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The Stack and Tilt Swing Killer Game Programming in Java The Art of Game Design Build Your Swing The Golf Swing Simplified Frankie Manning The Keys to the Effortless Golf Swing - New Edition for Lefties Only! The Golfing Machine The X-Factor Swing Anna, Age Eight Swing Like a Pro Switch The Eight-step Swing Dave Pelz's Short Game Bible Unsafe at Any Speed The Book Thief The City of Ember The 8 Traits Of Champion Golfers The Eight Step Swing Tour Tempo Every Shot Must Have a Purpose The Inner Game of Tennis Golf Anatomy-2nd Edition Build the Swing of a Lifetime Fever 1793 The Picture-Perfect Golf Swing The Girl on the Velvet Swing Ask a Manager The Complete Hogan Thanks for the Feedback The Timeless Swing Alcoholics Anonymous A Practical Guide for Policy Analysis Golf Digest's Ultimate Drill Book Ben Hogan's Five Lessons Just Mercy Paper Towns The Eight-Step Swing, 3rd Edition Introduction to Sports Biomechanics A Swing for Life: Revised and Updated (with embedded videos)

The Stack and Tilt Swing

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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

Killer Game Programming in Java

Jim McLean distills the essence of his fabulously successful method of golf instruction by breaking down the various parts of the golf swing. He draws on an unparalleled wealth of golfing knowledge and experience, grown out of decades of

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teaching all levels of players—pros and beginners alike—as a PGA Master Instructor. Golf students and instructors serious about improving their game and those who take courses through the #1-ranked Jim McLean Golf Schools will learn how to achieve the best results on the golf course.

The Art of Game Design

From one of Golf Digest's Top 5 teachers—a simple, scientific program to build a great swing Most golf instruction is based on helping students emulate the best players, but for top golf teacher Mike Bender, physics provides a better model for developing a swing that is as efficient, consistent, and timeless as that of Iron Byron, the PGA robot that tests clubs and balls. Now Mike Bender shows you how to put the secrets of science into your own swing with a simple, proven program that will take your play to a different level and transform your approach to the game. Explains Mike Bender's unique biomechanical approach to building a simple, repeatable, and effective swing Shares the same approach Bender teaches his students, who include two-time U.S. Open winner Lee Janzen, PGA Tour winner Jonathan Byrd, and 2006 LPGA Tour Rookie of the Year Seon Hwa Lee Shows you how to build your scientific swing step by step Includes 150 photographs to help you put principles into practice on the golf course Includes a Foreword by Zach Johnson, 2007 Masters champion and one of Mike Bender's star students As Mike Bender puts it: would you rather fly in an airplane that was built by engineers who

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understood the principles of lift and acceleration, or would you rather fly in one built by people who simply went out to the airport and watched them taking off and landing? Once you develop a scientific swing, it's your own game that will really soar.

Build Your Swing

Tom Watson's stunning performance in the 2009 British Open was the story of the year in golf - if not in all sports. Nearing his 60th birthday, he led the world's oldest major championship with one hole to play and came within an unlucky bounce of winning his sixth Open championship, losing in a playoff. Known at the highest levels of the game as a shotmaker's shotmaker, a master of any shot under any conditions, and the finest foul-weather golfer of all time, Watson relied on a swing that has lasted as an unmatched model of good mechanics, rhythm and repeatability. Jack Nicklaus and other peers believe Watson is swinging better today than when he was a dominant player on the regular PGA Tour 30-plus years ago. In *THE TIMELESS SWING*, Watson offers a lifetime's worth of wisdom and insight into the game of golf, showing how to become a better player at any age. In Watson's plain-spoken voice, the book will distil the most important lessons for how to improve your swing and score and will be laced with the anecdotal stories and bits of wisdom that have been accumulated by Watson during his forty year professional career. With a foreword by Jack Nicklaus and 4-color photographs by

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award-winning Golf Digest photographer Dom Furore illustrating Watson's method throughout.

