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Pocket Guide to POCUS: Point-of-Care Tips for Point-of-Care Ultrasound (eBook) Jan 19 2020 A unique pocket guide to the use of ultrasound at the point of care. Lately, there has been an enormous amount of interest in the use of ultrasound for both procedural and diagnostic guidance at the point of care. Although this type of instruction can be found in some textbooks, they are heavy, dense, and written for the classroom, not real-world clinical situations. Pocket Guide to POCUS is the portable, quick-hit alternative. Pocket Guide to POCUS provides trainees with the tips and reminders they may need at the point of care. Things such as what images to acquire, and how to get them, or a quick glance at pathology in comparison to a normal image. For learners at all levels, this pocket guide will hopefully reduce their fear of scanning, while preventing some of the more common pitfalls the authors have observed over their more than 50 cumulative years' experience. Each chapter of the book is divided into four sections: •Key Images•Acquisition Tips•Interpretation and Pitfalls•Examples of Pathology This information is conveniently located on cards that can be removed from the book and brought with you to the bedside. You can take notes on the cards, check off the scans that you've done, and of course, refer to them in order to provide your patients with the best care possible.

A Pocket Guide to Herbs Nov 21 2022 Identifies the most common herbs, with a picture, quick reference box, and informative text for each. Includes information about the history and folklore of herbs and the traditional

and contemporary use of herbs.

The Pocket Guide to Therapy Feb 24 2023 Trainees in all mental health professions need basic knowledge of the key therapeutic approaches in counselling and psychotherapy. *The Pocket Guide to Therapy* is therefore the essential companion, placing specific emphasis on practical application to guide the reader in the 'how to' of conducting each therapeutic model. Approaches covered include established models such as Cognitive Behavioural Therapy and Psychodynamic Psychotherapy, narrative therapies such as Systemic Therapy and Solution-Focussed Brief Therapy, and more recent additions to mainstream therapy such as Mindfulness and Narrative Therapy. Each chapter is written by an up-and-coming name in the field of counselling and psychotherapy, offering a unique insight into the challenges and possibilities of training in each model. The book: - includes case examples from a wide range of mental health care settings - is embedded with extensive pedagogy, including worksheets, sample questions and diagrams - highlights the challenges, strengths and weaknesses of each approach - details the background to each model - focuses on the practical application of therapeutic models - discusses evidence-based practice and outcomes Written in language familiar to first-year trainees and using a range of features to enhance learning, this pocket guide is ideal for those embarking on mental health training across counselling, psychotherapy, psychology, health, nursing and social work. It will also serve as a reference point for more experienced readers looking to refresh their understanding of other approaches.

RSPB Pocket Guide to British Birds Mar 01 2021 This brand new edition of the best-selling field guide from the RSPB is compact, informative and beautifully illustrated, and features 215 of the most common birds found in Britain.

The Pocket Guide to Mischief Feb 18 2020 The greatest leaders and geniuses in history were mischief makers. They were the brave women who looked at how unfair the world was and said, "I can do better than that." They were the stalwart men who saw stupidity and asked, "Why do we have to do it that way?" And they were the delightful children who ganged up on the neighborhood bully and hit him with wet noodles until he said, "Uncle!" Yes, history's mischief makers had the courage to point out that things like slavery, global warming, and turtleneck sweaters are bad. And they also pulled off some of the greatest hoaxes and practical jokes of all time. Their achievements include the Boston Tea Party, the "War of the Worlds" radio broadcast of 1938, and the Cheese Whiz Disaster of 2008. In honor of them, we introduce *The Pocket Guide to Mischief*, the perfect addition to any prankster's collection, as well as a fun-filled how-to for the budding troublemaker in all of us.

The PRT Pocket Guide Mar 13 2022 Developed by pioneering autism experts Robert and Lynn Koegel, this reader-friendly guide introduces and demystifies PRT--one of a select group of highly effective, evidence-based treatments for autism.

