

Reliant Shaper User Guide

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Smash

Market shaping is a powerful strategy that unleashes value gains from greater market size, efficiency and profitability. This book, written by experts in the field, presents a universal, teachable, and actionable framework for understanding and shaping markets.

The Chinese Air Force

This essential classic title provides a comprehensive foundation in the C# programming language and the frameworks it lives in. Now in its 8th edition, you'll find all the very latest C# 7.1 and .NET 4.7 features here, along with four brand new chapters on Microsoft's lightweight, cross-platform framework, .NET Core, up to and including .NET Core 2.0. Coverage of ASP.NET Core, Entity Framework (EF) Core, and more, sits alongside the latest updates to .NET, including Windows Presentation Foundation (WPF), Windows Communication Foundation (WCF), and ASP.NET MVC. Dive in and discover why Pro C# has been a favorite of C# developers worldwide for over 15 years. Gain a solid foundation in object-oriented development techniques, attributes and reflection, generics and collections as well as numerous advanced topics not found in other texts (such as CIL opcodes and emitting dynamic assemblies). With the help of this book you'll have the confidence to put C# into practice and explore the .NET universe on your own terms. What You Will Learn Discover the latest C# 7.1 features, from tuples to pattern matching Hit the ground running with Microsoft's lightweight, open source .NET Core platform, including ASP.NET Core MVC, ASP.NET Core web services, and Entity Framework Core Find complete coverage of XAML, .NET 4.7, and Visual Studio 2017 Understand the philosophy behind .NET and the new, cross-platform alternative,

.NET Core

Alcohol and Aging

This accessible text provides a lively introduction to the essential skills of creative problem solving. Using extensive case-studies and examples from a range of business situations, it explores various problem-solving theories and techniques, illustrating how these can be used to solve a range of management problems. Thoroughly revised and redesigned, this new edition retains the accessible and imaginative approach to problem-solving skills of the first edition. Contents include: * blocks to creativity and how to overcome them * key techniques including lateral thinking, morphological analysis and synectics * computer-assisted problem solving * increased coverage of group problem-solving techniques and paradigm shift. As creativity is increasingly recognized as a key skill for successful managers, this book will be welcomed as a comprehensive introduction for students and practising managers alike.

Guaranteed to Fail

Your Strategy Needs a Strategy

This book provides a current perspective on alcohol and aging to better understand the trends, costs, benefits, and clinical and community evidenced-based strategies. This book embraces not only the physical, cognitive, psychological, and social health benefits of moderate drinking in the elderly, it also delves into the risks of excessive drinking, including physical and psychiatric morbidity, neurodegeneration, medication complications, and accidents and injuries, and loss of independence. Written by experts in the field, this book is the only current text that includes the most current scientific, research, empirical, and practice information alongside a comprehensive review of the status of the field that will help guide alcohol use management and stimulate future research. Alcohol and Aging is the ultimate resource for all researchers, educators, clinicians, and professionals working with older adults who drink.

Carpentry and Joinery 1

Presenting biographical background and excerpted critical assessments of important visual artists from the late 19th century to the present, Modern Arts Criticism should be of interest to teachers and students of art, art history, design, photography, the humanities, and architecture. The book culls hundreds of critical essays from books and periodicals and presents them in one convenient source.

Will Bonsall's Essential Guide to Radical, Self-Reliant Gardening

The ultimate guide for those using or planning to use business consultants - and for consultants themselves In the last three decades of the 20th century the management consultancy industry grew at a cracking pace but increased scepticism about the value that consultants genuinely add, combined with the economic slowdown, has made life much tougher for the consulting industry. As firms have cut back on consulting services and begun to review the way they use consultants, consulting firms themselves are looking at how they need to change. People are now talking about business consulting rather than management consulting. Using real examples from a range of private sector firms, public sector organisations and from the consultants themselves, this book explores the new business consulting world and looks at every element of it with the aim of both helping firms make better use of consultants and showing consultants how they need to adapt and provide their clients a better service.

Hands-On Network Forensics

Contents: (1) Recent Developments; (2) Background: Saudi Arabia (SA)-U.S. Relations, 1931-2001; 9/11 and its Aftermath; Recent Assessments; Terrorist Financing; (3) Congress. Interest in SA: U.S. Foreign Assist. to SA and Prohibitions; Counterterrorism Assist.; BAE Corruption Inquiry; (4) Current Issues in U.S.-SA Relations; Mil. Cooperation: Counterterrorism; Al Qaeda; Combating Extremism; Arab-Israeli Conflict; SA-Palestinian Relations; SA Policy Priorities in Iraq; U.S.-SA Trade; U.S. Oil Imports and SA Policy; SA Boycott of Israel and WTO Membership; Human Rights, Religious Freedom, and Political Reform; Leadership and Succession; Social Reform Debates and Recent Leadership Changes; Human Rights; Religious Freedom.

