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SC2x Live with Sergio Caballero and Ahmed BilalSuunto 3td User Guide

Through the PERSONAL settings, you tune your Suunto heart rate monitor according to your physical traits and activity. Many of the calculations use these settings, so it is

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Thank you for choosing Suunto t3c as your training companion. Suunto t3c is a high-precision heart rate monitor designed to make your training as beneficial and enjoyable as possible. Suunto t3c provides heart rate zone training, accurately measures the calories you burn, and records your training history.

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Elvis Cole finds himself deep in the bayou of Louisiana searching for the estranged parents of a television star -- but something deadly is looking for him. L.A. private eye Elvis Cole is hired by popular television star Jodie Taylor to delve into her past and identify the biological parents who gave her up for adoption thirty-six years before. Cole's assignment is to find out their biological history and report back. It seems all too clear cut. But when he gets to Louisiana and begins his search, he finds that there's something much darker going on. Other people are also looking for Taylor's parents, and some are ending up dead. And when Cole realizes that his employer knew more than she was telling, Voodoo River becomes a twisting tale of identity, secrets, and murder.

Designed to be carried in the field, this pocket-sized how-to book is a practical guide to basic techniques in mapping geological structures. In addition to including the latest computerised developments, the author provides succinct information on drawing cross-sections and preparing and presenting 'fair copy' maps and geological diagrams. Contains a brief chapter on the essentials of report writing and discusses how to keep adequate field notebooks. A checklist of equipment needed in the field can be found in the appendices. Quote from 3rd edition "provides a wealth of good advice on how to measure, record and write reports of geological field observations" The Naturalist

Follow two abolitionists who fought one of the most shockingly persistent evils of the world: human trafficking and sexual exploitation of slaves. Told in alternating chapters from perspectives spanning more than a century apart, read the riveting 19th century first-hand account of Harriet Jacobs and the modern-day eyewitness account of Timothy Ballard. Harriet Jacobs was an African-American, born into slavery in North Carolina in 1813. She thwarted the sexual advances of her master for years until she escaped and hid in the attic crawl space of her grandmother's house for seven years before escaping north to freedom. She published an autobiography of her life, Incidents in the Life of a Slave Girl, which was one of the first open discussions about sexual abuse endured by slave women. She was an active abolitionist, associated with Frederick Douglass, and, during the Civil War, used her celebrity to raise money for black refugees. After the war, she worked to improve the conditions of newly-freed slaves. As a former Special Agent for the Department of Homeland Security who has seen the horrors and carnage of war, Timothy Ballard founded a modern-day "underground railroad" which has rescued hundreds of children from being fully enslaved, abused, or trafficked in third-world countries. His story includes the rescue and his eventual adoption of two young siblings--Mia and Marky, who were born in Haiti. Section 2 features the lives of five abolitionists, a mix of heroes from past to present, who call us to action and teach us life lessons based on their own experiences: Harriet Tubman--The "Conductor"; Abraham Lincoln--the "Great Emancipator"; Little Mia--the sister who saved her little brother; Guesno Mardy--the Haitian father who lost his son to slave traders; and Harriet Jacobs--a teacher for us all.

This is the eBook version of the print title. The illustrations are in color for this eBook version. Drawing on the experiences of a world-class LabVIEW development organization, The LabVIEW Style Book is the definitive guide to best practices in LabVIEW development. Leading LabVIEW development manager Peter A. Blume presents practical guidelines or "rules" for optimizing every facet of your applications: ease of use, efficiency, readability, simplicity, performance, maintainability, and robustness. Blume explains each style rule thoroughly, presenting realistic examples and illustrations. He even

presents "nonconforming" examples that show what not to do—and why not. While the illustrations in the print book are in black and white, you can download full-color versions from the publisher web site for free.

Younglings can draw, color, and create with all their favorite characters from the Marvel films. From Guardians of the Galaxy to Spider-Man, every page is packed with doodles. Readers can use their artistic powers to bring these sensational scenes to life!

Can Leonardo battle ninja robots and keep his troublemaking brothers in line? Kids ages 2 to 5 will find out in this all-new, full-color book starring Nickelodeon's Teenage Mutant Ninja Turtles. This Nickelodeon Read-Along contains audio narration.

* Offers timely material, and is anticipated that over 80% of Fortune 1000 companies will incorporate mobile devices and wireless applications into their existing systems over the next two-five years. * Authors utilize XML and related technologies such as XSL and XSLT as well as Web services for server-sided application construction. * Details how to build a complete enterprise application using all of the technologies discussed in the book. * Web site updates the example application built as well as additional wireless Java links and software.

"Like Muir himself, Essential Muir packs an astounding range of experience into a lithe frame: ecstatic yet scientific descriptions of Yosemite; the heartrending tale of that "wee, hairy, sleekit beastie," Stickeen; reflections on the society of Eskimos; Muir's touching tribute, after a lifetime of wonder, to the mighty baobab trees of Africa; and more. Fred D. White's selection from Muir's writings, and his illuminating commentary, reveal the coherence and drama of a remarkable life: new readers will understand why Muir has become an American icon, and readers who are familiar with his work will be delighted with this fresh look. Muir's fierce love of all of nature, from squirrels to glaciers (but perhaps not sheep), continues to inspire us nearly a century after his death."--Book jacket.

This compelling novel follows four women as they learn to balance children, estranged husbands, boyfriends, and problems at work through their faith in God. Michelle, Tonya, Mrs. Judson, and Miz Ida. African-American, white, rich, poor -- they seemingly have nothing in common. Yet every day they face the complex realities of twenty-first-century urban life as they try to balance their needs with their belief in God. Through the course of a year, these women must come to terms with the past, discover their true identities, and recognize the unexpected miracles that reveal God's all-encompassing love. These four women entertain us and invite us to join in their lives. As they welcome us, they also introduce us to the men in their lives. The men play supporting roles, adding color and zest to the lives of the Cover Girls. Bishop Jakes knows the struggles real women encounter and the losses that make it difficult to face the future. He brings compassionate insight and deep wisdom to this novel and proves that he is not only a gifted preacher, but a born storyteller.

Where should we go? All that we knew is gone, and all that we have is each other. In this short story from the thrilling anthology MatchUp, bestselling authors Diana Gabaldon and Steve Berry—along with their popular series characters Jamie Fraser and Cotton Malone—team up for the first time ever.

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