The Pocket Guide to Action Nov 09 2021 Action is the surest path not only to reaching goals, but to finding the kind of meaning and purpose we desire. It is a kind of back door to the promises of so many philosophies and religions. When we are action-oriented, we forget to notice the missing pieces of our modern world: anomie fades away, change doesn't seem so wildly fast, the news becomes white noise. This book provides insights on how to take action more.

Grammar: A Pocket Guide Aug 26 2020 If you've ever wanted a quick and easy guide to verbs and adverbs, commas and apostrophes, clauses and prepositions, then this is a must-have book for you. Easing readers gently into the study of the structure of English, *Grammar: A*

Pocket Guide covers common questions such as: Is it "10 items or less" or "10 items or fewer"? Should I say "If I were you" or "if I was you"? Can you start a sentence with "And" or "Because"? When do you use "whom"? What is the difference between "lie" and "lay"? Is it "I feel bad" or "I feel badly"? Using examples from everyday speech and writing, this handy book "cracks the code" of off-putting grammatical jargon so that readers can enjoy learning how to think and talk about grammar. With practice exercises, a glossary, and suggestions for further reading, *Grammar: A Pocket Guide* is the perfect foundation for anyone wanting to improve his or her writing and communication.

The Leader's Pocket Guide May 03 2021 *The Leader's Pocket Guide* provides readers with on-the-job expertise to inspire and direct them on their professional journeys. Organized into three sections--self, colleagues, and organization--this useful guide spurs leaders to be ever growing in their careers, and includes lessons on major leadership concepts like why integrity should be your employees' most highly valued trait, how to lead in a way that empowers others to manage, and why you should identify, commit to, and live by six words. With 101 indispensable tips and tools to explore, you'll learn how to deliver inspiration, demonstrate character, develop confidence, communicate with authority, think critically, foster innovation, connect with others, resolve conflicts, add buzz to your leadership brand, coach for development, recognize achievement, instill company-wide purpose, and overcome adversity. Augmented by up-to-date research on the role of leaders and the expectations followers have for them, this pithy, powerful, and portable guide contains energizing action tips, clever formulas, self-assessments, and thoughtful places for deeper reflection to spur you toward becoming a top leader in your industry.

Pocket Guide to Teaching for Clinical Instructors Jan 31 2021 The Pocket Guide to Teaching for Clinical Instructors, 3rd edition, provides a concise introduction to teaching. Written by experienced medical educators from the Advanced Life Support Group and Resuscitation Council (UK), this best-selling guide gives comprehensive and practical advice on the most effective teaching methods. Pocket Guide to Teaching for Clinical Instructors covers basic principles and practical aspects of teaching in a variety of modalities. This edition includes material which reflects current developments within instructor courses and includes new material on feedback, an awareness of non-technical skills, the teaching of teams and supporting learners. This book is essential reading for anyone interested in teaching doctors and healthcare professionals in any context. It is aimed at the relative newcomer to the teaching role in all its variety and provides essential, practical advice as to how to get the best out of learners.

A Pocket Guide to Epidemiology Dec 30 2020 In the nearly three years since the publication of the ActivEpi companion text, the authors received several suggestions to produce an abbreviated version that narrows the discussion to the most "essential" principals and methods. A Pocket Guide to Epidemiology contains less than half as many pages as the ActivEpi Companion Text and is a stand-alone introductory text on the basic principals and concepts of epidemiology.

Pocket Guide to the Rosary Oct 20 2022 A Pocket Guide to the Rosary helps Catholics deepen their prayer life and improve their ability to pray what St. Padre Pio called the weapon of our times. The Rosary. Drawing from the writings of the saints, the Bible, and Catholic tradition, Matt Fradd has produced a book that every Catholic should read. Its small size makes it easy to carry to adoration, keep around for family Rosary night,

or hand out at your parish. Catholics who find it difficult to enter into the mysteries of the Rosary, or who need some encouragement and inspiration to pray this essential Catholic prayer, will deeply appreciate this small but powerful book. In this essential book, Matt Fradd explains: ? How to truly meditate on the mysteries on the Rosary. ? Major saints methods to pray the Rosary. Carefully chosen biblical passages to reflect on for each mystery. Here's how it works: 1. Overview of each mystery, with biblical quotes to help you establish context and focus your mind 2. Insight on each mystery from the writings of the saints and Church Fathers 3. Personal applications for each mystery, so you can further apply these mysteries to your own life and invite God to be a part of it

