

The Mold Survival Guide For Your Home And For You

An expansion of Dr. Rudolfossi's theory of Police and Public Safety Complex Trauma, this text integrates other models of trauma and loss into a one-of-a-kind intervention model. It offers insider perspectives from police psychologists, police managers, and clinicians describing what police personnel experience on the job, along with expert intervention and advice. The author also introduces the Eco concept and includes case studies to demonstrate ideas and techniques. The examples highlight each of five personality styles. This practical guide to dealing with the cumulative effects of repeated stress, trauma, and exhaustion is a critical resource for police, paramedics, and correctional personnel. Dr. Rudolfossi spoke on the Donna Seebo radio show to discuss his book and issues surrounding it. He was a featured guest on American Heroes Radio on April 3, 2012.

No one knows more about survival than the U.S. Army. Its field manual, encompassing all-climate, all-terrain tactics, is the most authoritative guide to toughing it out on unfamiliar turf. This special edition for civilians is an essential companion for campers and other lovers of the outdoors.

The following pages act as a guide in the transition process from afternoon to night with thought given to the evening, in between. The following pages are also a collection of situations, dialogue, and thoughts, with some attitude added here and there. Not a coffee table book or bathroom read but instead meant for reference, present and future. Perhaps even a convenient guide during a period of transition. This inspirational guide for aspiring and experienced writers was originally published in 1997. Written in a friendly, hopeful, and gently humorous tone, it focuses on the creative process and emotional ups and downs of the creative life, providing insights into how to persist in the face of rejection, frustration, feelings of inadequacy, lack of support from loved ones, and more. It also offers practical advice on how to stay motivated and productive during difficult times. This time so you actually sit down and write to reading as a writer. This ebook's rerelease of The Writer's Survival Guide includes a new introduction that discusses the origins of the book and how, in spite of the many changes in publishing and technology, it remains relevant today.

Survival Handbook

How to Survive and Thrive in Your New Home Away from Home

The Survival Guide for Business Families

How to Prepare For and Survive Floods, Fires, Earthquakes and More

Beyond Training

The Sick Building Survival Guide

A Survival Guide for Change Agents

It took months of doctors visits and several illnesses for Erica Reid to uncover that her young son had multiple allergies and serious asthma. Her daughter, who had suffered from skin irritation since birth, was diagnosed with food allergies as well. Thus began a cautious, thoughtful journey to more doctors and led the author to totally re-vamp her family's diet, "de-tox" her home, and, as her children grew older, coordinate healthy routines for school and travel. Along the way, Reid developed complementary child-rearing strategies promoting respect, responsibility, creativity, spiritual balance, and love. From health and nutrition to discipline and spirituality, Reid schooled herself in every area that is part of creating a totally healthy environment in which a family can flourish. THE THRIVING CHILD also includes in-depth prescriptive advice from top experts, including doctors, and celebrity mothers.

With clear scientific explanations and expert advice, The Mold Survival Guide is a valuable resource for anyone worried about a common household problem that can have serious consequences.

Full of data, charts, nutritional breakdowns, and a poisonous look-alike section, this guide discusses how to identify, gather, prepare, store, and enjoy an endlessly nutritious and renewable resource of wild, edible plants.

This book is a must for all home occupants as well as perfect for those contemplating moving to or purchasing a property.

The Art Teacher's Survival Guide for Secondary Schools

A Street Survival Guide for Public Safety Officers

My House Is Killing Me!

Your Guide to Every Home Improvement Adventure

Chronic Fatigue Syndrome

The Thriving Child

The Cop Doc's Strategies for Surviving Trauma, Loss, and Terrorism

You volunteered to coach the softball team, but are you ready? How will you teach the fundamental skills, run effective practices, and harness the energy of your young team? Fear not: Survival Guide for Coaching Youth Softball has the answers. Longtime coaches Robert and Tammy Benson share their experiences and provide advice you can rely on from the first practice to the final game. Establishing realistic goals, in-game coaching tips, drills, strategies, and fun—it's all here. Develop your team's fundamental skills—fielding, catching, throwing, and hitting—with the Survival Guide's collection of the game's best youth drills. Included is a section on pitching instruction, and the ready-to-use practice plans will help you get the most out of every practice. Survival Guide for Coaching Youth Softball has everything you need for a rewarding and productive season. So step up and enjoy the experience. It will be one that you won't forget.