Visualizing Research

Gain basic skills in network forensics and learn how to apply them effectively Key Features Investigate network threats with ease Practice forensics tasks such as intrusion detection, network analysis, and scanning Learn forensics investigation at the network level Book Description Network forensics is a subset of digital forensics that deals with network attacks and their investigation. In the era of network attacks and malware threat, it's now more important than ever to have skills to investigate network attacks and vulnerabilities. Hands-On Network Forensics starts with the core concepts within network forensics, including coding, networking, forensics tools, and methodologies for forensic investigations. You'll then explore the tools used for network forensics, followed by understanding how to apply those tools to a PCAP file and write the accompanying report. In addition to this, you will understand how statistical flow analysis, network enumeration, tunneling and encryption, and malware detection can be used to investigate your network. Towards the end of this book, you will

discover how network correlation works and how to bring all the information from different types of network devices together. By the end of this book, you will have gained hands-on experience of performing forensics analysis tasks. What you will learn Discover and interpret encrypted traffic Learn about various protocols Understand the malware language over wire Gain insights into the most widely used malware Correlate data collected from attacks Develop tools and custom scripts for network forensics automation Who this book is for The book targets incident responders, network engineers, analysts, forensic engineers and network administrators who want to extend their knowledge from the surface to the deep levels of understanding the science behind network protocols, critical indicators in an incident and conducting a forensic search over the wire.

Mapping Cyberspace

Garbage Citizenship

The third edition of Carpentry and Joinery 1 is the first in a series of three books which together provide an authoritative but thoroughly practical guide to carpentry and joinery for students following City & Guilds and CITB courses, NVQ candidates, and a wide range of amateurs and professionals. Carpentry and Joinery 1 deals with the fundamentals of the subject from topics such as timber and wood preservation and protection, to a detailed outline of the tools available and information on the basic woodworking joints, adhesives and fixing devices. Books 2 and 3 show how to apply this fundamental knowledge. Details of craft theory, associated studies and practical procedures are integrated throughout each text. In this new edition chapters have been reorganised to produce a more coherent, student-focused course. All references to the Building Regulations and current legislation have been updated, and developments in current best practice have been incorporated.

Spindle Moulder Handbook

Can you adapt to the wide variety of learning environments in medicine? Can you show your best abilities in the exams at the same time as learning to be a doctor? Can you balance your studies with an enjoyable social life? Can you develop your professionalism and manage your 'digital footprint'? How to Succeed at Medical School will help you learn these vital skills, and much more. Written by experienced medical school teachers and packed full of case studies, illustrations, quotes from other students, tip boxes, exercises, portfolios and learning techniques to help you communicate, study and revise - it's an essential resource to help you thrive at medical school. This thoroughly updated second edition includes new chapters on Professionalism and Teaching, and provides invaluable insight into what to expect from the start of medical school right through to the start of your medical career.

Directory of Information Resources in Housing and Urban Development

The Architects' Handbook provides a comprehensive range of visual and technical information covering the great majority of building types likely to be encountered by architects, designers, building surveyors and others involved in the construction industry. It is organised by building type and concentrates very much on practical examples. Including over 300 case studies, the Handbook is organised by building type and concentrates very much on practical examples. It includes:

- a brief introduction to the key design considerations for each building type
- numerous plans, sections and elevations for the building examples
- references to key technical standards and design guidance
- a comprehensive bibliography for most building types

The book also includes sections on designing for accessibility, drawing practice, and metric and imperial conversion tables. To browse sample pages please see <http://www.blackwellpublishing.com/architectsdata>