The Golf Swing Simplified

Uses images of a computer-generated composite golfer to demonstrate the motions of a correct golf swing, and identifies the keys to a better game

Frankie Manning

Although the number of commercial Java games is still small compared to those written in C or C++, the market is expanding rapidly. Recent updates to Java make it faster and easier to create powerful gaming applications-particularly Java 3D-is fueling an explosive growth in Java games. Java games like Puzzle Pirates, Chrome, Star Wars Galaxies, Runescape, Alien Flux, Kingdom of Wars, Law and Order II, Roboforge, Tom Clancy's Politika, and scores of others have earned awards and become bestsellers. Java developers new to graphics and game programming, as well as game developers new to Java 3D, will find Killer Game Programming in Java invaluable. This new book is a practical introduction to the latest Java graphics and game programming technologies and techniques. It is the first book to thoroughly cover Java's 3D capabilities for all types of graphics and game development

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projects. Killer Game Programming in Java is a comprehensive guide to everything you need to know to program cool, testosterone-drenched Java games. It will give you reusable techniques to create everything from fast, full-screen action games to multiplayer 3D games. In addition to the most thorough coverage of Java 3D available, Killer Game Programming in Java also clearly details the older, better-known 2D APIs, 3D sprites, animated 3D sprites, first-person shooter programming, sound, fractals, and networked games. Killer Game Programming in Java is a must-have for anyone who wants to create adrenaline-fueled games in Java.

The Keys to the Effortless Golf Swing - New Edition for Lefties Only!

The updated Eight-Step Swing has nine new chapters, including specific instruction for women and junior golfers, advice on preparation and preshot routine, Jim McLean's fundamentals of golf, and much more. In this indispensable instructional manual, PGA master coach Jim McLean presents the innovative swing system that has helped championship winners like Tom Kite, Brad Faxon, and Liselotte Neumann elevate their game. With characteristic clarity and expertise, McLean breaks down the swing action into the eight key checkpoint positions that will build a grooved, repeatable, and mechanically sound swing. Helpful practice tips and mental exercises supplemented with beautiful, technically accurate photographs

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and illustrations keep you on track. McLean also presents brilliant strategies and advice for the long game, the short game, the mental game, and overall game management to ensure that you will boost your performance to the next level no matter how long you've been playing.

The Golfing Machine

Identifies timing commonalities in the swings of golfing professionals to present step-by-step, illustrated instructions on how to improve one's game through swing resynchronization, providing on the accompanying CD-ROM a calibrated soundtrack and illustrations of the full swing sequence.

The X-Factor Swing

The Golf Swing Simplified distills the elements of an effective golf swing into its key essentials, relying on scores of detailed drawings and a minimum of text to convey the basic simplicity of a good golf swing. All the swing essentials are here--grip, stance, alignment, takeaway, tempo, and more, all presented in a uniquely uncomplicated format. 50 two-color drawings.

Anna, Age Eight

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"With research showing child maltreatment is substantiated for one in eight children in the US, it's clear Adverse Childhood Experiences (ACEs), a broader category of experiences than just maltreatment, are at an epidemic scale in our society. The authors' main thesis, quite simply, is that protecting all our children is entirely possible, but only when we know the scope of the challenges families face. The book provides a detailed, data-driven analysis of the scope of the problem and how to strengthen systems designed to protect our children"--

Swing Like a Pro

Special edition slipcase edition of John Green's Paper Towns, with pop-up paper town. From the bestselling author of The Fault in our Stars. Quentin Jacobsen has always loved Margo Roth Spiegelman, for Margo (and her adventures) are the stuff of legend at their high school. So when she one day climbs through his window and summons him on an all-night road trip of revenge he cannot help but follow. But the next day Margo doesn't come to school and a week later she is still missing. Q soon learns that there are clues in her disappearance . . . and they are for him. But as he gets deeper into the mystery - culminating in another awesome road trip across America - he becomes less sure of who and what he is looking for. Masterfully written by John Green, this is a thoughtful, insightful and hilarious coming-of-age story.