A stress-free guide to caring for your biggest investment. For many new homeowners, the euphoria that comes with buying the perfect new house can soon turn into total panic. First-time buyers often feel overwhelmed by the amount of maintenance their new home requires—not to mention the nasty problems and surprises that seem to be lurking around every corner (and in every wall). Finally, author and real estate guru Sid Davis provides the antidote for the common worries that plague every new owner. From easy repairs to seemingly insurmountable projects, readers will discover sanity-saving advice on: • improving roofing, siding, walkways, and driveways • fixing or replacing appliances and fixtures • refinancing tips and traps • reducing the costs of home ownership and maintenance • lowering property taxes • working with contractors and not getting taken • insurance tips • budgeting for the unexpected Owning a home should be exciting, not terrifying. Now with this reassuring guide, novice homeowners can experience all of the joy, and none of the trepidation, that comes with having a place of their own.

A guide to food allergies that provides information on creating and maintaining a healthy intestinal boundary, related conditions, label reading, celiac disease, nutrition planning, and other related topics; and includes recipes.

Answers thirty-nine management questions for family-operated businesses, and tells how to develop the skills necessary to get through crises

Surviving and Thriving with Food Allergies and Sensitivities

A Survival Guide for Bronze Sculptors

The Horror Movie Survival Guide

An Instructive, Insightful Celebration of the Writing Life

Mastering Endurance, Health & Life

The RVer's Ultimate Survival Guide

Ageing In the 'New Age': A Survival Guide for Baby Boomers

From the scream of Psycho to the psycho of Scream, The Horror Movie Survival Guide is your essential source for information on the creatures and monsters that darken your daydreams and stalk your nightmares. Separated into five identifiable categories—aliens, beasts, creations, psychopaths, and the supernatural—each horrific entity is presented with a full description, an overview of unnatural habits, and tips on how to destroy it. This definitive handbook also includes a directory of horror films (So you know where to find your favorite monsters!), thirty photographs of the baddest of the bad, and a list ranking the worst creatures to grace the silver screen by their number of kills. So the next time you're confronted by the supernatural, the extraterrestrial, or the unclassifiable, look in here for all the facts—and run like hell.

A timely update to the best-selling, practical, and comprehensive guide to online teaching The Online Teaching Survival Guide provides a robust overview of theory-based techniques for teaching online or technology-enhanced courses. This Third Edition is a practical resource for educators learning to navigate the online teaching sector. It presents a framework of simple, research-grounded instructional strategies that work for any online or blended course. This new edition is enhanced with hints on integrating problem-solving strategies, assessment strategies, student independence, collaboration, synchronous strategies, and building metacognitive skills. This book also reviews the latest research in cognitive processing and related learning outcomes. New and experienced online teachers alike will appreciate this book's exploration of essential technologies, course management techniques, social presence, community building, discussion and questioning techniques, assessment, debriefing, and more. With more and more classes being offered online, this book provides a valuable resource for taking your course to the next level. Understand the technology used in online teaching and discover how you can make the most of advanced features in the tech you use Learn specialized pedagogical tips and practices that will make the shift to online teaching smoother for you and your students Examine new research on cognition and learning, and see how you can apply these research findings your day-to-day Adopt a clear framework of instructional strategies that will work in any online or blended setting Learn how to make the most of your synchronous online class meetings using flipped model techniques integrated with asynchronous conversation Recently, schools across the globe have experienced a shift to online courses and teaching. The theories and techniques of synchronous virtual online teaching are vastly different from traditional educational pedagogy. You can overcome the learning curve with this theory-based, hands-on guide.