Perceptions Are Reality

Publishers Weekly Most Anticipated Books of Fall 2019 A New York Times Editor's Pick People Best Books Fall 2019 Chicago Tribune 28 Books You Need to Read Now Booklist's Top Ten Sci-Tech Books of 2019 "It blew my mind to discover that teenage animals and teenage humans are so similar. Both are naive risk-takers. I loved this book!" —Temple Grandin, author of *Animals Make Us Human* and *Animals in Translation* A revelatory investigation of human and animal adolescence and young adulthood from the New York Times bestselling authors of *Zoobiquity*. With *Wildhood*, Harvard evolutionary biologist Barbara Natterson-Horowitz and award-winning science writer Kathryn Bowers have created an entirely new way of thinking about the crucial, vulnerable, and exhilarating phase of life between childhood and adulthood across the animal kingdom. In their critically acclaimed bestseller, *Zoobiquity*, the authors revealed the essential connection between human and animal health. In *Wildhood*, they turn the same eye-opening, species-spanning lens to adolescent young adult life. Traveling around the world and drawing from their latest research, they find that the same four universal challenges are faced by every adolescent human and animal on earth: how to be safe, how to navigate hierarchy; how to court potential mates; and how to feed oneself. Safety. Status. Sex. Self-reliance. How human and animal adolescents and young adults confront the challenges of wildhood shapes their adult destinies. Natterson-Horowitz and Bowers illuminate these core challenges through the lives of four animals in the wild: Ursula, a young king penguin; Shrink, a charismatic hyena; Salt, a matriarchal humpback whale; and Slavc, a roaming European wolf. Through their riveting stories—and those of countless others, from adventurous eagles and rambunctious high schooler to inexperienced orcas and naive young soldiers—readers get a vivid and game-changing portrait of adolescent young adults as a horizontal tribe, sharing behaviors and challenges, setbacks and triumphs. Upending our understanding of everything from risk-taking and anxiety to the origins of privilege and the nature of sexual coercion and consent, *Wildhood* is a profound and necessary guide to the perilous, thrilling, and

universal journey to adulthood on planet earth.

The Four

Semiconductor sensors patterned at the micron scale combined with custom-designed integrated circuits have revolutionized semiconductor radiation detector systems. Designs covering many square meters with millions of signal channels are now commonplace in high-energy physics and the technology is finding its way into many other fields, ranging from astrophysics to experiments at synchrotron light sources and medical imaging. This book is the first to present a comprehensive discussion of the many facets of highly integrated semiconductor detector systems, covering sensors, signal processing, transistors and circuits, low-noise electronics, and radiation effects. The diversity of design approaches is illustrated in a chapter describing systems in high-energy physics, astronomy, and astrophysics. Finally a chapter "Why things don't work" discusses common pitfalls. Profusely illustrated, this book provides a unique reference in a key area of modern science.

International Handbook of Career Guidance

Volume 7, *Perceptions Are Reality: Historical Case Studies of Information Operations in Large-Scale Combat Operations*, is a collection of ten historical case studies from World War II through the recent conflicts in Afghanistan and Ukraine. The eleventh and final chapter looks forward and explores the implications of the future information environment across the range of military operations during both competition and conflict. The case studies illustrate how militaries and subnational elements use information to gain a position of relative advantage during large-scale combat. The intent of this volume is to employ history to stimulate discussion and analysis of the implications of information operations in future LSCO by exploring past actions, recognizing and understanding successes and failures, and offering some lessons learned from each author's perspective.

Great Powers and Geopolitics

The shaper is a stationary woodworking machine used to produce decorative mouldings, edges, and joinery. Every production shop has always had a shaper, but now advanced home woodworkers are increasingly likely to own one of these versatile machines because they are affordable and because they greatly expand the capability of a shop. A shaper, however, is one of the trickiest woodworking machines to operate properly and safely. This handbook explains hundreds of shaper techniques and illustrates each with drawings and photos. Advice is offered about what to look for when buying a shaper, and maintenance, troubleshooting, and tune-up are also covered.

Child Sponsorship

Conventional theories of capitalism are mired in a deep crisis: after centuries of debate, they are still unable to tell us what capital is. Liberals and Marxists both think of capital as an 'economic' entity that they count in universal units of 'utils' or 'abstract labour', respectively. But these units are totally fictitious. Nobody has ever been able to observe or measure them, and for a good reason: they don't exist. Since liberalism and Marxism depend on these non-existing units, their theories hang in suspension. They cannot explain the process that matters most - the accumulation of capital. This book offers a radical alternative. According to the authors, capital is not a narrow economic entity, but a symbolic quantification of power. It has little to do with utility or abstract labour, and it extends far beyond machines and production lines. Capital, the authors claim, represents the organized power of dominant capital groups to reshape - or creorder - their society. Written in simple language, accessible to lay readers and experts alike, the book develops a novel political economy. It takes the reader through the history, assumptions and limitations of mainstream economics and its associated theories of politics. It examines the evolution of Marxist thinking on accumulation and the state. And it articulates an innovative theory of 'capital as power' and a new history of the 'capitalist mode of power'.