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Switch

Anyone can master the fundamentals of game design - no technological expertise is necessary. The Art of Game Design: A Book of Lenses shows that the same basic principles of psychology that work for board games, card games and athletic games also are the keys to making top-quality videogames. Good game design happens when you view your game from many different perspectives, or lenses. While touring through the unusual territory that is game design, this book gives the reader one hundred of these lenses - one hundred sets of insightful questions to ask yourself that will help make your game better. These lenses are gathered from fields as diverse as psychology, architecture, music, visual design, film, software engineering, theme park design, mathematics, writing, puzzle design, and anthropology. Anyone who reads this book will be inspired to become a better game designer - and will understand how to do it.

The Eight-step Swing

Describes how to identify weaknesses in golfing technique, offers strategies for strengthening them, and presents a plan to lower scores by improving the short game

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Dave Pelz's Short Game Bible

An instructional guide to the perfect swing from one of golf's most successful players and well-known television commentators. "A Swing for Life represents the ultimate collection of lessons, swing thoughts, observations, and discoveries that I relied upon in a career dedicated to the game of golf." —Sir Nick Faldo Nick Faldo is one of the world's most accomplished and well-respected golfers. His name is synonymous with the dedication that is necessary to reach the highest levels of the professional game, and the patience with which he analyzed and fine-tuned his swing rewarded him with six major championships. In this extensive book—revised and updated from the 1995 classic—Faldo draws on the wealth of that experience to demonstrate the skills that lie at the heart of the game, tee to green. Revealing a collection of absolute musts that underpin golf's fundamentals, Faldo explains how to set in motion a chain reaction that inspires a flowing, repeating swing, a technique that can be applied to every club in the bag. There's a whole chapter dedicated to timing and tempo, featuring the drills and exercises Faldo used to maintain his own trademark rhythm, plus comprehensive lessons on modern driving strategy, short-game technique, bunker play, and the art of putting. Supporting his teaching throughout are superb photographs, as well as twenty-six original videos available for you to download from the book, adding a valuable dimension to the learning experience in every department of the game. For veteran golfers, Faldo's strategy on "working the ball" reveals the true talent of

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shot-making and control, while his practical advice on taking your game from the range to the course—the art of visualizing shots and reproducing your skills under pressure—is universally applicable. “At the highest level, golf is all about the respect a player has for the fundamentals—the lessons that have stood the test of time . . . and that’s precisely the message that I am going to make sure comes across in this book.” So says Faldo in his introduction to what is essentially a master class from one of the game’s most exacting students and prolific winners. A Swing for Life promises inspiration for anyone who has ever picked up a golf club.

Unsafe at Any Speed

A modern-day classic. This highly acclaimed adventure series about two friends desperate to save their doomed city has captivated kids and teachers alike for almost fifteen years and has sold over 3.5 MILLION copies! The city of Ember was built as a last refuge for the human race. Two hundred years later, the great lamps that light the city are beginning to flicker. When Lina finds part of an ancient message, she’s sure it holds a secret that will save the city. She and her friend Doon must race to figure out the clues before the lights go out on Ember forever! Nominated to 28 State Award Lists! An American Library Association Notable Children’s Book A New York Public Library 100 Titles for Reading and Sharing Selection A Kirkus Reviews Editors’ Choice A Child Magazine Best Children’s Book A Mark Twain Award Winner A William Allen White Children’s Book Award Winner “A

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realistic post-apocalyptic world. DuPrau's book leaves Doon and Lina on the verge of undiscovered country and readers wanting more." —USA Today "An electric debut." —Publishers Weekly, Starred "While Ember is colorless and dark, the book itself is rich with description." —VOYA, Starred "A harrowing journey into the unknown, and cryptic messages for readers to decipher." —Kirkus Reviews, Starred

The Book Thief

The co-founders of the VISION54 coaching team challenge drill-based skill development, explaining how to build a successful golf swing by strategically addressing a player's specific technical, psychological, and physical needs. First serial, Golf Digest and Golf for Women. 30,000 first printing.