Read a little, learn a lot! In the bestselling The Experts' Guide to 100 Things Everyone Should Know How to Do, the world's most knowledgeable experts provided unparalleled insights into mastering the little things in life that are often invariably the hardest to accomplish. Now, Experts' Guide series creator Samantha Ettus once again brings together 100 renowned experts who share their proficiency and know-how to show you not only how to make your home more beautiful, but how to live more happily in it. The first book to join three home-related genres—home improvement, self-help, and interior design—The Experts' Guide to Life at Home is the ultimate must-have guide to mastering your domain. Divided into six sections (To Nest, To Protect, To Improve, To Beautify, To Relax, and To Enjoy), 100 of the world's leading experts provide consummate insight into how to successfully accomplish everything from properly folding fitted sheets, as taught by the world's leading computational origami expert; to hanging holiday lights, with guidance from the man who decorates the world-renowned Rockefeller Center Christmas tree; to carving a turkey, with instructions from Oprah's personal chef. The experts include: • Al Roker, on how to Create a Family Barbecue • Senator Dianne Feinstein, on how to Prevent Identity Theft • Joy Browne, on how to Compromise • Ina Garten, on how to Host a Dinner Party • Harvey Karp, on how to Discipline Your Children • Susie Coelho, on how to Make the Most of a Spare Room • Jorge Cruise, on how to Incorporate Fitness into Your Daily Life • Alexandra Stoddard, on how to Lead a Happy Life The contributors to The Experts' Guide to Life at Home range from instantly recognizable names like Rachael Ray and Leeza Gibbons to industry leaders like the CEO of AARP and the co-creators of the hit TV show The Amazing Race. All have been chosen for inclusion because they are at the very top of their profession, be it finance, cooking, relationships, medicine, security, or even building the perfect snowman. From the bedroom to the kitchen, the kid's room to the basement, the backyard to the front yard, The Experts' Guide to Life at Home makes it easy to read a little and learn a lot about making the most of your home. Also available:The Experts' Guide to 100 Things Everyone Should Know How to Do

Is it possible for visionary leaders to adhere to their idealism and integrity without becoming casualties of corporate conservatism and executive-level politics? This book says "yes," arguing for the need for visionary change agents in organizations and resolving the paradox of visionary change in a bureaucratic environment. • Helps visionaries to identify their character traits, both positive and negative, and gives them direction on how to hang on to their idealism while more clearly perceiving how their actions affect others in the organization, including their managers, corporate leadership, or board of directors • Describes a previously undocumented yet common dynamic that has frustrated many ambitious employees, told from the visionary's own viewpoint • Explains how to manage visionaries more effectively by encouraging them to make meaningful contributions that can be embraced and claimed by others in the organization • Enables leaders who are change agents to improve their chances of staying in an executive position long enough for their ideas to gel and take positive effect • Features interesting profiles of (ultimately) successful visionaries—maverick leaders who were often initially fired or smothered for their methods and mindsets—throughout the book

My Home, My Money Pit

The First-Time Homeowner's Survival Guide

A Treatment Guide, Second Edition

The Gifted Teen Survival Guide

The Online Teaching Survival Guide

The ultimate survival guide

A Crash Course in Dealing with Repairs, Renovations, Property Tax Issues, and Other Potential Disasters

First Published in 1999. Routledge is an imprint of Taylor & Francis, an informa company.

An invaluable compendium of 75 creative art projects for art educators and classroom teachers This authoritative, practical, and comprehensive guide offers everything teachers need to know to conduct an effective arts instruction and appreciation program. It meets secondary art teacher's unique needs for creating art lessons that cover everything from the fundamentals to digital media careers for aspiring artists. The book includes ten chapters that provide detailed instructions for both teachers and students, along with creative lesson plans and practical tools such as reproducible handouts, illustrations, and photographs. Includes 75 fun and creative art projects Fully updated to reflect the latest changes in secondary art instruction, including digital media and digital photography Heavily illustrated with photographs and drawings For art teachers, secondary classroom teachers, and homeschoolers, this is the ideal hands-on guide to art instruction for middle school and high school students.

The Ultimate Food Allergy Cookbook and Survival Guide: How to Cook with Ease for Food Allergies and Recover Good Health gives you everything you need to survive and recover from food allergies. It contains medical information about the diagnosis of food allergies, health problems that can be caused by food allergies, and your options for treatment. The book includes a rotation diet that is free from common food allergens such as wheat, milk, eggs, corn, soy, yeast, beef, legumes, citrus fruits, potatoes, tomatoes, and more. Instructions are given on how to personalize the standard rotation diet to meet your individual needs and fit your food preferences. It contains 500 recipes that can be used with (or without) the diet. Extensive reference sections include a listing of commercially prepared foods for allergy diets and sources for special foods, services, and products. THE MONEY PIT®, hosted by Tom Kraeutler and Leslie Segrete, is a syndicated home improvement call-in radio program that airs every weekend all over North America on more than 200 stations, as well as on XM Satellite Radio. Tom and Leslie give homeowners like you real information on how to get things done the right way by alerting you to what you need to know before you start a project. Room by room, Tom and Leslie share their extensive experience in home improvement, decorating, and remodeling in kitchens, bathrooms, bedrooms, family spaces, basements, and laundry rooms. They tell you secrets about lowering your energy bills. They've got great ideas about curb appeal and making exterior maintenance easier. And they give the best counsel anywhere on home safety and security, insurance, and preparing your home for sale. Before you start your next project, get advice from Tom and Leslie.