Pocket Guide to Stress Testing Jul 25 2020 The go-to handbook for those performing and analysing cardiac stress tests The stress test is key to the clinical evaluation and management of patients with known or potential cardiovascular disease. By measuring the heart's ability to respond to external stress, it can provide vital insights into the general physical condition of patients, highlighting abnormalities in blood flow, risk of coronary artery disease, and more. The Pocket Guide to Stress Testing gives cardiology professionals a complete breakdown of this everyday procedure that they can carry with them and consult on the go. This second edition has been fully revised to reflect the most up-to-date information available on the best approaches to conducting and interpreting various forms of stress test. With chapters spanning topics such as testing guidelines, nuclear imaging techniques, and emergency and aftercare protocols, the clear and practical contents cover all aspects of the subject. This essential new text includes: A complete overview of exercise stress testing, covering indications, protocols, preparation, and interpretation Guidelines

for the standard treadmill test, as well as for the various pharmacological stress tests for patients unable to complete an exercise ECG test. An extensive list of references and reading suggestions to help trainees to expand their knowledge. End-of-chapter summaries and new tables and illustrations. As the field of cardiology continues to change and develop apace, this new edition of *The Pocket Guide to Stress Testing* provides physicians, trainee cardiologists, and cardiac nurses with a reliable, up-to-date resource for use in everyday practice.

Pocket Guide to Instrumentation Aug 06 2021 This handy guide helps readers quickly identify instrumentation. It includes data on control devices, monitors, and batteries, and a chapter on bar coding as a control procedure. *Pocket Guide to Instrumentation* is a handy guide that helps simplify procurement and handling of instrumentation equipment and accessories. It provides materials personnel with concise, straightforward information for identifying and tracking the many types of control devices, fittings, valves, etc. that accompany instrumentation projects. It also includes data on cables, monitors, and batteries, and a chapter on how to use bar coding as a control procedure. Ideal for engineers, designers, and technical and clerical personnel involved in material procurement and control, this compact reference is packed with figures and tables that describe a wide range of standard instrumentation items. Ideal for engineers, designers, and technical and clerical personnel involved in material procurement and control, this compact reference is packed with figures and tables that describe a wide range of standard instrumentation items.

Scrum - A Pocket Guide - 2nd edition Jun 04 2021 This pocket guide to Scrum is the one book for everyone who wants to learn or re-learn about Scrum. The book describes the framework as it was designed and intended,

with a strong focus on the purpose to the rules and adding an historical perspective to Scrum and the Agile movement. Several elements that were described in the first edition of Scrum - A Pocket Guide (2013) were later added to the official Scrum Guide. The most noticeable ones are the Scrum Values (2016) and the description of the 3 questions of the Daily Scrum as a good, yet optional practice (2017). As the balance of society keeps shifting from industrial labor to digital work, complexity and unpredictability keep increasing. The need for agility through Scrum increases equally, in and beyond software and product development. This 2nd edition of Scrum - A Pocket Guide offers the clarity and insights on Scrum that many organizations need, today and in the foreseeable future. Scrum - A Pocket Guide is an extraordinarily competent book. It flows with insight, understanding, and perception. This should be the de facto standard handout for all looking for a complete, yet clear overview of Scrum without being bothered by irrelevancies. (Ken Schwaber, Scrum co-creator) The author, Gunther Verheyen, is a seasoned Scrum practitioner (2003). Throughout his standing career as a consultant, Gunther has employed Scrum in diverse circumstances. He was partner to Ken Schwaber and Director of the Professional Scrum series at Scrum.org. He is the founder of Ullizee-Inc and engages with people and organizations as an independent Scrum Caretaker.