The City of Ember

Drawing on ten years of working with businesses, nonprofits, governments, and families, the authors combine the latest insights from neuroscience and psychology with practical advice to explain how to turn feedback into productive listening and learning.

The 8 Traits Of Champion Golfers

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The Eight Step Swing

Shows how to add power to one's swing and drive the ball farther, based on the turn of the shoulders in relation to the hips

Tour Tempo

Two maverick golf instructors combine physiology and physics to create a method they have dubbed the Stack and Tilt. Now illustrated with more than 200 full-color photos, this breakthrough guide is golf's hot new secret weapon.

Every Shot Must Have a Purpose

The Inner Game of Tennis

Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives? The primary obstacle is a conflict that's built into our brains, say Chip and Dan Heath, authors of the critically acclaimed bestseller *Made to Stick*. Psychologists have discovered that our minds are ruled by two different

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systems - the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort - but if it is overcome, change can come quickly. In *Switch*, the Heaths show how everyday people - employees and managers, parents and nurses - have united both minds and, as a result, achieved dramatic results:

- The lowly medical interns who managed to defeat an entrenched, decades-old medical practice that was endangering patients
- The home-organizing guru who developed a simple technique for overcoming the dread of housekeeping
- The manager who transformed a lackadaisical customer-support team into service zealots by removing a standard tool of customer service

In a compelling, story-driven narrative, the Heaths bring together decades of counterintuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformative change. *Switch* shows that successful changes follow a pattern, a pattern you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.

Golf Anatomy-2nd Edition

In the early days of swing dancing, Frankie Manning stood out for his moves and his innovative routines; he created the "air step" in the Lindy hop, a dance that

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took the U.S. and then the world by storm. In this fascinating autobiography, choreographer and Tony Award winner (Black and Blue) Frankie Manning recalls how his first years of dancing as a teenager at Harlem's Savoy Ballroom led to his becoming chief choreographer and a lead dancer for "Whitey's Lindy Hoppers," a group that appeared on Broadway, in Hollywood musicals, and on stages around the globe. Manning brings the Swing Era vividly back to life with his recollections of crowded ballrooms and of Lindy hoppers trying to outdo each other in spectacular performances. His memories of the many headliners and film stars, as well as uncelebrated dancers with whom he shared the stage, create a unique portrait of an era in which African American performers enjoyed the spotlight, if not a star's prerogatives and salary. With collaborator Cynthia Millman, Manning traces the evolution of swing dancing from its early days in Harlem through the post-World War II period, until it was eclipsed by rock 'n' roll and then disco. When swing made a comeback, Manning's 30-year hiatus ended. He has been performing, choreographing, and teaching ever since.

Build the Swing of a Lifetime

With 156 detailed, full-color anatomical illustrations, *Golf Anatomy, Second Edition*, depicts 72 exercises proven to improve strength, power, and range of motion. Golfers will add distance to drives, consistency to the short game, and accuracy to putts.

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Fever 1793

The 10th-anniversary edition of the No. 1 international bestseller and modern classic beloved by millions of readers **HERE IS A SMALL FACT - YOU ARE GOING TO DIE 1939**. Nazi Germany. The country is holding its breath. Death has never been busier. Liesel, a nine-year-old girl, is living with a foster family on Himmel Street. Her parents have been taken away to a concentration camp. Liesel steals books. This is her story and the story of the inhabitants of her street when the bombs begin to fall. **SOME IMPORTANT INFORMATION - THIS NOVEL IS NARRATED BY DEATH** The 10th-anniversary edition features pages of bonus content, including marked-up manuscript pages, original sketches, and pages from the author's writing notebook.

