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This updated and expanded edition discusses many different tools for root cause analysis and presents them in an easy-to-follow structure: a general description of the tool, its purpose and typical applications, the procedure when using it, an example of its use, a checklist to help you make sure it is applied properly, and different forms and templates (that can also be found on an accompanying CD-ROM). The examples used are general enough to apply to any industry or market. The layout of the book has been designed to help speed your learning.

Throughout, the authors have split the pages into two halves: the top half presents key concepts using brief language—almost keywords—and the bottom half uses examples to help explain those concepts. A roadmap in the margin of every page simplifies navigating the book and searching for specific topics. The book is suited for employees and managers at any organizational level in any type of industry, including service, manufacturing, and the public sector. "The lurid photographs and enticing, offhandedly witty descriptions make the reader want to go out collecting specimens right away." "Popular Science From morels to chanterelles, toadstools to truffles, fungi have been a source of fascination since the earliest hunter-gatherers first foraged for them. Today there are few, if any, places on Earth where fungi have not found themselves a home—their habitats span the poles and the tropics, mountaintops and backyards. Packed with facts and photos, this book introduces you to fungus in many forms—some parasitic, some poisonous, some hallucinogenic and some with healing properties that can be tapped for pharmaceutical products. Then of course, there are the delicious mushrooms that are prized by epicureans and gourmards worldwide. Each species here is reproduced at its actual size, in full color, and accompanied by a scientific explanation of its distribution, habitat, association, abundance, growth form, spore color, and edibility.

With information on the characteristics, locations, distinguishing features, and occasionally bizarre habits of these fungi, you'll find in this book the common and the conspicuous, the unfamiliar and the odd—including a fungal predator, for instance, that hunts its prey with lassos, and several that set traps, including one that entices sows by releasing the pheromones of a wild boar. "How dazzling is the world of mushrooms? The fan-shaped cinnabar oysterling looks like something you would find undersea. The violet webcap is vibrant. These are among the more than 600 fungi described and illustrated in this scholarly and beautiful book." "TheNew York Times "Anyone with an appreciation of the beauty of nature will enjoy." "Grand Forks Herald this is the first-ever field guide to provide information on a vast spectrum of spider species based on their morphology, behaviour and distribution. it's the first book to introduce all 70 south african spider families including 370 major genera and more than 860 of the more common species. it includes illustrations of all of the families, genera and species as well as more than 2 000 colour photographs and 843 maps. Let The Rough Guide to Sweden show you the very best this unspoilt country has to offer: from the style-conscious capital, Stockholm, with its magnificent archipelago, to the vast pine forests of Swedish Lapland. Spend a night in the world-famous Icehotel inside the Arctic Circle or laze on the sunny, sandy beaches of the Baltic island of Gotland - Sweden is much more than flat-pack furniture and meatballs. The Rough Guide to Sweden includes full colour pictures to inspire your travels through this vast