Mental Health A Pocket Guide May 23 2020 This highly valued quick reference guide returns in its fourth edition to provide practical and helpful strategies for responding effectively to those in crisis. *Mental Health: A pocket guide* delivers a comprehensive overview of the relevant concepts vital to contemporary mental health care. With a clear focus on the consumer, it covers the issues faced by people living with mental illness, as well as best practice approaches for primary

health, first responders and multidisciplinary health care professionals. Practical strategies for commonly encountered situations Easy to access information presented in bullet point and table format A recovery and person-centred care approach throughout Case studies Guidance on medications, assessment tools and terminology An eBook included in all print purchases Increased consumer focus New chapter on trauma-informed practice and care New focus on loss and grief (including loss of employment, relationships, COVID and climate-related events) Increased focus on self-care, self-awareness and support strategies Greater emphasis on cultural awareness and working across the lifespan

A Pocket Guide to Correct Study Tips Sep 19 2022 This longtime favorite among teachers and students is a guide toward mastery of the skills every person must acquire for academic success. The authors point out the need to take different approaches to the study of different subjects. They also offer tips for scheduling and organizing study time, taking useful notes, and understanding one's own strengths and weak points.

SQL Pocket Guide Apr 02 2021 If you use SQL in your day-to-day work as a data analyst, data scientist, or data engineer, this popular pocket guide is your ideal on-the-job reference. You'll find many examples that address the language's complexities, along with key aspects of SQL used in Microsoft SQL Server, MySQL, Oracle Database, PostgreSQL, and SQLite. In this updated edition, author Alice Zhao describes how these database management systems implement SQL syntax for both querying and making changes to a database. You'll find details on data types and conversions, regular expression syntax, window functions, pivoting and unpivoting, and more. Quickly look up how to perform specific tasks using SQL Apply the book's syntax examples to your own queries Update SQL queries to work in five different database management systems NEW:

Connect Python and R to a relational database NEW: Look up frequently asked SQL questions in the "How Do I?" chapter

The LIFE Pocket Guide to Digital Photography Feb 12 2022 When LIFE published the first edition of this book in 2010, Scott Kelby, Editor-in-Chief of Photoshop User magazine (and a guru in the world of digital shooting), wrote, "Joe McNally has put together the LIFE Guide to Digital Photography, which is packed full of tips, tricks, how-to, and beautiful pictures from Joe's thirty-plus-year photo career. If you've ever experienced one of Joe's workshops or seminars, you know he's a fantastic teacher, and this book is an extension of that. While he does write about the basics of photography, if you know Joe, you know that he's found a way to work his own sense of humor and familiarity in with all the nuts and bolts to make it an entertaining read." Thousands of photo fans agreed, and eagerly joined Joe on his happy journey through the pixelated world of modern-day photography. In so doing, they learned from one of LIFE's master shooters-in fact, the final in the long line of distinguished LIFE staff photographers-who encouraged them that, with a little preparation and care, with a dash of enthusiasm and daring, anyone can make a better photo: Anyone can turn a "keeper" into a treasure. It has since become clear to Joe and the editors of LIFE that their Guide to Digital Photography was built to last-that its tips and tone had struck a chord with photography enthusiasts everywhere. One thing it wasn't, however, was built to fit in your camera bag when you were heading into the field. Now it is! Here's the digest-sized version, filled with the same wonderful collection of McNally photography, beautifully illustrating the points Joe is making. Everything you need to know about light and lenses, about color or composition, is in these pages. And now, when you're just about to click and you wonder "What

would Joe advise?" the answer is at your fingertips.

