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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. In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends. This is the outcome of a CIRIA research project aimed at providing guidance on the selection and design of methods of bank protection on rivers, canals, navigable waterways and drains, with particular reference to UK practice. The project emphasized the range and scale of bank protection in the UK. Covering New York, American & regional stock exchanges & international companies. The financial collapse of 2008 extended and deepened a prolonged, multilayered crisis that has transformed, often in unexpected ways, how we think about all aspects of social life. Amid these turbulent times, film studies scholars have begun to ask new questions and create fresh strategies in order to integrate intellectual and political work in ways that directly address our current predicament. This timely volume reconsiders the relationships between cinema and society at a time when neoliberal policies threaten not only civic culture but also nearly every aspect of human life. *Screening the Crisis* brings together established authors as well as brilliant young scholars in the field of film studies to explore the ways in which new tendencies in US cinema enhance awareness of the complexity of the problems facing contemporary society. The issues addressed include economic inequality, shifts in gender roles, racial conflicts, immigration, surveillance practices, the environmental crisis, the politics of housing, and the fragility of nationhood. These questions are explored through in-depth studies and contextualized analyses of a wide variety of recent films, genres, and filmmakers. With its ample range of topics and perspectives, this collection provides an essential reference work for those who want to research how US cinema has responded to the manifold interconnected crises that characterize our current

times. The Official Maine Staycation Manual is part fun-instigator, part planner, and part resource for anyone spending time in Maine. It's a combination inspiration and relaxation guide that will help you make the most of your staycation no matter where you are or how much time you have to spend. Feel free to open The Official Maine Staycation Manual to any random page and try any idea you find there. Build a blanket fort! Make stove-top popcorn and have movie night. Take in waterfalls, lighthouses, and state parks. Do it all! Plus there's an extensive resources section where you'll find lists of spas, whale watching options, day trip ideas, beaches, paddling excursions, and a whole lot more. Whether you have a week to play or an hour to kill you'll find thoughtful and fun ideas on every page. "With an appendix containing a full analysis of the debts of the United States, the several states, municipalities etc. Also statements of street railway and traction companies, industrial corporations, etc." (statement omitted on later vols.). Semiannual, with semiannual and annual indexes. References to all scientific and technical literature coming from DOE, its laboratories, energy centers, and contractors. Includes all works deriving from DOE, other related government-sponsored information, and foreign nonnuclear information. Arranged under 39 categories, e.g., Biomedical sciences, basic studies; Biomedical sciences, applied studies; Health and safety; and Fusion energy. Entry gives bibliographical information and abstract. Corporate, author, subject, report number indexes. Includes the findings and conclusions of an IAEA project team on radioactive contamination in the Dnieper Basin and its radiological consequences, as well as recommendations to the governments of Belarus, the Russian Federation and Ukraine in the area of radiation and environmental protection. Expand your practice and attract new clients with chair massage! A practical, visual guide to this rapidly growing field, Chair Massage helps you develop a basic routine and adapt to different clients and situations. Expert authors Patricia M. Holland, MC, LMT, and Sandra K. Anderson, BA, LMT, NCTMB, provide coverage of massage techniques, chair adjustment, body mechanics, and applying pressure, plus specific routines for the lower back, shoulders, neck/head, and arm/hand regions -- with full-color photographs clearly demonstrating each technique. A chapter on the business aspects of seated massage helps you market and manage your practice successfully. Full-color photographs and drawings clearly depict each technique. An Essentials of Practice chapter helps you translate your knowledge into revenue by addressing crucial topics such as determining target markets, job-related conditions, marketing methods, introductory letters, setting fees, drawing up contracts, and getting paid, and includes practical advice from practitioners who offer chair massage. Unique! Coverage of low back techniques includes specific techniques for treating low back pain, its causes, when to perform massage, and when it is contraindicated. Unique! A chapter on additional techniques and adaptations covers body regions such as the iliotibial band, gastrocnemius, pectorals, anterior neck muscles, and serratus anterior, plus situations such as clients in wheelchairs. Unique! A segment on closing the session describes positive ways to finalize a chair massage session, including use of percussion as a finishing technique, closing stretches, a post-treatment discussion, and helping the client off the chair. A Communications and Ethics chapter addresses important topics such as the ethical presentation of self, boundaries, communicating with clients about feedback, pre- and post-treatment interviews, and intake forms. A review of anatomy and kinesiology covers the specific information that you need to know in order make treatment decisions and perform routines. Coverage of traditional Chinese medicine points and channels gives you more techniques to use during chair massage practice. Sample dialogues provide examples of effective communication with clients during their sessions. First multi-year cumulation covers six years: 1965-70.

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