The Picture-Perfect Golf Swing

Elevate your golf game with the innovative, high-impact drills the pros use, from renowned instructor Jim McLean. To golfers of all proficiency levels, skills and drills go hand in hand. Jim McLean is one of the greatest living teachers of the game and in *Golf Digest's Ultimate Drill Book* he includes 120 precision golf exercises to address a wide array of concerns. From tee shots to the short game, readers can customize practice sessions depending on their unique trouble spots. Revealing his

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time-tested tactics for overcoming pitfalls, golf guru Jim McLean revolutionizes the learning process with strategies for every aspect of the game. Golfers will learn how to attain a perfect golf posture, add distance to one's drive, shoot well from tough lies, pitch like a pro, troubleshoot putts, maintain mental focus, and much more.

The Girl on the Velvet Swing

The professional golfer provides tips on the grip, stance, and swing of successful golf shots

Ask a Manager

The ideal graduation gift for anyone about to enter the workforce, a witty, practical guide to 200 difficult professional conversations—featuring all-new advice from the creator of the popular website Ask a Manager and New York's work-advice columnist. There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll

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learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party Advance praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide “Clear and concise in its advice and expansive in its scope, Ask a Manager is the book I wish I’d had in my desk drawer when I was starting out (or even, let’s be honest, fifteen years in).”—Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck

The Complete Hogan

*This 2014 edition of the 1985 classic is for LEFTIES ONLY! If you want the RIGHTIE version, click on FORMATS above and select the 1985 paperback version!If you

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love golf, but have never played to your potential, here is a book you will quickly come to treasure. The biggest paradox in golf is that the harder you try to "hit" the ball, the worse you do so. In *The Keys to the Effortless Golf Swing*, Michael McTeigue offers a simple system of sequential body movements that produces a true swinging motion with every club in the bag. The result is increased distance and greater accuracy for all sizes, shapes, and ages of golfers for a minimum of investment in learning time. The clarity and simplicity of McTeigue's frill-free approach to the golf swing leads the reader to a new experience of power and effortlessness. He truly shows "how to build a swing you can trust and keep for life."

Reviews: Most golf instruction books are written by famous performers about how they personally swing the club, and there's no doubt the better ones can be helpful—especially if you share the authors's athleticism, ambition, appetite for work, and opportunities for practice and play. This book was written by a very bright but at the time unfamous young teacher whose daily bread depended on delivering permanently decent-to-good golf games to averagely endowed people with no interest in becoming slaves to the sport. He became so successful at that in his immediate community that his pupils demanded he put the system on paper for their constant reference and reminder. He called the result *The Keys to the Effortless Golf Swing*, and sent it to a number of star players, one of whom passed it on to me. After one quick reading I believed that the book would help so many other existing and would-be golfers to such an extent that it just had to be made available nationally. Jim McQueen, one of the world's top golf artists and a former

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professional, fully shared those sentiments and agreed to do the illustrations, and the nation's leading golf book publisher became an enthusiastic third party. The key to Michael McTeigue's success with his thousands of pupils of all sizes, shapes, ages and ability levels in California, and the beauty of this book, is the clarity and simplicity and the supremely logical sequentiality of its approach to the golf swing. Follow the easily mastered steps or Keys in the recommended order and with a reasonable degree of patience, and in a remarkably short time, you will be experiencing entirely new sensations of both accurate striking and effortless power. Encouraged by those - and the accompanying evaporation of confusion - you will persist with these simple and clear cut moves until they become thoroughly muscle-memorized. At that point, you will be swinging the golf club effectively and with total confidence on every shot entirely by feel, which is the closest you or anyone else will ever come to golf's secret (ask any champion if you doubt that). Gone forever at long last will be the Band-Aids and the gimmicks and all that frustrating stumbling from one fruitless theory to another. If you love golf and want to play better for a lot less effort, then forget Michael McTeigue's fame quotient and work with this little gem of a book. It could make you as big a fan of his as all those happy pupils for whom he originally wrote it. --Ken Bowden. A former editorial director of Golf Digest magazine, Ken Bowden has coauthored more than a dozen golf instruction books, seven of them with Jack Nicklaus. This is the simplest, most easily understood, best overall golf instructional presentation I have ever read. Understanding the Lighthouse Turn alone is worth the price of

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admission. --Tim Baldwin, Coach emeritus, Stanford University's Women's Golf Team
The Keys to the Effortless Golf Swing is a lovely book of golf instruction, well written, sound, and mercifully free of extraneous advice. --Michael Murphy, author of Golf In the Kingdom

Thanks for the Feedback

Account of how and why cars kill, and why the automobile manufacturers have failed to make cars safe.