Scrum - A Pocket Guide - 3rd edition Aug 18 2022 This pocket guide to Scrum is the one book for everyone who wants to learn or re-learn about Scrum. The book describes the framework as it was designed and intended, with a strong focus on the purpose to the rules and adding an historical perspective to Scrum and the Agile movement. As the balance of society keeps shifting from industrial labor to digital work, complexity and unpredictability keep increasing. The need for agility through Scrum increases equally, in and beyond software and product development. This 3rd edition of Scrum - A Pocket Guide, while introducing some changes in terminology, more than ever offers the clarity and insights on Scrum that many organizations need, more than ever. It will help people and their organizations properly shape their Scrum, regardless of their domain or business. Scrum - A Pocket Guide is an extraordinarily competent book. It flows with insight, understanding, and perception. This should be the de facto standard handout for all looking for a complete, yet clear overview of Scrum without being bothered by irrelevancies. (Ken Schwaber, Scrum co-creator) The author, Gunther Verheyen, is a seasoned Scrum practitioner (2003). He has been employing Scrum since 2003. He was partner to Ken Schwaber and Director of the Professional Scrum series at Scrum.org. He is the founder of Ullizee-Inc and engages with people and organizations as an independent Scrum Caretaker on a journey of humanizing the workplace with Scrum.

Zurich Pocket Guide Oct 28 2020 This travel guide to Zurich is perfect for pleasure-seeking city breakers wanting to quickly pinpoint the city's most entertaining highlights and decide what to see and do in a limited time.

The Pocket Guide to Whisky Sep 26 2020 Want to explore the world of whisky but don't know your Bell's from your

Bunnahabhain? Fancy a change from the old favourites but not sure what else to try? If so, *The Pocket Guide to Whisky* is the book for you. This concise, fun and informative guide is for anyone who loves whisky or wants to know more about it. Using the WhiskyTubeMap – a unique flavour map which shows how different whiskies relate to each other in terms of taste – it introduces the most popular distilleries, styles and types of whisky from around the globe. Whether you're a complete novice, a seasoned whisky aficionado or just want to broaden your whisky horizons, it's the perfect companion to one of the world's favourite drinks.

A Pocket Guide to Online Teaching Dec 10 2021 This pithy yet thorough book provides an evidence-based guide on how to prepare for online teaching, especially for those who are making a swift transition from face-to-face to online instruction. Guided by the Model Teaching Characteristics created by The Society for the Teaching of Psychology, this book covers important topics like: how to adapt to expected and unexpected changes in teaching, how to evaluate yourself and your peers, and tips on working smarter/optimizing working practices with the resources available. The features of the book include: Practical examples exploring how to solve the typical problems of designing and instructing online courses. Interactive "Worked Examples" and "Working Smarter" callouts throughout the book which offer practical demonstrations to help teachers learn new skills. Further reading and resources to build on knowledge about online education. End of chapter checklists which summarizes suggestions about how to be a model online teacher. This essential resource will provide support for teachers of all levels and disciplines, from novice to the most experienced, during the transition to online teaching.

A Pocket Guide to Purpose May 15 2022 In 7 minutes you will have a jumpstart on accessing and advancing your

purpose. This fast read provides the essentials of helping you access and advance your purpose. Laura J. Stone has spent her twenty-five-year career helping executives and business leaders strategize about the next step. At a certain point, she realized that it wasn't just corporate employees or her business school students who could benefit from her insight. People of all backgrounds worry about their future and wonder about their purpose in life. Most people also don't have time for a two-hundred-page book on personal transformation. Instead, Stone refined her suggestions down to the basics. Now, she is proud to present A Pocket Guide to Purpose. With bold illustrations and easy-to-understand advice and prompts, she has created a simple first step to planning your future and changing your life. With A Pocket Guide to Purpose, you will learn to do the following: understand what you have to give the world identify your passion list your unique skills start planning your future enlist your friends and family to help you find your purpose enjoy the journey Stone structures her book not as a linear narrative but as a cycle. The endpoint isn't the important part of the process. Stone encourages you to have fun with her guide and let it inspire you in all aspects of your life!

Pocket Guide to Critical Appraisal Jan 23 2023 This bestselling guide to the skills of critical appraisal has been updated throughout and now has two completely new chapters, on how to appraise qualitative research and economic research, making it an even more useful and relevant introduction for all health professionals and students.