Jeff May's Healthy Home Tips

Learn How to Start a Conversation with Anyone in 30 Seconds or Less

The Experts' Guide to Life at Home

Grades 7-12

Parenting Successfully through Allergies, Asthma and Other Common Challenges

The Survival Guide to Gift Giving- Inexpensive Gift Ideas for Any Occasion

The Writer's Survival Guide

Classroom management is often perceived as the most overwhelming challenge faced by new teachers; it may also continue to confront more experienced educators as they encounter a new group of youngsters or face a new set of demands. Successful classroom management is invariably tied to student engagement and empowerment:

teachers who are singled out for excellent classroom management practices are often praised for successfully maintaining a strong instructional focus in their classes coupled with high levels of student motivation. The contributors offer classroom-tested strategies and timely advice on how to create such an effective and supportive instructional environment for academic and social-emotional learning for all. Similar to the previous four volumes, Breaking the Mold of School Instruction and Organization: Innovative and Successful Practices for the 21st Century (2010), Breaking the Mold of Preservice and Inservice Teacher Education (2011), and Breaking the Mold of Education for Culturally and Linguistically Diverse Students (2012), and, Breaking the Mold of Education: Innovative and Successful Practices for Student Engagement, Empowerment, and Motivation (2013), the purpose of this book is to offer a carefully selected collection of documented best practices and practical, classroom-tested strategies for immediate implementation

Presents a guide to achieving peak fitness capability by optimizing performance, fat loss, and brain function, covering such aspects of health as nutrition, training, recovery, stress and time management, sleep, and digestion.

The Ultimate Guide to Surviving and Thriving in the Dorm Dorm life offers you a great chance to meet new people and try new things. But leaving the comforts of home for the first time to enter the roommate-having, small-room-sharing, possibly-coed-bathroom-using world of the dorms can be overwhelming and intimidating. The College Survival Guide offers expert advice and the inside scoop on: • Choosing the right residence hall for you • Getting along with your roommate (and handling conflict) • Bathroom, laundry, and dining hall survival • Dealing with stress, depression, and safety issues From avoiding the dreaded Freshman 15 to decorating your space, this informative and funny guide gives experts' advice on everything you need to know to enjoy dorm living to the fullest.

The father of the corporate culture field and pioneer in organizational psychology on today's changing corporate culture This is the definitive guide to corporate culture for practitioners. Recognized expert Edgar H. Schein explains what culture is and why it's important, how to evaluate your organization's culture, and how to improve it, using straightforward, practical tools based on decades of research and real-world case studies. This new edition reflects the massive changes in the business world over the past ten years, exploring the influence of globalization, new technology, and mergers on culture and organization change. New case examples help illustrate the principals at work and bring focus to emerging issues in international, nonprofit, and government organizations as well as business. Organized around the questions that change agents most often ask, this new edition of the classic book will help anyone from line managers to CEOs assess their culture and make it more effective. Offers a new edition of classic work with a focus on practitioners Includes new case examples and information on globalization, the effects of technology, and managerial competencies Covers the basics on changing culture and includes a wealth of practical advice

For Your Home and for Your Health

Survival Guide for Business Families

The Mold Survival Guide

The Essential Wild Food Survival Guide

Survival Guide for Coaching Youth Softball

Pre-Senior/Senior Survival Guide

What Educators Should Know and Do to Enable Student Success

This authoritative guide helps Baby Boomers navigate their way through a host of issues that typically affect careers from the midpoint onward toward retirement. * Comprises ten chapters in three sections: one on changes in the workplace during the Baby Boom years; one on specific challenges Baby Boomers face in their careers; and one on achieving goals, including starting a business and planning for retirement * Presents charts and graphs explaining relevant statistical data * Offers a bibliography of helpful additional sources in print and online

You volunteered to coach the football team, but are you ready? How will you teach the fundamental skills, run effective practices, and harness the energy of your young team? Fear not: Survival Guide for Coaching Youth Football has the answers. Longtime coach Jim Dougherty teams up with Brandon Castel to share experience and advice you can rely on from the first practice to the final game. It's all here in the drills and the plays: evaluating players' skills, establishing realistic goals, offering in-game coaching tips, and making the practices fun! Develop your team's offensive and defensive skills for all positions with the Survival Guide's collection of the game's best youth drills. For plays that young players can actually run, flip to the Survival Guide's offensive playbook and defensive alignments. And to get the most out of every practice, follow the ready-to-use practice plans. Turn to the series that has already guided thousands of first-time coaches in basketball, soccer, and softball to rewarding and productive seasons. With Survival Guide for Coaching Youth Football, you're already well on your way.