country of forests and lakes, detailed maps to help you on your way and expert background on everything from smorgasbords to saunas. With The Rough Guide to Sweden in your hand, you'll find that Sweden offers superb value for money and is a gem waiting to be discovered - where seemingly everyone speaks perfect English. Originally published in print in 2012. Make the most of your time with The Rough Guide to Sweden. Now available in ePub format. This exciting new core textbook offers a clear and practical introduction to quantitative methods, taking a project-based approach. The author's extensive knowledge and straightforward writing style ensure that students are steered through the process step-by-step, from developing research questions and preparing data for analysis, to explaining how to present data in appropriate formats, avoid bias, and write up results and reports. Featuring a comprehensive pedagogical framework and companion website, readers are encouraged to follow practice analyses as they go, with examples given in both SPSS and Excel, and templates are provided for students' own research. In addition to covering the research project, chapters also cover the essential mathematical and statistical analyses that are a logical consequence of posing a quantitative research methods question. This is the perfect text for all social science students studying introductory modules on quantitative methods, research methods or statistics at undergraduate or postgraduate level. It also functions as an effective guide for undergraduate and postgraduate students faced with an independent research project. This guide is for those who workout and for those who don't, but know that they should. If you already workout but have difficulty finding time to keep a regular workout schedule, if you are interested in getting a better workout in a shorter time, or if you want to begin working out but never seem to find the time, this book provides solutions. It contains expert advice from workout specialists for building a short program that works for you. 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. This is a guide to careers in music, covering over 150 classifications that contribute to the production or dissemination of music. It looks at a range of career choices and their implications including composition, performance, audio production, management, law and publishing. Pocket Rough Guide Copenhagen Make the most of your time on Earth with the ultimate travel guides. Entertaining, informative and stylish pocket guide. Part of our UEFA Euro 2020 guidebook series. If you're planning to visit Parken Stadium in Copenhagen to watch Euro 2020 matches, then this pocket guidebook provides all the information you need to make the most of your trip, from ready-made itineraries to help you explore the city when you're not at the game, to essential advice about getting around. Discover the best of Copenhagen with this compact and entertaining pocket travel guide. This slim, trim treasure trove of trustworthy travel information is ideal for short-trip travellers and covers all the key sights (The Little Mermaid statue, Nationalmuseet, Nyhavn harbour, Torvehallerne food hall, Tivoli), restaurants, shops, cafés and bars, plus inspired ideas for day-trips, with honest and independent recommendations from our experts. Features of this travel guide to Copenhagen: - Compact format: packed with practical information, this is the perfect travel companion when you're out and about exploring Copenhagen - Honest and independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, our writers will help you make the most of your trip - Incisive area-by-area overviews: covering Tivoli, Rådhuspladsen, Strøget, Slotsholmen, Nyhavn and more, the practical 'Places' section provides all you need to know about must-see sights and the best places to eat, drink and shop - Handy pull-out map: with every major sight and listing highlighted, the pull-out map makes on-the-ground navigation easy - Time-saving itineraries: carefully planned routes will help inspire and inform your on-the-road experiences - Day-trips: venture further afield to forested Dyrehaven (Deer Park) or Malmö, just across the water in Sweden. This tells you why to go, how to get there, and what to see when you arrive - Travel tips and info: packed with essential pre-departure information including getting around, health, tourist information, festivals and events, plus an A-Z directory and handy language section and glossary - Attractive user-friendly design: features fresh magazine-style layout, inspirational colour photography and colour-coded maps throughout - Covers: Tivoli; Rådhuspladsen; Strøget; The Inner City; Slotsholmen; Nyhavn; Frederiksstad; Parkmuseerne; Christianshavn; Holmen; Vesterbro; Frederiksberg; Nørrebro; Østerbro Travelling on to Sweden? Try The Rough Guide to Sweden for an informative and entertaining look at all the country has to offer. About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks. First multi-year cumulation covers six years: 1965-70. Bjorn Lomborg argues that many of the elaborate and staggeringly expensive actions now being considered to meet the challenges of global warming ultimately will have little impact on the world's temperature. He suggests that rather than focusing on ineffective solutions that will cost us trillions of dollars over the coming decades, we should be looking for smarter, more cost-effective approaches (such as massively increasing our

commitment to green energy R&D) that will allow us to deal not only with climate change but also with other pressing global concerns, such as malaria and HIV/AIDS. And he considers why and how this debate has fostered an atmosphere in which dissenters are immediately demonized. Originality seems a rarity in the screenwriting business these days. Here is a collection of polished, original, unproduced and highly entertaining screenplays written over a period of about fifteen years. The collection includes everything from a slasher script, to a humorous werewolf farce, an emotionally moving lesbian love story, and everything in between. The collection includes the screenplays "Mooselight Serenade" (family friendly moose stampede), "Marilise" (a lesbian love story and murder mystery), "All the Wolves You Were" (a droll, amusing Victorian werewolf spoof), and "Slaughterfest One" (a teen slasher script), as well as a comedy-detective one-hour TV pilot, "Trueblood & Cochise." It also includes three screen shorts ("Marilise," "Shark Watch," and "Dark Snow"). If you enjoy screenwriting, or simply want a good, compelling, entertaining and often very amusing read, you won't be disappointed by this collection.