The Pocket Guide to Manwatching Jul 17 2022

The Official Pocket Guide to Diabetic Food Choices, 5th Edition Nov 28 2020 Completely updated to match the newest edition of Choose Your Foods: Food Lists for Diabetes, this pocket-sized guide is now better and more

complete than ever. Every day and at every meal, millions of people use the food list system to plan meals, make healthier food choices, and better estimate portions. This proven system is the most popular approach to diabetes meal planning and has been used by dietitians, diabetes educators, and people with diabetes for more than 70 years. This portable version of the Food Lists for Diabetes takes all of the information from the original and repackages it in a format that's perfect for trips to the grocery store or meals on the go. Updates include choice values for a wider variety of foods, revised portions, and updated meal planning tips and techniques. With the combined knowledge of the American Diabetes Association and the Academy of Nutrition and Dietetics, this handy guide is the ultimate meal planning tool for everyone with diabetes.

Linux Pocket Guide Jan 11 2022 O'Reilly's Pocket Guides have earned a reputation as inexpensive, comprehensive, and compact guides that have the stuff but not the fluff. Every page of Linux Pocket Guide lives up to this billing. It clearly explains how to get up to speed quickly on day-to-day Linux use. Once you're up and running, Linux Pocket Guide provides an easy-to-use reference that you can keep by your keyboard for those times when you want a fast, useful answer, not hours in the man pages. Linux Pocket Guide is organized the way you use Linux: by function, not just alphabetically. It's not the 'bible of Linux; it's a practical and concise guide to the options and commands you need most. It starts with general concepts like files and directories, the shell, and X windows, and then presents detailed overviews of the most essential commands, with clear examples. You'll learn each command's purpose, usage, options, location on disk, and even the RPM package that installed it. The Linux Pocket Guide is tailored to Fedora Linux--the latest spin-off of Red Hat Linux--but most of the information applies to any Linux

system. Throw in a host of valuable power user tips and a friendly and accessible style, and you'll quickly find this practical, to-the-point book a small but mighty resource for Linux users.

Pocket Guide to TQM Jun 23 2020 Another new book in the popular and original series of pictorial guides - John Oakland cuts through the complex concepts and confusing jargon associated with implementing Total Quality, and Peter Morris presents the information in his inimitable pictorial style. This book will show students and managers what they need to understand about TQM in the simplest, clearest and most memorable form. Professor John Oakland is undoubtedly the British guru of quality management. Following a successful industrial career in research and production management, he has developed a pragmatic approach to introducing TQM which he and his colleagues have used successfully in literally thousands of organizations. He is founder and Executive Chairman of OAKLAND Consulting Plc. and Head of the European Centre for TQM at the University of Bradford Management Centre. Also published by Butterworth-Heinemann are John Oakland's bestselling Total Quality Management (now in its second edition) and Cases in Total Quality Management. Peter Morris is the creative force behind the illustrations in all Butterworth-Heinemann's pictorial guides. Originally trained as an art teacher, he spent several years as an industrial designer in Canada before returning to England to design educational and training materials for the University of Sussex. His experience working on industrial contracts convinced him, quite rightly, that cartoons are frequently the best way to illustrate the abstractions of business life.

Pocket Guide to Clinical Microbiology Dec 18 2019 Quick reference to clinical microbiology If you work in the clinical laboratory, this pocket guide will help you confidently identify most organisms you could encounter.

This useful updated edition continues to present valuable quick-reference information to the clinical microbiology community in a small package. Along with specifics on pathogenic microorganisms, there is updated information on effectively using essential molecular diagnostic techniques for today's challenges. You will find guidance on: MALDI-TOF MS performance for individual bacteria, mycobacteria, and fungi Nucleic acid amplification testing/PCR and help interpreting genetic sequencing results Susceptibility testing, with methods and interpretive criteria for most organism/antibiotic combinations Antimicrobial resistance mechanisms and resistance profiles for common organisms If you are looking for online access to the latest clinical microbiology content, please visit www.wiley.com/learn/clinmicronow.