All living things, be it humans, animals or plants were born to survive - or at least fight to survive. Even though it is engraved into our very DNA, there are times when it is more of a task than it is of an innate thing. There are times when the weak perish, and the strong emerge to thrive even more in the new environment. With human beings depending on tools for survival, knowing what to pack in case of a calamity and the simple tricks to employ could be the difference between death and life.

Discusses what the label "gifted" means, and covers such issues as intelligence testing, educational options, and relationships with parents and friends.

The Disposable Visionary: A Survival Guide for Change Agents

The Corporate Culture Survival Guide

My Office Is Killing Me!

The College Dorm Survival Guide

How to Cook with Ease for a Food Allergy Diet and Recover Good Health

Smart, Sharp, and Ready for (almost) Anything

Common Sense for the Ages

This book gives you the tools you need to navigate through school, work and personal relationships with confidence and eloquence. Learn how to use personality tests to categorize yourself and use that information to build a communication strategy for yourself.

Explains what molds are, where they grow, why they grow, and illnesses they can cause, and includes information on ways to protect one's home and possessions from mold.

What every special education teacher needs to know to survive and thrive A Survival Guide for New Special Educators provides relevant, practical information for new special education teachers across a broad range of topic areas. Drawing on the latest research on special educator effectiveness and retention, this comprehensive, go-to resource addresses the most pressing needs of novice instructors, resource teachers, and inclusion specialists. Offers research-based, classroom-tested strategies for working with a variety of special needs students Covers everything from preparing for the new school year to behavior management, customizing curriculum, creating effective IEPs, and more Billingsley and Brownell are noted experts in special educator training and support This highly practical book is filled with checklists, forms, and tools that special educators can use every day to help ensure that all special needs students get the rich, rewarding education they deserve.

Over the next 30 years we will be supporting huge numbers of people through the transition of life that is the journey of old age and the pathway to death. The fact remains that death and taxes are a surety in life, but the pathway doesn't have to be negative and fruitless. This is a great book to use as an education and planning tool for the Baby Boomer and their parents. It is also a great book to gift to your older parents if you are concerned about having the ""difficult conversations."" I ask all who read this book to be brave in the face of change as you all have the power to make change or decide to stay the same. So, take every opportunity to engage in the most important part of your life's journey and remember it is all about you.

Survival Guide For Beginners

A Workbook for Detecting, Diagnosing, and Eliminating Pesky Pests, Stinky Stenches, Musty Mold, and Other Aggravating Home Problems

The Official U.S. Army Guide

Breaking the Mold of Classroom Management

The Disaster Survival Guide

The Young Adult's Survival Guide to Communication

The Boomers' Career Survival Guide

Bacteria and mold may lurk undetected in carpets or in the heating or cooling system of your office or school. When inhaled, the by-products of these organisms can cause allergy and asthma symptoms. Chemical vapors emitted by office furniture and equipment may also foul the air we breathe indoors, causing headaches, eye irritation, or other symptoms. Here the author of the best-selling My House Is Killing Me! and co-author of The Mold Survival Guide turns his attention to indoor air quality in public buildings. Blending his extensive professional experience with scientific explanations, May helps us see these buildings through the eyes of a building scientist, microscopist, and organic chemist. He offers a step-by-step approach to identifying, controlling, and often eliminating the sources of indoor air pollutants and allergens. Whether it's a case of mold in an elementary school or inadequate ventilation in a high-rise office building, this valuable guide can help people cope when the air they breathe indoors is making them sick.

