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Swimming Science
Orthopaedic Rehabilitation of the Athlete
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Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction
Straight-Line Leadership: Tools for Living with Velocity and Power in Turbulent Times
Texas Monthly

Lost, Texas

The Inner Game of Tennis

Readers will discover how very recent scientific advances have overthrown a century of dogma about concussive brain injury.

Measure of a Leader

Learn or Die

Swimming is often touted as one of the most accessible workouts—low impact, low tech, and beneficial at any stage of life. Yet each time you suit up and dive in, your body's moving parts must work together to propel you through dozens of pounds of water resistance, somehow emulating the movements of species that evolved specifically for the water. What are the physical forces at work when you get in a pool, and what determines whether you will sink or swim? Writing to competitive and novice swimmers alike, contributors to this volume break down every aspect of the sport. Swimming Science covers physiology, psychology, and safety, as well as hydrodynamics, nutrition, and technique. Each chapter examines these topics through a series of practical questions. What are the forces acting on you when you swim, and how do your muscles best generate propulsion against those

forces? How much protein, salt, and iron should a swimmer consume, and how does energy from carbohydrates compare to energy from fats? How important is the “swimmer’s physique” in competitive swimming, and is technique or strength more necessary for generating speed? These questions are examined with the aid of explanatory diagrams and illustrations, and the book can be used to search for particular topics, or read straight through for a comprehensive overview. Whether you are a competitive swimmer looking to optimize your performance or just beginning to dip a toe into the sport, *Swimming Science* is a must-read.

Forging the Shield

Based on conversations with hundreds of Americans, this volume reveals the self-understanding of Americans as a people and as a nation

The Glass Castle

To compete with today's increasing globalization and rapidly evolving technologies, individuals and organizations must take their ability to learn—the foundation for continuous improvement, operational excellence, and innovation—to a much higher level. In *Learn or Die*, Edward D. Hess combines recent advances in neuroscience, psychology, behavioral economics, and education with key research

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on high-performance businesses to create an actionable blueprint for becoming a leading-edge learning organization. *Learn or Die* examines the process of learning from an individual and an organizational standpoint. From an individual perspective, the book discusses the cognitive, emotional, motivational, attitudinal, and behavioral factors that promote better learning. Organizationally, *Learn or Die* focuses on the kinds of structures, culture, leadership, employee learning behaviors, and human resource policies that are necessary to create an environment that enables critical and innovative thinking, learning conversations, and collaboration. The volume also provides strategies to mitigate the reality that humans can be reflexive, lazy thinkers who seek confirmation of what they believe to be true and affirmation of their self-image. Exemplar learning organizations discussed include the secretive Bridgewater Associates, LP; Intuit, Inc.; United Parcel Service (UPS); W. L. Gore & Associates; and IDEO.

Commercial and Industrial Wiring

Do you love stories with sexy, romantic heroes who have it all—wealth, status, and incredibly good looks? Harlequin® Desire brings you all this and more with these three new full-length titles in one collection! #2654 *Wild Ride Rancher Texas Cattleman's Club: Houston* by Maureen Child Rancher Liam Morrow doesn't trust rich beauty Chloe Hemsworth or want to deal with her new business. But when they're trapped by a flash flood, heated debates turn into a wild affair. For the next

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two weeks, can she prove him wrong without falling for him? #2656 His for One Night First Family of Rodeo by Sarah M. Anderson When a surprise reunion leads to a one-night stand with Nashville sweetheart Brooke, Flash wants to turn one night into more... But when the rodeo star learns she's been hiding his child, can he trust her, especially when he's made big mistakes of his own? #2658 Vengeful Vows Marriage at First Sight by Yvonne Lindsay Peyton wants revenge on Galen's family. And she'll get it through an arranged marriage between them. But Galen is not what she expected, and soon she's sharing his bed and his life...until secrets come to light that will change everything! Look for Harlequin® Desire's April 2019 Box set 2 of 2, filled with even more scandalous stories and powerful heroes! Join HarlequinMyRewards.com to earn FREE books and more. Earn points for all your Harlequin purchases from wherever you shop.