Pocket Guide to He's Just Not That Into You Oct 16 2019 This essential guide to the New York Times bestseller employs real-life dating vignettes and stingingly amusing insights into the minds of men. This unique book prompts the reader to entertain the notion that he's just not that into you, freeing her up to go find the one who is!

Java 8 Pocket Guide Dec 22 2022 When you need quick answers for developing or debugging Java programs, this pocket guide provides a handy reference to standard features of the Java programming language and its platform. You'll find helpful programming examples, tables, figures, and lists, as well as Java 8 features such as Lambda Expressions and the Date and Time API. It's an ideal companion, whether you're in the office, in the lab, or on the road. This book also provides material to help you prepare for the Oracle Certified Associate Java Programmer exam. Quickly find Java language details, such as naming conventions, types, statements and blocks, and object-oriented programming Get details on the Java SE platform, including

development basics, memory management, concurrency, and generics Browse through information on basic input/output, NIO 2.0, the Java collections framework, and the Java Scripting API Get supplemental references to fluent APIs, third-party tools, and basics of the Unified Modeling Language (UML)

RTF Pocket Guide Jun 16 2022 Presents a guide to RTF, the internal document markup language that is used by Microsoft Word.

Pocket Guide to Adoration Nov 16 2019 Pocket Guide to Adoration equips Catholics with the tools they need to improve the way they pray and cultivate a deeper relationship with Jesus in the Eucharist. Drawing from the wisdom of the Church and the writings from spiritual masters like St. Teresa of Avila and Fulton Sheen, Fr. Josh Johnson has produced an evergreen resource that Catholics will want to take with them every time they go to Adoration. This pocket guide includes: Stories of Eucharistic miracles Lectio divina prompts and reflections Inspiration from the saints Litanies and devotionals, including the Litany of Trust by Sr. Faustina Maria Pia of the Sisters of Life. Its small size makes it easy to carry, fit into a purse or handbag, or hand out at your parish. It has a beautiful Alpha Cowhide cover that will last for years. Catholics who struggle to stay focused in prayer, who struggle to be consistent in their relationship with Jesus, who don't know what to do in Adoration, or who simply need encouragement and inspiration to get there, will deeply appreciate this tiny but mighty book. This essential pocket guide by Fr. Josh Johnson teaches Catholics: How to remain fixed on the face of Jesus during adoration. What to do with the distractions that will inevitably come in prayer. How to discern with the Holy Spirit the invitation from Jesus to rest during their time in Eucharistic Adoration. How to overcome spiritual dryness. How to pray with the Sacred Scriptures. How to

pray with the mysteries of the Rosary during Adoration. How to pray with the lives of the saints. How to discern practical, concrete actions to take after Adoration.

SQL Pocket Guide Sep 07 2021 This pocket guide presents the most crucial information about SQL in a compact and easily accessible format, covering the four commonly used SQL variants--Oracle, IBM DB2, Microsoft SQL Server, and MySQL. Topics include: Data manipulation statements (SELECT, DELETE, INSERT, UPDATE, MERGE) and transaction control statements (START TRANSACTION, SAVEPOINT, COMMIT, ROLLBACK). Common SQL functions (date, numeric, math, trigonometric, string, conversion, aggregate) Such topics as literals, NULLs, CASE expressions, datatype conversion, regular expressions, grouping and summarizing data, joining tables, and writing queries (hierarchical, recursive, union, flashback) and subqueries. Instead of presenting complex and confusing syntax diagrams, the book teaches by example, showing the SQL statements and options that readers are most like to use. All example data is available on the O'Reilly web site. "If you need fast, accurate SQL information, with examples for multiple database engines, be sure to check out this book."--Chris Kempster, Senior DBA and author of *SQL Server 2000 for the Oracle DBA*, www.chriskempster.com

Pocket Guide to the Operating Room Apr 21 2020 This pocket guide presents more than 500 surgical procedures! State-of-the-art revisions familiarize the reader with new standards of excellence for care of the surgical patient in the perioperative environment. For each procedure, you'll find a definition, discussion, description of the surgery, preparation of the patient, skin preparation, draping technique, instrumentation, supplies, and special notes pertinent to that surgery.

