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Do you want your dog to be more active, and to run, jump, hike, and play alongside you when you exercise? Getting active begins way before you start training your dog on equipment or on agility courses. You must ramp up your daily activity, interactions, and overall health of the dog and the trainer—you! From their experiences as puppies to what they eat at every stage of their lives to what they do when they're not in "training" mode, your dog's lifestyle matters. Your canine companion's performance depends a lot on how they view you as their leader; how much impulse control they have, how much focus, and how they channel their energy to the job at hand. See Spot Run teaches you the basics of canine/owner fitness, including nutrition, getting to know fitness equipment, building a weekly program...and how to stick with the program, and more. Then, the book dives into the instructions for more than 100 sports, games, and activities, teaching you the rules and skills, how to set a training schedule, how to dive in and get your paws wet, and beyond.

Do you want your dog to be more active, and to run, jump, hike, and play alongside you when you exercise? Getting active begins way before you start training your dog on equipment or on agility courses. You must ramp up your daily activity, interactions, and overall health of the dog and the trainer—you! From their experiences as puppies to what they eat at every stage of their lives to what they do when they're not in "training" mode, your dog's lifestyle matters. Your canine companion's performance depends a lot on how they view you as their leader; how much impulse control they have, how much focus, and how they channel their energy to the job at hand. See Spot Run teaches you the basics of canine/owner fitness, including nutrition, getting to know fitness equipment, building a weekly program...and how to stick with the program, and more. Then, the book dives into the instructions for more than 100 sports, games, and activities, teaching you the rules and skills, how to set a training schedule, how to dive in and get your paws wet, and beyond.

Excellent business communication skills are especially important for information management professionals, particularly records managers, who have to communicate a complex idea: how an effective program can help the organization be better prepared for litigation, and do it in a way that is persuasive in order to win records program support and budget. Six Key Communication Skills for Records and Information Managers explores those skills that enable records and information to have a better chance of advancing their programs and their careers. Following an introduction from the author, this book will focus on six key communication skills: be brief, be clear, be receptive, be strategic, be credible and be persuasive. Honing these skills will enable readers to more effectively obtain support for strategic programs, communicate more effectively with senior management, IT personnel and staff, and master key forms of business communication including written, verbal and formal presentations. The final chapter will highlight one of the most practical applications of applying the skills for records and information managers: the business case. Based on real events, the business cases spotlighted involve executives who persuaded organizations to adopt new programs. These case histories bring to life many of the six keys to effective communication. addresses communication skills specifically for records and information managers while clarifying how these skills can also benefit professionals in any discipline includes case history examples of how communications skills made a difference in business and/or personal success focuses on written, verbal and presentation skills, where many books emphasize only one of these areas

As opposed to offering up typical magic tricks, this hilarious collection of scams, swindles, bets, and stunts features everyday objects and requires no special skills--just nerve. Some of the scams presented include how to drink from a champagne bottle without opening it, guess the date on a coin as it spins on the table, and pull a 10-dollar bill out from under a beer bottle without touching or knocking over the bottle. This amusing guide claims that a cheater, armed with the right skills, always wins and provides a crash course in conning at cards, pool, bets, and pretty much any activity where a sucker can be cornered into taking a chance.

Literacy researchers interested in how specific sites of learning situate students and the ways they make sense of their worlds are asking new questions and thinking in new ways about how time and space operate as contextual dimensions in the learning lives of students, teachers, and families. These investigations inform questions related to history, identity, methodology, in-school and out-of school spaces, and local/global literacies. An engaging blend of methodological, theoretical, and empirical work featuring well-known researchers on the topic, this book provides a conceptual framework for extending existing conceptions of context and provides unique and ground-breaking examples of empirical research.

Professional photographer Jenni Bidner reveals the secrets of taking great photos of pets, posed or candid, indoors or outside, in action or at rest, with family members, dog friends, or alone--with special tips on photographing puppies, black dogs, white dogs, show dogs, and more. 200 color illustrations.

This is a running book like no other. The stories are those of an unremarkable man who sleptwalked into what transpired to be a series of remarkable running adventures around the world as he completed 100 marathons. Adventures which traversed highs and lows, from glorious ultramarathon victories and befriending natives to ignominious withdrawals and encounters with the local constabulary in three different countries. In short, the stuff of a mother's nightmares, but a bar room dream. As the title implies, this book might not be one for the running purists, but it hopefully shows that even long distance running can be pursued without unduly sacrificing less wholesome aspects of life. It is a book primarily intended to make the reader smile and persuade them to run a little (for the non-runners) or a little more (for the runners).

Identifies four ways in which businesspeople compromise their objectives through ineffective over-standardizations or misguided practices, sharing practical advice on how to remain true to a business ideal, promote healthy change, and communicate authentically. 35,000 first printing.