Modern Arts Criticism

Presents revised and edited papers from a October 2010 conference held in Taipei on the Chinese Air Force. The conference was jointly organized by Taiwan's Council for Advanced Policy Studies, the Carnegie Endowment for International Peace, the U.S. National Defense University, and the RAND Corporation. This books offers a complete picture of where the Chinese air force is today, where it has come from, and most importantly, where it is headed.

Shaper Handbook

A book covering the UK and European Health and Safety directives. It deals with various aspects of this useful woodworking machine, including spindle speeds, cutting action theory, operation safety, cutter and cutter types and their preparation and performance, development of cutters, grinding, profiling and development.

Artificial Intelligence, China, Russia, and the Global Order

Visualizing Research guides postgraduate students in art and design through the development and implementation of a research project, using the metaphor of a 'journey of exploration'. For use with a formal programme of study, from masters to doctoral level, the book derives from the creative relationship between research, practice and teaching in art and design.

It extends generic research processes into practice-based approaches more relevant to artists and designers, introducing wherever possible visual, interactive and collaborative methods. The Introduction and Chapter 1 'Planning the Journey' define the concept and value of 'practice-based' formal research, tracking the debate around its development and explaining key concepts and terminology. 'Mapping the Terrain' then describes methods of contextualizing research in art and design (the contextual review, using reference material); 'Locating Your Position' and 'Crossing the Terrain' guide the reader through the stages of identifying an appropriate research question and methodological approach, writing the proposal and managing research information. Methods of evaluation and analysis are explored, and of strategies for reporting and communicating research findings are suggested. Appendices and a glossary are also included. Visualizing Research draws on the experience of researchers in different contexts and includes case studies of real projects. Although written primarily for postgraduate students, research supervisors, managers and academic staff in art and design and related areas, such as architecture and media studies, will find this a valuable research reference. An accompanying website www.visualizingresearch.info includes multimedia and other resources that complement the book.

The Economist: Business Consulting

This book reviews the remarkable growth, diversity and challenges of child sponsorship. It features the latest progress in child sponsorship practice and necessary tensions experienced by some organisations as they seek to maximise impact.

Complete Scoundrel

.Society does not generally expect its farmers to be visionaries.. Perhaps not, but longtime Maine farmer and homesteader Will Bonsall does possess a unique clarity of vision that extends all the way from the finer points of soil fertility and seed saving to exploring how we can transform civilization and make our world a better, more resilient place. In Will Bonsall's Essential Guide to Radical, Self-Reliant Gardening, Bonsall maintains that to achieve real wealth we first need to understand the economy of the land, to realize that things that might make sense economically don't always make sense ecologically, and vice versa. The marketplace distorts our values, and our modern dependence on petroleum in particular presents a serious barrier to creating a truly sustainable agriculture. For him the solution is, first and foremost, greater self-reliance, especially in the areas of food and energy. By avoiding any off-farm inputs (fertilizers, minerals, and animal manures), Bonsall has learned how to practice a purely veganic, or plant-based, agriculture—not from a strictly moralistic or philosophical perspective, but because it makes good business sense: spend less instead of making more. What this means in practical terms is that Bonsall draws upon the fertility of on-farm plant materials: compost, green manures, perennial grasses, and forest products like leaves and ramial wood chips. And he grows and harvests a diversity of crops from both cultivated and perennial plants: vegetables, grains, pulses, oilseeds, fruits and nuts—even uncommon but useful

permaculture plants like groundnut (Apios). In a friendly, almost conversational way, Bonsall imparts a wealth of knowledge drawn from his more than forty years of farming experience. .My goal,. he writes, .is not to feed the world, but to feed myself and let others feed themselves. If we all did that, it might be a good beginning..

American Machinist

The Art of UNIX Programming poses the belief that understanding the unwritten UNIX engineering tradition and mastering its design patterns will help programmers of all stripes to become better programmers. This book attempts to capture the engineering wisdom and design philosophy of the UNIX, Linux, and Open Source software development community as it has evolved over the past three decades, and as it is applied today by the most experienced programmers. Eric Raymond offers the next generation of "hackers" the unique opportunity to learn the connection between UNIX philosophy and practice through careful case studies of the very best UNIX/Linux programs.