Basic Biomechanics

Sports Law looks at major court cases, statutes, and regulations that explore a variety of legal issues in the sports industry. The early chapters provide an overview of sports law in general terms and explore its impact on race, politics, religion, and everyday affairs. Later chapters address hot button issues such as gender equity, drug testing, and discrimination. Written from a sport management perspective, rather than from a lawyer's, this text covers all the major areas presented in sports law today including: cases relating to torts, contracts,

intellectual property, and agents. Factual scenarios throughout the text allow students to critically examine and apply sport management principles to legal issues facing the sports executive. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition."

U.S. 40: Cross Section of the United States of America

The wealth of information provided in this unique text will enable orthopedic surgeons, medical practitioners, physical therapists, and trainers to ensure that athletes who suffer anterior cruciate ligament (ACL) injuries, or who require major knee operations for other reasons, have the best possible chance of safely resuming sporting activity at their desired level without subsequent problems. Divided into seven thematic sections, the coverage is wide-ranging and encompasses common barriers to return to sport, return to sport decision-based models, and the complete spectrum of optimal treatment for ACL injuries, including preoperative and postoperative rehabilitation. Advanced training concepts are explained in detail, with description of sports-specific programs for soccer, basketball, and tennis. Readers will find detailed guidance on objective testing for muscle strength, neuromuscular function, neurocognitive function, and cardiovascular fitness, as well as validated assessments to identify and manage psychological issues. In addition, return to sport considerations after meniscus surgery, patellofemoral realignment, articular cartilage procedures, and knee

arthroplasty are discussed. Generously illustrated and heavily referenced, *Return to Sport after ACL Reconstruction and Other Knee Operations* is a comprehensive resource for all medical professionals and support staff working with athletes and active patients looking to get back in the game with confidence.

Physics

Return once again to the enduring account of the Permian Panthers of Odessa -- the winningest high school football team in Texas history.

First Timers and Old Timers

“The first song I want to sing tonight is called ‘One Night Stand.’” How fitting. Flash Lawrence and Brooke Bonner’s fling burned hotter and faster than Flash’s temper. But when Brooke learned she was pregnant, staying away was her only option. The unpredictable rodeo star isn’t daddy material. But when Flash finds out the truth—forget it. There’s no denying their explosive chemistry. Nor will he let her deny him his child.

Spanning the Strait

Structuring their message around the indicators of follower behavior that predict a leader's influence, the authors show exactly how to impact the growth of a business, its customers, and the marketplace. Their system also gives managers the tools to adapt the approach, creating positive behavior that can improve the performance of their people.

Baxter's The Foot and Ankle in Sport

For specialists and non-specialists alike, returning an athlete to pre-injury performance safely and quickly is uniquely challenging. To help you address these complex issues in everyday practice, Baxter's The Foot and Ankle in Sport, 3rd Edition, provides focused, authoritative information on the examination, diagnosis, treatment, and rehabilitation of sports-related foot and ankle injuries – ideal for returning both professional and recreational athletes to full use and function. Provides expert guidance on athletic evaluation, sports syndromes, anatomic disorders, orthoses and rehabilitation, and more. Includes new and updated case studies and pearls for optimal use in the clinical setting. Features thoroughly revised content and enhanced coverage of stress fractures, as well as metabolic consideration in athletes. Includes new chapters on the disabled athlete, the military athlete, caring for the athlete as a team, foot and ankle exam, and biologics. Features a new, full-color design throughout and new videos available online. Shares the expertise of international contributors who provide a global

perspective on sports medicine.