The classic map and compass navigation guide-revised for the age of GPS GPS devices are great, but they can break, get lost, or easily be hampered by weather conditions, making basic map and compass skills essential for anyone who spends time outdoors. This popular, easy-to-use orienteering handbook has been helping people find their way for more than fifty years. Now updated to include information on GPS as well as current Web sites, references, sources, and photographs, it remains the book of choice for professional outdoorsmen, novice orienteers, and outdoor organizations as well as teachers, scout leaders, recreational hikers, hunters, and others around the world. Coverage includes understanding map symbols; traveling by map alone, by compass alone, or by map and compass together; finding bearings; sketching maps; and traveling in the wilderness. Explains basic map and compass skills clearly Fully updated edition, including information on GPS Includes up-to-date Web site addresses, references, and sources Features a fresh, rugged design Ideal book for beginners If you're looking to feel more comfortable in the wilderness, this updated guide is an indispensable reference. A rich source of inspiration for anyone interested in do-it-yourself culture, this is a guide to the materials and techniques used in today's most creative and progressive art movement. In hundreds of pictures and illustrations and dozens of interviews with the world's most famous artists, the authors show exactly how graffiti is made. From spray techniques and hand styles to tools and style analysis, this is a trip around the world for the tricks of graffiti writers. Includes tips on how to create your own piece, tag and throw up how to use textiles, glass, metal, concrete or wood with Swet, Jurne, Mad C, Egs and Chob as some of the featured artists.

Burmese pythons are fascinating snakes that reach enormous sizes. While not suitable pets for everyone, dedicated and experienced keepers often find these constrictors to be fantastic captives. Despite their large and intimidating size, Burmese pythons are usually docile pets that may live in your care for decades. Because these are such impressive snakes, they draw a great deal of attention - both good and bad. Get a copy now to learn about these massive snakes, their lifestyle, captive care and lots more. Discover this fashionable city with the most incisive and entertaining travel guide on the market. You can take this handy, pocket-sized book out with you anywhere, any time. Whether you plan to explore Slotsholmen, cycle round Christiania or hit the food stalls of Torvehallerne, Pocket Rough Guide Copenhagen will show you the ideal places to sleep, eat, drink, shop and visit along the way. - Perfect for short trips - compact and concise, with all the practical info you'll need for a few days' stay. - Free pull-out map, as well as full-colour maps throughout - navigate the backstreets of Indre By or wander round the canals of Christianshavn without needing to get online. - Things not to miss - Rough Guides' rundown of Copenhagen's unmissable sights and experiences - Itineraries - carefully planned days to help you organise your visit. - Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, with options to suit every budget. - Stunning images - a rich collection of inspiring colour photography. - Detailed city coverage - whether visiting the big sights or venturing off the tourist trail, this travel guide has in-depth practical advice for every step of the way. Chapters cover each neighbourhood in depth, with all the sights and the best of the nearby shops, cafés, restaurants, bars and clubs. Areas covered include: Indre By; Strøget; Slotsholmen; Nyhavn; Frederiksstad; Rosenborg; Christianshavn; Holmen; Vesterbro; Frederiksberg; Nørrebro; Østerbro. Attractions include: Tivoli; Christiansborg Slot; Amalienborg; Rosenborg Slot; Ny Carlsberg Glyptotek; Marmorkirken; Frederiksborg; The Little Mermaid; The Black Diamond; The Blue Planet. - Day-trips - venture further afield to Dragør, Kronborg Slot, Roskilde or Malmö. - Accommodation - our unbiased selection of the top places to stay, to suit every budget. - Essentials - crucial pre-departure practical information including getting there, local transport, tourist information, festivals and events, and more. - Background information - an easy-to-use chronology, plus a handy language section. Make the Most of Your Time on Earth with Pocket Rough Guide Copenhagen. One in every seven flowering plants on earth is an orchid. Yet orchids retain an air of exotic mystery—and they remain remarkably misunderstood and underappreciated. The orchid family contains an astonishing array of colors, forms, and smells that captivate growers from all walks of life