A comprehensive guide for surviving emergencies both big and small Hurricanes. Tornadoes. Floods. Pandemics. Wildfires. Earthquakes. Droughts. Landslides. Trillions of dollars in damages. Billions of people affected. Worldwide shutdowns. Terrorist attacks. Gas explosions. Bridge collapses. Car, train, and plane crashes. These sudden and unexpected events make it feel as if chaos rules the world, but expecting the unexpected can mitigate the damage and loss to you and your loved ones. It pays to be prepared—and to know how to react and respond when disaster does strike. When catastrophe strikes, no matter how big or small, being ready and knowing what to do can be the difference between the loss of life and survival. The Disaster Survival Guide: How to Prepare For and Surviving Floods, Fires, Earthquakes and More shows how to prepare and respond to any crisis, man-made or natural, wherever it might occur and however small or large it might be. Using what has been learned from previous disasters, this indispensable book illustrates how others survived past crises. Critical decisions faced during an emergency are considered: whether to stay or to go, where to go, how to stay informed, and more. Covering the basics needs from food, water and first aid to shelter, security, and self-defense, this informative guide walks readers through the steps it takes to create their own personal emergency action plan. It provides a catalog of the skills, tools, and items needed to endure and overcome a variety of situations and circumstances. It pinpoints hazards unique to different terrains, locations, situations, and settings, too, and it helps identify and understand possible threats. Just as important as learning how to survive the worst is learning how to survive everyday emergencies ranging from bee stings, snakebites, and allergic reactions to house fires, gas explosions, and more. It 's all important, and it 's all in The Disaster Survival Guide. Truly essential, this fact-filled book takes a clear-eyed look at what to do should the worst happen.

Gabe Gabel has written the book she wishes she had been able to find when she started her professional career thirty years ago. It is really a two part book. One part concentrates on the bronze sculpture. Art collectors will find the step by step explanation of the casting process extremely educational. Artists who wish to learn more about doing a bronze sculpture will not only like that part, but the complete how-to-do-it discussion will cover everything they need to know about taking a sculpture all the way through. It starts with the placement of the armature and finishes with the decision of the number of the limited edition they choose to cast. The information is all there, the basic tools, the different choices they have in methods and materials, and why Gabe prefers the ones she does. There are sources, and expenses, and many ways to save money that she has learned over the years. Many options are discussed, there are suggestions for solving problems that can occur, and attention is paid to safety concerns that artists face that are rarely mentioned. Nearly any bronze sculptor is likely to learn some tips that they will appreciate, no matter how experienced they are. Dont look for how to create your art. The reader has to bring his or her own artistic ability to the sculpture table. This is not the book to show you how to do a horse sculpture, though the book does follow one horse original from armature to bronze. This is a book to show you how to bring your own creations to casting ready sculpture. But if you do want to sculpt a horse, you will come out with some great ideas to make yours even better. For artists who use other media, there is a great deal of wonderful information on all aspects of marketing and managing your art business. It is a business, and Gabe feels that is must be treated as such if an artist wants to make a profit and to make a living selling their work. It is all there, how to start and utilize a mailing list; there is a discussion on show vehicles and various art displays, (with information on building your own,) show clothing and manners, types of shows, galleries, your home office and computer. Look for letters to Dear Aunt Gabby and her often rather pointed advice. Aunt Gabby has heard it all, from artists and buyers to show promoters. Aunt Gabby is not an art critic,(she thinks there are enough of those), but she can be highly critical of artists and their behaviors. In short, this is a book by an artist for artists, though Gabe does hope that art collectors will find it irresistible, too. Please visit her personal web site, gabegabel.com to enjoy her work in full color, see her show schedule, and read her newsletters. She also welcomes comments through e-mail at gabegabel@hotmail.com

You can survive the holidays with this ebook guide to giving great gifts without breaking the bank. This book is chunked full of awesome gift ideas for anniversaries, birthdays, christmas, father's day and mother's day. Plus helpful tips.

Essential Preparedness Tips, Techniques and Tactics to Survive in an Emergency or Disaster Situation

The Ultimate Food Allergy Cookbook and Survival Guide

Food Allergy Survival Guide

Simple and Practical Pedagogical Tips

Survival Guide for Coaching Youth Football

A Complete Guide to a Healthier Indoor Environment

A Survival Guide for New Special Educators

A step-by-step guide to identifying the causes of and eliminating indoor air pollution offers an easy-to-use approach that details health problems caused or worsened by airborne contaminants; provides detailed instructions for diagnosing, addressing, and monitoring problems; and includes tips on choosing a professional to solve a problem. Original.

Achieving Success and Contentment from Middle Age Through Retirement