One Sunday

“The Texas Folklore Society has been alive and kicking for over one hundred years now, and I don't really think there's any mystery as to what keeps the organization going strong. The secret to our longevity is simply the constant replenishment of our body of contributors. We are especially fortunate in recent years to have had papers given at our annual meetings by new members—young members, many of whom are college or even high school students. “These presentations are oftentimes given during sessions right alongside some of our oldest members. We've also had long-time members who've been around for years but had never yet given papers; thankfully, they finally took the opportunity to present their research, fulfilling the mission of the TFS: to collect, preserve, and present the lore of Texas and the Southwest. “You'll find in this book some of the best articles from those presentations. The first fruits of our youngest or newest members include Acayla Haile on the folklore of plants. Familiar and well-respected names like J. Rhett Rushing and Kenneth W. Davis discuss folklore about monsters and the classic 'widow's revenge' tale. These works—and the people who produced them—represent the secret behind the history of the Texas Folklore Society, as well as its future.”—Kenneth L. Untiedt

Organizational Learning and Performance

The Great Delaware Sports Book

Return to Sport after ACL Reconstruction and Other Knee Operations

The seventh edition of Basic Biomechanics has been significantly updated from the previous edition. The approach taken remains an integrated balance of qualitative and quantitative examples, applications, and problems designed to illustrate the principles discussed. The seventh edition also retains the important sensitivity to the fact that some beginning students of biomechanics possess weak backgrounds in mathematics. For this reason, it includes numerous sample problems and applications, along with practical advice on approaching quantitative problems. With balanced, integrated coverage of applied anatomy, mechanical principles, and relevant sport and daily living applications, this text introduces you to the basics of biomechanics. The quantitative aspects of biomechanics are presented in a manageable, progressive fashion, with practical advice on approaching both qualitative and quantitative problems in biomechanics

Soldier of Fortune

Focusing on the quantitative nature of biomechanics, "Biomechanical Basis of Movement, Fourth Edition" integrates current literature, meaningful numerical examples, relevant applications, hands-on exercises, and functional anatomy, physics, calculus, and physiology to help students regardless of their mathematical background understand the full continuum of human movement potential. Unique in the market for its combination of rigor, readability, and evidence-based information, the book focuses on the movement of muscle groups rather than individual muscles to provide students with a holistic understanding of human movement. This Fourth Edition features a new problem generator for instructors, which randomly generates an unlimited number of numerical problems for student practice, and free MaxTRAQ motion analysis software that shows biomechanics in action and allows students to track data and analyze motion in a dynamic, video-enriched online environment."

Sports Law

When her unborn child's health is put at risk, tabloid editor Alice Ferguson moves from fast-paced Los Angeles to be with her baby's father in Nashville, where she befriends a pastor and embarks on a journey of spiritual exploration.

Concussion and Traumatic Encephalopathy

In *Lost, Texas: Photographs of Forgotten Buildings*, Bronson Dorsey takes us on a tour of old, abandoned buildings in Texas that evoke the mystique of bygone days and shifting population patterns. With a skilled photographer's eye, he captures the character of these buildings, mostly tucked away in the far corners of rural Texas—though, surprisingly, some of his finds are in the midst of thriving communities, even, in one case, the Dallas metroplex. Most of the buildings are abandoned and in a state of decay, though a handful have been repurposed as museums, residences, or other functional structures. Encompassing all regions of the state, from the Piney Woods to the Panhandle, the images in *Lost, Texas* evoke distinctive memories of the past. They grant a sense of how those who preceded us lived and how the Texas of earlier days became the Texas of today. Some of the historic sites include a Coca-Cola bottling plant in Beeville, a lumberyard built over two generations, a beautiful, mission-style schoolhouse raised in a small farming community, the skeleton of a boomtown gas station near the Yates oilfield, and what remains of the only silver mining operation in Texas. With Dorsey as a guide, readers may explore these hidden and neglected gems and learn the basic facts of their origins and intended uses, as well as the principal reasons for their demise. Along the way and in the background, he quietly makes the case for preserving these buildings that, while no longer central to the ongoing function of their communities, still serve as important emblems of the past.