across the globe. Though undeniably elegant, the popular moth orchid—a grocery store standard—is a bland stand-in when compared with its thousands of more complex and fascinating brethren, such as the Demon Queller, which grows in dark forests where its lovely blooms are believed to chase evil forces away. There is the Fetid Sun-God, an orchid that lures female flies to lay their eggs on its flowers by emitting a scent of rancid cheese. Or the rare, delicate Lizard Orchid, which mimics the appearance of lizards but smells distinctly of goat. The Book of Orchids revels in the diversity and oddity of these beguiling plants. Six hundred of the world's most intriguing orchids are displayed, along with life-size photographs that capture botanical detail, as well as information about distribution, peak flowering period, and each species' unique attributes, both natural and cultural. With over 28,000 known species—and more being discovered each year—the orchid family is arguably the largest and most geographically widespread of the flowering plant families. Including the most up-to-date science and accessibly written by botanists Mark Chase, Maarten Christenhusz, and Tom Mirenda, each entry in The Book of Orchids will entice researchers and orchid enthusiasts alike. With stunning full-color images, The Book of Orchids is sure to become the go-to reference for these complex, alluring, and extraordinarily adaptable plants.

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. **DISCOVER WHAT EVERY MAN WHO WORKS OUT NEEDS TO KNOW ABOUT STRENGTH TRAINING AND MUSCLE BUILDING.** In a world that seems to be trending towards the extremes, it is always better to end up on the positive side of the spectrum. This means bigger, higher, and yes, stronger, are always better. It's no secret that building muscle and increasing strength have a significant impact on how your body looks and feels. Strength is always something to aspire to. And of course, a sculpted physique is always an asset, but more than the toned body and the bragging rights that come with it, having gains in strength will help you in so many more ways in your daily life. Imagine having the stamina to play with your kids, running up the stairs without getting out of breath, lifting all your bags of groceries at the same time instead of making several trips to the car, and much more. The benefits are endless, and it is possible for you to gain all of these! This book has you covered... All the answers and all the information you need to help you maximize your strength gains are here. This book will teach you: What you need to do to reach your potential strength and muscle mass gains Which exercises will best help you achieve your goals The best strength training programs for new and intermediate lifters The ultimate workouts to improve your chest, back, shoulders and legs How to build muscle and improve strength with bodyweight training How to plan your diet and exercise program to gain the most benefit And so much more! So what are you waiting for? If you want to know the right lifts and best strength training programs to follow... And are truly serious about building lean muscle and are prepared to make the commitment - then I think you should read this book.

This IBM® Redbooks® publication addresses performance tuning topics to help leverage the virtualization strengths of the POWER® platform to solve clients' system resource utilization challenges, and maximize system throughput and capacity. We examine the performance monitoring tools, utilities, documentation, and other resources available to help technical teams provide optimized business solutions and support for applications running on IBM POWER systems' virtualized environments. The book offers application performance examples deployed on IBM Power Systems™ utilizing performance monitoring tools to leverage the comprehensive set of POWER virtualization features: Logical Partitions (LPARs), micro-partitioning, active memory sharing, workload partitions, and more. We provide a well-defined and documented performance tuning model in a POWER system virtualized environment to help you plan a foundation for scaling, capacity, and optimization . This book targets technical professionals (technical consultants, technical support staff, IT Architects, and IT Specialists) responsible for providing solutions and support on IBM POWER systems, including performance tuning. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

This guide to the physics and observations of Radio Recombination Lines from astronomical sources includes history, theory, applications, 250 equations and 110 illustrations. This soft cover edition contains corrections and updates from hardbound edition. For millennia, humans have regarded snakes with an exceptional combination of fascination and revulsion. Some people recoil in fear at the very suggestion of these creatures, while others happily keep them as pets. Snakes can convey both beauty and menace in a single tongue flick and so these creatures have held a special place in our cultures. Yet, for as many meanings that we attribute to snakes—from fertility and birth to sin and death—the real-life species represent an even wider array of wonders. The Book of Snakes presents 600 species of snakes from around the world, covering nearly one in six of all snake species. It will bring greater understanding of a group of reptiles that have existed for more than 160 million years, and that now inhabit every continent except Antarctica, as well as two of the great oceans. This