The Timeless Swing

In the Fifth Edition of A Practical Guide for Policy Analysis: The Eightfold Path to More Effective Problem Solving, Eugene Bardach and new co-author Eric Patashnik draw on more than 40 years of experience teaching students to be effective, accurate, and persuasive policy analysts. This bestselling handbook presents dozens of concrete tips, interesting case studies, and step-by-step strategies that are easily applicable for the budding analyst as well as the seasoned professional. In this new edition, Bardach and Patashnik update many examples to reflect the shifting landscape of policy issues. A new section with advice on how to undertake policy design in addition to making policy choices makes the book even more

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engaging. Readers will also appreciate a sample document of real world policy analysis, suggestions for developing creative, "out-of-the-box" solutions, and tips for working with clients.

Alcoholics Anonymous

It's late summer 1793, and the streets of Philadelphia are abuzz with mosquitoes and rumors of fever. Down near the docks, many have taken ill, and the fatalities are mounting. Now they include Polly, the serving girl at the Cook Coffeehouse. But fourteen-year-old Mattie Cook doesn't get a moment to mourn the passing of her childhood playmate. New customers have overrun her family's coffee shop, located far from the mosquito-infested river, and Mattie's concerns of fever are all but overshadowed by dreams of growing her family's small business into a thriving enterprise. But when the fever begins to strike closer to home, Mattie's struggle to build a new life must give way to a new fight-the fight to stay alive.

A Practical Guide for Policy Analysis

This fully updated edition of the classic Eight-Step Swing reveals the best advice from the top golf school in America, offering a detailed explanation of the true fundamentals of the golf swing. PGA Master Instructor Jim McLean, who has

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coached many of the game's greatest professionals, has incorporated his latest research into the art and science of the golf swing, breaking it down into a new building block approach. In this indispensable instructional manual, McLean presents the innovative swing system that has helped championship winners like Tom Kite, Alexis Thompson, Cristie Kerr, and Bernhard Langer elevate their game. With characteristic clarity and expertise, McLean breaks down the swing action into the eight key checkpoint positions that will build a grooved, repeatable, and mechanically sound swing. Helpful practice tips, drills, and mental exercises supplemented with technically accurate photographs and more than 50 new illustrations keep you on track. McLean also presents brilliant strategies and advice for the long game, the short game, the mental game, and overall game management to boost your performance to the next level no matter how long you've been playing.

Golf Digest's Ultimate Drill Book

From New York Times bestselling author Simon Baatz, the first comprehensive account of the murder that shocked the world. In 1901 Evelyn Nesbit, a chorus girl in the musical Florodora, dined alone with the architect Stanford White in his townhouse on 24th Street in New York. Nesbit, just sixteen years old, had recently moved to the city. White was forty-seven and a principal in the prominent architectural firm McKim, Mead & White. As the foremost architect of his day, he

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was a celebrity, responsible for designing countless landmark buildings in Manhattan. That evening, after drinking champagne, Nesbit lost consciousness and awoke to find herself naked in bed with White. Telltale spots of blood on the bed sheets told her that White had raped her. She told no one about the rape until, several years later, she confided in Harry Thaw, the millionaire playboy who would later become her husband. Thaw, thirsting for revenge, shot and killed White in 1906 before hundreds of theatergoers during a performance in Madison Square Garden, a building that White had designed. The trial was a sensation that gripped the nation. Most Americans agreed with Thaw that he had been justified in killing White, but the district attorney expected to send him to the electric chair. Evelyn Nesbit's testimony was so explicit and shocking that Theodore Roosevelt himself called on the newspapers not to print it verbatim. The murder of White cast a long shadow: Harry Thaw later attempted suicide, and Evelyn Nesbit struggled for many years to escape an addiction to cocaine. *The Girl on the Velvet Swing*, a tale of glamour, excess, and danger, is an immersive, fascinating look at an America dominated by men of outsize fortunes and by the women who were their victims.