Rotator Cuff Injuries

True Colors

Since 1973, TEXAS MONTHLY has chronicled life in contemporary Texas, reporting on vital issues such as politics, the environment, industry, and education. As a leisure guide, TEXAS MONTHLY continues to be the indispensable authority on the Texas scene, covering music, the arts, travel, restaurants, museums, and cultural events with its insightful recommendations.

Public Power

Acknowledgments -- Organizational learning and performance -- Learning as an individual -- Three metaphors of learning as an individual -- Thinking dispositions that foster learning -- Building a learning culture -- Transparency and pursuing truth -- Big picture thinking and learning -- Learning from failure -- Learning and innovation -- Leadership and building a learning culture -- References -- Appendix: learning culture survey

IBEW Journal

Biomechanical Basis of Human Movement

Prevent athletic injuries and promote optimal recovery with the evidence-based guidelines and protocols inside Orthopaedic Rehabilitation of the Athlete! Practical, expert guidance; a templated, user-friendly format make this rehab reference ideal for any practitioner working with athletes! Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Apply targeted, evidence-based strategies for all internationally popular athletic activities, including those enjoyed by older adults. Ensure optimal care from injury prevention through follow up 2 years post injury. Make safe recommendations for non-chemical performance enhancement.

Forthcoming Books

Straight-Line Leadership: Tools for Living with Velocity and Power in Turbulent Times is Dusan Djukich's highly anticipated introduction to his potent world of straight-line coaching. Within these pages he dramatically unveils exactly what it takes to live a powerful and effective life both personally and professionally. Regardless if you are a CEO, small business owner, parent, or someone who simply wants to make a difference, you will learn to master powerful distinctions that you

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can apply immediately to resolve the challenges that you are presently up against. You will also become adept at assisting others in solving their most pressing problems with precision and grace. "This book boldly demonstrates why Djukich is regarded as the ultimate performance catalyst to business. He simply kicks the hell out of the sacred cows that keep individuals and businesses stuck." Brandon Craig, CEO, BiltRite Corporation

Who's who in the East

Commercial and Industrial Wiring focuses on the installation and maintenance of electrical wiring in commercial and industrial facilities. The textbook covers the use of standards, codes, electrical drawings, and appropriate tools to safely and properly install and maintain raceway systems, enclosures, fittings, conductors, and devices. This edition is updated to the 2014 NEC , expands coverage of electrical test instruments and ladder diagrams, includes descriptions of LED lamps and variable frequency drives, and adds a large section on renewable energy system installations.

Habits of the Heart

Journalist Walls grew up with parents whose ideals and stubborn nonconformity

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were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

The American Lineman

True Colors is New York Times bestselling author Kristin Hannah's most provocative, compelling, and heart-wrenching story yet. With the luminous writing and unforgettable characters that are her trademarks, she tells the story of three sisters whose once-solid world is broken apart by jealousy, betrayal, and the kind of passion that rarely comes along. The Grey sisters have always been close. After their mother's death, the girls banded together, becoming best friends. Their stern, disapproving father cares less about his children than about his reputation. To Henry Grey, appearances are everything, and years later, he still demands that his

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daughters reflect his standing in the community. Winona, the oldest, needs her father's approval most of all. An overweight bookworm who never felt at home on the sprawling horse ranch that has been in her family for three generations, she knows that she doesn't have the qualities her father values. But as the best lawyer in town, she's determined to someday find a way to prove her worth to him. Aurora, the middle sister, is the family peacemaker. She brokers every dispute and tries to keep them all happy, even as she hides her own secret pain. Vivi Ann is the undisputed star of the family. A stunningly beautiful dreamer with a heart as big as the ocean in front of her house, she is adored by all who know her. Everything comes easily for Vivi Ann, until a stranger comes to town. . . . In a matter of moments, everything will change. The Grey sisters will be pitted against one another in ways that none could have imagined. Loyalties will be tested and secrets revealed, and a terrible, shocking crime will shatter both their family and their beloved town. With breathtaking pace and penetrating emotional insight, True Colors is an unforgettable novel about sisters, rivalry, forgiveness, redemption---and ultimately, what it means to be a family.