volume pairs spectacular photos with easy-to-digest text. It is the first book on these creatures that combines a broad, worldwide sample with full-color, life-size accounts. Entries include close-ups of the snake's head and a section of the snake at actual size. The detailed images allow readers to examine the intricate scale patterns and rainbow of colors as well as special features like a cobra's hood or a rattlesnake's rattle. The text is written for laypeople and includes a glossary of frequently used terms. Herpetologists and herpetoculturists alike will delight in this collection, and even those with a more cautious stance on snakes will find themselves drawn in by the wild diversity of the suborder Serpentes. The Pocket Rough Guide to Copenhagen is your essential guide to this cultural hot spot, with information on all the key sights in an easy-to-use format. Whether you have an afternoon or a few days at your disposal, Rough Guides' carefully curated itineraries help you plan your trip, and the "Best of" Copenhagen section picks out the highlights you won't want to miss. Divided by area for easy navigation, the Places section is written in Rough Guides' trademark honest and informative style, with listings of the must-see sights and our pick of the places to eat, drink, and more. · The very best of the area, selected by our expert authors · Tailored itineraries and highlights to make trip-planning easy · Inspirational color photography brings the area to life on the pages · Up-to-date background information, including transportation details and a calendar of events Travel like you mean it, with The Pocket Rough Guide to Copenhagen. Now available in ePub format. The Pacification of Earth is presented in three sections. Part I, American Revolt: By 2090 almost half of the now immense American population is on welfare. Brilliant, talking computers have stolen most service and middle management jobs, while exploding populations in the southern hemisphere monopolize dumb factory work. And aquifers dry, world wide, causing food shortages. Ben Bjorn, a blond, young Welfie of the merged San Diego and Los Angeles ghetto, escapes a life of squalor by entering the Marine Corps. Well educated by his uncle, he vows to somehow fix the worlds present ugliness. The U.S. invades Mexico with the object of building a death strip along the border that will keep back desperate migrants. Bjorn excels in the resulting combat that involves underwater fleets, personal armor, flechette weapons, and invisible vehicles. We see him grow from a nave, lusty youth to a self-disciplined warrior. The administration cuts Welfie rations while exporting wheat. In the disorder that follows, Bjorn helps his people, is given command of a self-defense Welfie battalion. Fights escalate to a civil war in which Bjorn is the military fist of a Welfie triumvirate. As Part I ends, the Welfies win, rations are equalized, and fertility depressant is dumped into all water supplies. Part II, The Crescent Strikes: As 2100 dawns, Chinese agents kidnap Bjorn and require, as ransom, the shipment of American wheat to their starving people. After our hero escapes by cleverly killing his captors, Europe pleads for military help against the Turkish-led Moslems who threaten invasion from across the Bosphorus. As if those two threats werent enough, American Achievers, the educated and employed class, seek their old power and perquisites. Rebellion simmers below the feet of the Welfie government. After Bjorn survives a Turkish assassination attempt, he flies one hundred and fifty thousand high technology troops to Romania and assumes command of European forces. Estranged from his wife, he also acquires a gorgeous German mistress. In early spring, the Moslems cross the Bosphorus into Europe and throw back part of Bjorns army. He builds defenses behind the Danube Canal. While retreating to that line, Bjorn wins the loyalty of European Achiever officers and raw Balkan units. Moslem armies strike Bjorns line. Defenders respond with fuel-air explosives, smart missiles, flechette rifles, stealth tanks, and microwave weapons that shut down electrical systems. Bjorns mistress, a tool of Achiever conspirators, tries to murder him. He encircles and defeats the Moslems. Bjorn then crushes an Achiever-led rebellion in Western Europe and establishes personal control. News that Chinese armies threaten Siberia convinces Bjorn that the survival of civilization requires he continue his conquests. A world empire is the only cure for humanitys ills. Part III, Imperial Power: In early spring of 2102, Bjorn is thirty years old. He boards his ramjet transport for Irkutsk, in Siberia, while the Chinese gather overwhelming forces nearby in Mongolia. Near his destination, anti-aircraft missiles hunt his aircraft but a brilliant pilot--an Anne Scowcraft--pancakes the aircraft on a swamp in the Siberian taiga. His small party ambushes the killers sent by the Achiever commander of the Russian defenses and finally reaches safety with the German Corps Bjorn has sent as reinforcements to the Slavs. Bjorn manages a Russian command change and a retreat. A romance with Anne grows while Bjorn prepares a defense on the Ob River and establishes a blocking force on the Old Silk Road into Kazakastan. These are the two major land invasion routes to and from China. He sets in motion the conquest of Turkey and Iran, and appoints his ex-wife chief of a world-wide fertility depressant campaign. He announces a World Federation and asks Latin America and Asia to The Rough Guide to Sweden Make the most of your time on Earth with the ultimate travel guides. World-renowned 'tell it like it is' travel guide. Discover Sweden with this comprehensive and entertaining travel guide, packed with practical information and honest recommendations by our independent experts. Whether you plan to swim in one of Sweden's 100,000 lakes, explore the cobbled lanes and medieval church ruins of Visby or relax in a traditional Swedish sauna, the Rough Guide to Sweden will help you discover the best places to explore, eat, drink, shop and sleep along the