Ben Hogan's Five Lessons

In this indispensable instructional manual, PGA master coach Jim McLean presents the innovative swing method that has helped championship winners like Tom Kite and Brad Faxon elevate their game.

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Just Mercy

For more than ten years, Dr Deborah Graham and Jon Stabler have devoted themselves to the scientific study of why, even among the pros, some players win frequently and others never do. In the first psychology self-help book tailored to golfers at every level, they draw on their research to spell out the eight specific personality traits that make the difference: Abstract thinking; emotional stability; tough-mindedness; self-assurance; self-sufficiency; and optimum arousal. Dave Stockton, Lee Janzen, Mark McCumber, and Michelle McGann are among the many golfers who have benefited from Dr.Graham's GolfPsych system. Now, this detailed, practical, and encouraging guide will make it possible for anyone to play like a champ.

Paper Towns

Top golfing instructor Jim McLean uses rare film footage of Ben Hogan to break down the greatest swing of all time Golf legend Ben Hogan had the perfect golf swing, but how exactly it worked has long been a mystery—until now. Using footage from three never-before analyzed films of Hogan at his very best, Jim McLean analyzes the crucial motions of Hogan's entire golf swing and shows you how to integrate his mechanics into your own game. You'll study Hogan's blend of

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club head, club shaft, hands, ankles, knees, hops, shoulders, and head motion—a symphony of movements with an ideal sequential development of power. It's as close as you can get to teeing it up with Hogan yourself. Uses more than one hundred stills from three rare films to analyze every key detail of Hogan's perfect swing before the car accident that changed his play, something no book on Hogan has ever done Reveals the fifteen secrets of Hogan's swing, covering important topics such as the grip, the waggle, the left hip action, lateral motion, rotation and turning movements, head position, and more Draws extensively on the knowledge of Hogan's friends and competitors, many of them golfing greats themselves Written by one of Golf Digest's top five teachers , a pioneer in video analysis who also saw Hogan play first hand There have been many books on Hogan's swing, but never one, including his own, that illustrates his swing at its most perfect, and never one that shows its mechanics so clearly and completely.

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Video swing analysis revolutionized the way golf is taught, but players have had to rely on teaching professionals to analyze their swing videos -- until now. The Picture-Perfect Golf Swing is the first-ever complete guide to using a digital video camera to develop the perfect golf swing, on your own. One of Golf Magazine's Top 100 Teachers, Michael Breed has long used video analysis to correct the swings of his students. At the core of Breed's teaching approach is the idea that seeing is

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believing: when you actually see the flaws of your swing, you can truly understand what you are doing wrong, and you can fix the problem more quickly and effectively. By using this book, golfers won't have to rely on professionals to tell them what they're doing wrong -- they can see it for themselves. The Picture-Perfect Golf Swing offers practical guidance for analyzing, assessing, and correcting your mistakes just like a professional -- but without paying a professional rate. Whether as a complement to swing analysis software or on its own, The Picture-Perfect Golf Swing is a must-have tool for everyone using digital video to master their swing. Fully illustrated with photographs showing fundamentally sound swing mechanics, the book also includes instructions on setting up a camera, choosing the best accessories for filming, selecting the correct shutter speed, using a remote control, and much, much more.

Introduction to Sports Biomechanics

Introduction to Sports Biomechanics has been developed to introduce you to the core topics covered in the first two years of your degree. It will give you a sound grounding in both the theoretical and practical aspects of the subject. Part One covers the anatomical and mechanical foundations of biomechanics and Part Two concentrates on the measuring techniques which sports biomechanists use to study the movements of the sports performer. In addition, the book is highly illustrated with line drawings and photographs which help to reinforce explanations

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