Git Pocket Guide Apr 14 2022 This pocket guide is the perfect on-the-job companion to Git, the distributed version control system. It provides a compact, readable

introduction to Git for new users, as well as a reference to common commands and procedures for those of you with Git experience. Written for Git version 1.8.2, this handy task-oriented guide is organized around the basic version control functions you need, such as making commits, fixing mistakes, merging, and searching history. Examine the state of your project at earlier points in time Learn the basics of creating and making changes to a repository Create branches so many people can work on a project simultaneously Merge branches and reconcile the changes among them Clone an existing repository and share changes with push/pull commands Examine and change your repository's commit history Access remote repositories, using different network protocols Get recipes for accomplishing a variety of common tasks

Pocket Guide to Crisis Intervention Jul 05 2021 Crisis workers make split-second decisions every day that affect the mental health and well-being of individuals, families, and entire communities. They support and guide people through health diagnoses, bankruptcies, sexual assaults, deaths of loved ones, suicide attempts, and natural or man-made disasters from the front lines. While professions vary from mental health professionals, emergency responders, educators, business managers or volunteers such as suicide hotline workers, all have a common and urgent need for a rapid reference that covers every type of traumatic event they may be asked to respond to in the course of an unpredictable and highly stressful day. The Pocket Guide to Crisis Intervention is a complete crisis toolkit, a trusted resource to consult on the fly, packed with easy-to-follow, step-by-step evidence-based protocols for responding effectively to a broad range of traumatic events. Checklists, bullets, and boxes highlight symptoms & warning signs and provide action plans, do's & don'ts, and screening & assessment questions. The open layout and two-color

design make this pocket guide as visually appealing as it practical, ensuring at-a-glance lookup of the essentials of managing the most common types of crisis. More than just a collection of action lists, though, this pocket guide explains theories and models in clear, jargon-free language, offering tips for clinical practice, treatment planning, referrals, and coordinating services as needed. It can be used as a field manual for seasoned professionals or as a training tool for new recruits and practitioners seeking to sharpen their skills.

Pocket Guide to Outdoor Survival Oct 08 2021 This handy guide is an almost indestructible how-to tool. It includes need-to-know information such as emergency signals, finding water and more. Best of all, the guide is waterproof, dirt-proof and pocket-sized, so you can take it everywhere!

A Pocket Guide to Sustainable Food Shopping Mar 21 2020 Reduce your food and packaging waste and lower your carbon footprint with this modern, practical guide to sustainable grocery shopping. Almond milk, oat milk, rice milk—which of the countless nondairy milks available on the market does the least harm to the environment? How do you decode the language on an egg carton? Is it possible to keep a bundle of fresh asparagus from spoiling so darn fast? If plastic is so bad, why is it on everything, and what can you do about it? These are just some of the questions A Pocket Guide to Sustainable Food Shopping will help answer. Whether you're someone who's been making changes for years or you're clueless about where to start when it comes to sustainability, this book will teach you how to make a difference. Cutting back on food waste is one of the most impactful ways you can personally help combat climate change. With extra pages for taking notes and a space to perform your own waste audit at home, this book provides the tools to make better choices about what

goes into your grocery cart, and how you ultimately treat those items once they're in your home. You'll learn some hard-to-swallow facts about the food industry and gain some actionable tips for making the grocery store—and the world—a more ethical place. You'll become better at reading food labels, getting acquainted with terms you can trust, and recognizing words and phrases to regard with skepticism. You'll gain the confidence to shop in the bulk section, ask your butcher questions about sourcing, and perhaps finally relieve some of the guilt you feel over the mountain of plastic bags accumulating beneath your sink. If you're ready to make a change, let's get to it.

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