Scarry's Cars and Trucks and Things That Go* (Richard Scarry) *The Little Engine That Could* (Watty Piper) *The Very Busy Spider* (Eric Carle)

A Chosen Exile - Allyson Hobbs 2014-10-13

Countless African Americans have passed as white, leaving behind families and friends, roots and communities. It was, as Allyson Hobbs writes, a chosen exile. This history of passing explores the possibilities, challenges, and losses that racial indeterminacy presented to men and women living in a country obsessed with racial distinctions.

[The Energy Switch](#) - Peter Kelly-Detwiler

2021-06-15

The energy industry is changing, and it's far more than just solar panels. Electric vehicles look to overtake gasoline-powered cars within our lifetimes, wind farms are popping up in unlikely places, traders are transforming energy into a commodity, and supercomputers are crunching vast amounts of data in nanoseconds

while helping to keep our energy grids secure from hackers. The way humans produce, distribute and consume power will be cleaner, cheaper, and infinitely more complex within the next decade. In *The Energy Switch*, leading energy industry expert Peter Kelly-Detwiler looks at all aspects of the transformation: how we got here, where we are going, and the implications for all of us in our daily lives. Kelly-Detwiler takes readers to the frontlines of the energy revolution. Meet Steve Collins, an executive from Commercial Development Corporation, the company that blew up two \$570-million-dollar concrete cooling towers to create a staging ground for the new \$70 billion U.S. offshore wind industry; Rob Threlkeld, a General Motors executive who convinced the auto giant to sign multiple 20-year renewable energy contracts worth hundreds of millions; Kevin McAlpin, a Texas homeowner who buys the power for his home on the electricity spot market - where prices can soar from less than one cent a kilowatt-hour to \$9.00 over the course of a single day; Dr. Kristin Persson, who oversees a supercomputer that can process data at 30 quadrillion calculations per second, in the quest for better renewable energy and battery technologies; and John Davis, a Texas rancher who can keep his land intact, with help from the royalty payments from seven turbines spinning on his range. Energy creation and distribution has driven society's progress for centuries.

Today, people are increasingly aware that it is imperative that humans move towards a cleaner, digitized, and democratized energy economy.

The Energy Switch is about that multi-trillion dollar transformation, told from the perspective of those leading us to that bright future.

[Star Switch](#) - Alesha Dixon 2020-03-05

Naomi is the biggest pop star on the planet and should be on top of the world... but she's tired of constant touring and missing her school friends and mum. Ruby is Naomi's biggest fan. She knows the words to every song and dreams of being Naomi's BFF. When the girls have an unexpected encounter and swap bodies, Ruby is thrust into the limelight.

Drawdown - Paul Hawken 2017-04-18

• New York Times bestseller • The 100 most substantive solutions to reverse global warming, based on meticulous research by leading

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scientists and policymakers around the world
 “At this point in time, the Drawdown book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope.”
 —Per Espen Stoknes, Author, *What We Think About When We Try Not To Think About Global Warming* “There’s been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom.” —David Roberts, *Vox* “This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook.” —Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA
 In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth’s warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.
[The Anti-Anxiety Workbook](#) - Martin M. Antony
 2015-04-27
 Recent breakthroughs in the study and treatment of anxiety are empowering countless people to find relief from chronic fears, worrying, phobias, and obsessions. This inviting

workbook shows how. The state-of-the-art program presented here is grounded in cognitive-behavioral therapy, the most effective treatment for anxiety. No matter what type of anxiety problem you suffer from, leading experts Drs. Martin M. Antony and Peter J. Norton provide an unrivaled toolkit of proven strategies to help you: *Understand what anxiety is and how it gets out of control *Identify your anxiety triggers *Change the beliefs and behaviors that make symptoms worse *Develop a safe, gradual plan for confronting feared situations *Learn the facts about medications and herbal remedies *Achieve a new level of calm with relaxation and meditation techniques *Find the right professional help, if and when you need it Vivid examples and user-friendly worksheets (you can download and print additional copies as needed) guide you to put the book's science-based techniques into action. Effective problem-solving tips ease you through the rough spots in recovery. If you're ready to take back your life from anxiety, you've come to the right place.
 Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit
So Many Beginnings: A Little Women Remix
 - Bethany C. Morrow 2021-09-07
 Four young Black sisters come of age during the American Civil War in *So Many Beginnings*, a warm and powerful YA remix of the classic novel *Little Women*, by national bestselling author Bethany C. Morrow. North Carolina, 1863. As the American Civil War rages on, the Freedpeople's Colony of Roanoke Island is blossoming, a haven for the recently emancipated. Black people have begun building a community of their own, a refuge from the shadow of the "old life." It is where the March family has finally been able to safely put down roots with four young daughters: Meg, a teacher who longs to find love and start a family of her own. Jo, a writer whose words are too powerful to be contained. Beth, a talented seamstress searching for a higher purpose. Amy, a dancer eager to explore life outside her family's home. As the four March sisters come into their own as independent young women, they will face first love, health struggles, heartbreak, and new horizons. But they will face it all together. Praise for *So Many Beginnings: A Little Women Remix* "Morrow’s ability to take the lingering stain of

slavery on American history and use it as a catalyst for unbreakable love and resilience is flawless. That she has remixed a canonical text to do so only further illuminates the need to critically question who holds the pen in telling our nation's story." —Booklist, starred review "Bethany C. Morrow's prose is a sharpened blade in a practiced hand, cutting to the core of our nation's history. ... A devastatingly precise reimagining and a joyful celebration of

sisterhood. A narrative about four young women who unreservedly deserve the world, and a balm for wounds to Black lives and liberty." —Tracy Deonn, New York Times-bestselling author of Legendborn "A tender and beautiful retelling that will make you fall in love with the foursome all over again." —Tiffany D. Jackson, New York Times-bestselling author of White Smoke and Grown