way. Features of this travel guide to Sweden: - Detailed regional coverage: provides practical information for every kind of trip, from off-the-beaten-track adventures to chilled-out breaks in popular tourist areas - Honest and independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, our writers will help you make the most from your trip to Sweden - Meticulous mapping: practical full-colour maps, with clearly numbered, colour-coded keys. Find your way around Uppsala, Karlstad and many more locations without needing to get online - Fabulous full-colour photography: features inspirational colour photography, including the enchanting Bohuslän coast with smooth rocky outcrops perfect for sunbathing and the medieval magnificence of Kalmar Slott - Time-saving itineraries: carefully planned routes will help inspire and inform your on-the-road experiences - Things not to miss: Rough Guides' rundown of Lund Domkyrkan, Birka, Gotland beaches and Inlandsbanan's best sights and top experiences - Travel tips and info: packed with essential pre-departure information including getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more - Background information: comprehensive 'Contexts' chapter provides fascinating insights into Sweden, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary - Covers: Stockholm; day-trips from Stockholm; Gothenburg; the southwest; the southeast; the Bothnian coast; central Sweden; Swedish Lapland You may also be interested in: The Rough Guide to Norway, The Rough Guide to Denmark, Pocket Rough Guide to Copenhagen About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks. **SO YOU'VE BEEN EATING HEALTHY AND WORKING OUT TO ACHIEVE YOUR FITNESS GOALS, BUT DO YOU FEEL AS IF YOU NEED A GREATER BOOST IN YOUR NUTRITION? DO YOU THINK THAT WHAT YOU'RE DOING AND WHAT YOU'RE CONSUMING ARE JUST NOT ENOUGH?** Most men dream of having a sculpted physique that simply screams "Alpha Male." But sometimes, gaining lean muscle is not as simple as a healthy diet and a regular workout regimen. Often, you need a bigger boost to help you achieve your fitness goals. The good news is that you can get that boost you need through supplementation, and this book can show you how! Many men have become wary of taking supplements. It's no wonder that people have become cautious because there are indeed some supplements that overpromise but under deliver. When the market is saturated with countless supplements, it is difficult to make an informed decision—until now! This book has everything you need to know about the proper supplements to help you achieve your health and fitness goals. This pocket-sized guide provides ratings and reviews of parents' favorite baby gear, including strollers, car seats, highchairs, toys, clothing, and much more. Each listing in the guide provides manufacturer's information and product specs in addition to parent ratings and quotes/commentary. Alphabetical and manufacturer indexes make finding relevant information easy and fun. For every guy who has wondered how he could possibly become a dad while preserving any masculinity, sanity or dignity, this practical and hilarious guide will teach you **HOW TO FEEL MANLY IN A MINIVAN** ...and many other essential self-preservation techniques for new dads Men are ill equipped to face the challenges of fatherhood, but we've always made a noble effort: engaging in the meaningful sex, attending the breast-feeding class without giggling, and staying sober during the college planning. But the time has come for new dads to suffer no more. Veteran dad and author Craig Boreth sets out to smooth the path to paternity, showing desperate new dads: **HOW TO CONVINCE YOURSELF THAT YOU'RE READY**, from abandoning your entire existence to preparing for the biggest challenge of all: being useless. **HOW TO GET FIT FOR FATHERHOOD**, since that pudgy butterball will smack you down faster than a jilted stripper and make you sicker than Tijuana tap water. **HOW TO** maintain the illusion of control, from remaining conscious during delivery to telling pushy parents where to stick their unsolicited advice. **HOW TO HAVE A NORMAL LIFE AGAIN**, from getting that #\$\$@%&! song out of your head to appreciating your wife the MILF. ...and much more in this entertaining, life-saving, fully illustrated guidebook that no new dad should be without.

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