American Book Publishing Record

Over the last twenty-five years, garbage infrastructure in Dakar, Senegal, has taken center stage in the struggles over government, the value of labor, and the dignity of the working poor. Through strikes and public dumping, Dakar's streets have been periodically inundated with household garbage as the city's trash collectors and ordinary residents protest urban austerity. Often drawing on discourses of Islamic piety, garbage activists have provided a powerful language to critique a neoliberal mode of governing-through-disposability and assert rights to fair labor. In *Garbage Citizenship* Rosalind Fredericks traces Dakar's volatile trash politics to recalibrate how we understand urban infrastructure by emphasizing its material, social, and affective elements. She shows how labor is a key component of infrastructural systems and how Dakar's residents use infrastructures as a vital tool for forging collective identities and mobilizing political action. Fleshing out the materiality of trash and degraded labor, Fredericks illuminates the myriad ways waste can be a potent tool of urban control and rebellion.

Grendel

Mapping Cyberspace is a ground-breaking geographic exploration and critical reading of cyberspace, and information and communication technologies. The book: * provides an understanding of what cyberspace looks like and the social interactions that occur there * explores the impacts of cyberspace, and information and communication technologies, on cultural, political and economic relations * charts the spatial forms of virtual spaces * details empirical research and examines a wide variety of maps and spatialisations of cyberspace and the information society * has a related website at

<http://www.MappingCyberspace.com>. This book will be a valuable addition to the growing body of literature on cyberspace and what it means for the future.

Carpentry and Joinery 3

For use in schools and libraries only. The Beowulf story retold from the monster's point of view reveals the darker side of human nature and values.

American Woodworker

You think you have a winning strategy. But do you? Executives are bombarded with bestselling ideas and best practices for achieving competitive advantage, but many of these ideas and practices contradict each other. Should you aim to be big or fast? Should you create a blue ocean, be adaptive, play to win—or forget about a sustainable competitive advantage altogether? In a business environment that is changing faster and becoming more uncertain and complex almost by the day, it's never been more important—or more difficult—to choose the right approach to strategy. In this book, The Boston Consulting Group's Martin Reeves, Knut Haanæs, and Janmejaya Sinha offer a proven method to determine the strategy approach that is best for your company. They start by helping you assess your business environment—how unpredictable it is, how much power you have to change it, and how harsh it is—a critical component of getting strategy right. They show how existing strategy approaches sort into five categories—Be Big, Be Fast, Be First, Be the Orchestrator, or simply Be Viable—depending on the extent of predictability, malleability, and harshness. In-depth explanations of each of these approaches will provide critical insight to help you match your approach to strategy to your environment, determine when and how to execute each one, and avoid a potentially fatal mismatch. Addressing your most pressing strategic challenges, you'll be able to answer questions such as: • What replaces planning when the annual cycle is obsolete? • When can we—and when should we—shape the game to our advantage? • How do we simultaneously implement different strategic approaches for different business units? • How do we manage the inherent contradictions in formulating and executing different strategies across multiple businesses and geographies? Until now, no book brings it all together and offers a practical tool for understanding which strategic approach to apply. Get started today.

Semiconductor Detector Systems

This handbook offers a comprehensive review on career guidance, with an emphasis on the applied aspects of guidance together with research methods and perspectives. It features contributions from more than 30 leading authorities in the field from Asia, Africa, America, Australasia and Europe and draws upon a wide range of career guidance paradigms and

theoretical perspectives. This handbook covers such subjects as educational and vocational guidance in a social context, theoretical foundations, educational and vocational guidance in practice, specific target groups, testing and assessment, and evaluation.

Creative Problem Solving for Managers

This book presents the theoretical-historical-comparative political framework needed to fully grasp the truly dynamic nature of 21st century global affairs. The author provides a realistic assessment of the shift from U.S predominance to a new mix of counterbalancing rival middle-tier and assertive regional powers, while highlighting those geopolitical zones of contention most critical for future international stability. The book will appeal to scholars and policy makers interested in understanding the contours of the emerging world order, and in identifying its principal shapers and leading political actors.

Popular Mechanics

Carpentry and Joinery 3 is the third in a series of three books, which together provide an authoritative and thoroughly practical guide to carpentry and joinery for students following City & Guilds and CITB courses, NVQ candidates, and students working towards an Institute of Carpenters qualification. This book is also ideal for a wide range of amateur and professional woodworkers. Volume 3 builds on the fundamental knowledge introduced in volume 1, and accompanies volume 2 with coverage of additional advanced topics and procedures, including working with particular door and window types. The reader is shown how to apply the basic theory introduced in volume 1 to actual carpentry and joinery practice in a highly illustrated, easily accessible text. This second edition has been fully updated in line with changes to the Building Regulations and current legislation, the third edition also incorporates developments in current best practice, with a comprehensive match to the latest qualifications in Wood Occupations.