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Swimming Science

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This illustrated book that includes tables, charts, and maps primarily discusses the role of USAREUR (US Army Europe) in rearming and training the new German Army which was perhaps the Army's single greatest contribution toward maintaining security in Western Europe. Likewise, the relationship between American soldiers and their French and West German hosts evolved over time and is a critical element in telling the story of the US Army in Europe.

Orthopaedic Rehabilitation of the Athlete

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of “relaxed concentration” that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. “Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether

we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.”—from the Foreword by Pete Carroll

His for One Night

The Sportscaster's Daughter

One of the 20 Best Books of 2016, Redbook Magazine Readers' Favorite Award: Honorable Mention Millions of people watched sportscaster George Michael each week on the Sports Machine, including his daughter Cindi. Cindi Michael appears to live a charmed life: she's happily married, has a successful career, and is a loving mom to two wonderful children. Yet she longs for a father who hasn't spoken to her in twenty years, and even secretly watches him on TV when the longing becomes unbearable. When Cindi was eleven, her father fought for sole custody of her and her siblings, raising three children on his own despite being a bachelor and rock 'n' roll DJ in New York in the 1970s. But with his rising fame as the host of the popular show Sports Machine, his 80-hour-a-week work schedule, and his second marriage, the close relationship Cindi shared with her father began to crack; she did everything to earn his love and attention, but for perfectionist George, it was never

enough—and when she was eighteen and a freshman in college, in a burst of anger he told her never to come home again. As the years went on, Cindi struggled to steel her heart while still remaining hopeful that they would one day reconcile, just as her father did with his own dad, and transcend painful family patterns that span generations. Candid, moving, and ultimately hopeful, *The Sportscaster's Daughter* is a family story of forgiveness, faith, and strength.

Animal-Caused Outages

Sports Medicine Essentials: Core Concepts in Athletic Training, Second Edition introduces students to potential careers in the Sports Medicine field, from Fitness Instructor to Athletic Trainer. This comprehensive text surveys a broad scope of knowledge related to the Sports Medicine field, encompassing fitness assessment, conditioning, emergency preparedness, injury management, therapeutic modalities, nutrition, ethical and legal considerations and much more. To help introduce students to an array of exciting careers, it features enrichment activities that include researching the cost of sports medicine supplies, demonstrate taping techniques, and the forming of a safety committee to devise a plan to minimize risk to a team, athletes or clients. This complete resource is a fantastic introduction for any program. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Friday Night Lights

In a collaborative effort to bring Lineman history to the general public and Lineman across the world, Alan Drew and the Northwest Lineman College have created a beautiful depiction of Lineman s footprint on America. No other book has depicted the history of the lineman so eloquently."

The Physician and Sportsmedicine

Vols. for include an annual directory issue.

Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction

Straight-Line Leadership: Tools for Living with Velocity and Power in Turbulent Times

Texas Monthly

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Comprised exclusively of clinical cases presenting injuries to and management of the rotator cuff, this concise, practical casebook will provide orthopedic surgeons with the best real-world strategies to properly manage the various kinds of cuff injury they may encounter. Each chapter is a case that opens with a unique clinical presentation, followed by a description of the diagnosis, assessment and management techniques used to treat it, as well as the case outcome, literature review and clinical pearls and pitfalls. Cases included illustrate different management strategies for rotator cuff surgery, including arthroscopic repair for tendonitis and tears, open and mini-open repair for severe tears, latissimus dorsi and pectoralis tendon transfer, arthroscopic debridement, hemiarthroplasty and total reverse arthroplasty, biological augmentation, and revision repair after retear and infection. Pragmatic and reader-friendly, *Rotator Cuff Injuries: A Clinical Casebook* is an excellent resource for orthopedic surgeons and sports medicine specialists confronted with both common and complex injuries to the rotator cuff.

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