The Architects' Handbook

Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle.

Saudi Arabia

The financial collapse of Fannie Mae and Freddie Mac in 2008 led to one of the most sweeping government interventions in

private financial markets in history. The bailout has already cost American taxpayers close to \$150 billion, and substantially more will be needed. The U.S. economy--and by extension, the global financial system--has a lot riding on Fannie and Freddie. They cannot fail, yet that is precisely what these mortgage giants are guaranteed to do. How can we limit the damage to our economy, and avoid making the same mistakes in the future? *Guaranteed to Fail* explains how poorly designed government guarantees for Fannie Mae and Freddie Mac led to the debacle of mortgage finance in the United States, weighs different reform proposals, and provides sensible, practical recommendations. Despite repeated calls for tougher action, Washington has expanded the scope of its guarantees to Fannie and Freddie, fueling more and more housing and mortgages all across the economy--and putting all of us at risk. This book unravels the dizzyingly immense, highly interconnected businesses of Fannie and Freddie. It proposes a unique model of reform that emphasizes public-private partnership, one that can serve as a blueprint for better organizing and managing government-sponsored enterprises like Fannie Mae and Freddie Mac. In doing so, *Guaranteed to Fail* strikes a cautionary note about excessive government intervention in markets.

How to Succeed at Medical School

In addition to presenting various "scoundrel" archetypes for characters, this volume includes new feats and prestige classes that serve the archetypes, as well as new tricks, spells, equipment, and magic items.

The Art of UNIX Programming

In his highly provocative first book, Scott Galloway pulls back the curtain on exactly how Amazon, Apple, Facebook, and Google built their massive empires. While the media spins tales about superior products and designs, and the power of technological innovation, Galloway exposes the truth: none of these four are first movers technologically - they've either copied, stolen, or acquired their ideas. Readers will come away with fresh, game-changing insights about what it takes to win in today's economy. Print run 125,000.

Pro C# 7

Given the wide-ranging implications for global competition, domestic political systems and daily life, US policymakers must prepare for the impacts of new artificial intelligence (AI)-related technologies. Anticipating AI's impacts on the global order requires US policy makers' awareness of certain key aspects of the AI-related technologies--and how those technologies will interact with the rapidly changing global system of human societies. One area that has received little in-depth examination to date is how AI-related technologies could affect countries' domestic political systems--whether authoritarian, liberal

democratic, or a hybrid of the two--and how they might impact global competition between different regimes. This work highlights several key areas where AI-related technologies have clear implications for globally integrated strategic planning and requirements.

Capital as Power

American Woodworker magazine, A New Track Media publication, has been the premier publication for woodworkers all across America for 25 years. We are committed to providing woodworkers like you with the most accurate and up-to-date plans and information -- including new ideas, product and tool reviews, workshop tips and much, much more.

Wildhood

Maximus Body

Men's Health magazine's #1 personal trainer delivers cutting-edge, high-intensity workouts to help you pack serious muscle and become unstoppable fit. From the man responsible for the gym that trained the actors in the movie 300 comes cutting-edge fitness strategies, 100 workouts, and a training plan that has successfully transformed A-list actors and actresses, elite special-forces soldiers, all-star athletes, and everyday men and women. With Bobby Maximus's guidance you too can become one of the most insanely fit people the world has ever seen. The diets and workouts that promise easy results in minutes per day have tricked masses into wasting their money on false promises. Supplements, smoothies, and 4-minute workouts aren't getting people any fitter. Getting that shredded body requires real commitment and real work—and Bobby can show you how. Maximus Body features circuit-style workouts that will push you to your limits and work your whole body. With a plethora of exercises like "Don't Ask Me About Your Abs," that work your core with a combination of sit ups, push ups, pull ups, and even leg raises, you can develop an exercise routine that fits your needs. Whether you are overweight and trying to get back into shape, or a high-level athlete trying to gain that extra edge, Maximus Body offers up thousands of once-secret ways to burn fat, add lean muscle, reveal a shredded 8-pack, and build mind-bending physical fitness.

Popular Science

Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving

forces that will help make it better.

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