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Includes the sport's official playing rules, pitching regulations, referee signals, and field diagrams for fast and slow pitch

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Each book in the Systems Pro Guides is an extensive but easy-to-read "walk-through" of a single camera system. All the cameras and accessories of a complete system are examined and illustrated.

I have Complex PTSD [Cptsd] and wrote this book from the perspective of someone who has experienced a great reduction of symptoms over the years. I also wrote it from the viewpoint of someone who has discovered many silver linings in the long, windy, bumpy road of recovering from Cptsd. I felt encouraged to write this book because of thousands of e-mail responses to the articles on my website that repeatedly expressed gratitude for the helpfulness of my work. An often echoed comment sounded like this: At last someone gets it. I can see now that I am not bad, defective or crazy ...or alone! The causes of Cptsd range from severe neglect to monstrous abuse. Many survivors grow up in houses that are not homes – in families that are as loveless as orphanages and sometimes as dangerous. If you felt unwanted, disliked, rejected, hated and/or despised for a lengthy portion of your childhood, trauma may be deeply engrained in your mind, soul and body. This book is a practical, user-friendly self-help guide to recovering from the lingering effects of childhood trauma, and to achieving a rich and fulfilling life. It is copiously illustrated with examples of my own and my clients' journeys of recovering. This book is also for those who do not have Cptsd but want to understand and help a loved one who does. This book also contains an overview of the tasks of recovering and a great many practical tools and techniques for recovering from childhood trauma. It extensively elaborates on all the recovery concepts explained on my website, and many more. However, unlike the articles on my website, it is oriented toward the layperson. As such, much of the psychological jargon and dense concentration of concepts in the website articles has been replaced with expanded and easier to follow explanations. Moreover, many principles that were only sketched out in the articles are explained in much greater detail. A great deal of new material is also explored. Key concepts of the book include managing emotional flashbacks, understanding the four different types of trauma survivors, differentiating the outer critic from the inner critic, healing the abandonment depression that come from emotional abandonment and self-abandonment, self-reparenting and reparenting by committee, and deconstructing the hierarchy of self-injuring responses that childhood trauma forces survivors to adopt. The book also functions as a map to help you understand the somewhat linear progression of recovery, to help you identify what you have already accomplished, and to help you figure out what is best to work on and prioritize now. This in turn also serves to help you identify the signs of your recovery and to develop reasonable expectations about the rate of your recovery. I hope this map will guide you to heal in a way that helps you to become an unflinching source of kindness and self-compassion for yourself, and that out of that journey you will find at least one other human being who will reciprocally love you well enough in that way.

In this blockbuster novel from Danielle Steel, two estranged sisters get the chance to connect again and right the wrongs of the past. Melissa Henderson is leading a quiet life. Once a bestselling author, she now pours all her energy into renovating a Victorian house nestled in the foothills of rural New England. Six years ago, she lost her young son to cancer, and her marriage dissolved. She stopped writing. It was only when she bought the old house that Melissa found a purpose, and came alive as she made it beautiful again. After a wildfire that threatens her home appears on the news, Melissa receives a call from her sister, Hattie. They were close once, but that was before Melissa withdrew from the world. Now Hattie, who became a nun at twenty-five, is determined to help Melissa turn a new page, even if it means reopening one of the most painful chapters of her life. At sixteen, a pregnant Melissa was sent to a gloomy convent in Ireland to have—and give up—her baby, to spare the family shame. All these years later, Hattie feels compelled to embark on a journey that will change both their lives forever, and track down the child Melissa gave up. Finding Ashley is a masterpiece of contemporary drama and tells a gripping story of the strength of the human spirit to chase an impossible dream. It is the story of two strong, brave women turning wrenching loss into reconnection, and a family reunited after bringing dark secrets into the light.

Bursting with color, ideas, and advice for today's Beetle customizers! This book puts the emphasis on bodywork, and includes chapters on the Cal Look Beetle, German Look, Buggies, Roadsters and Bajas, Replicas and more. Packed with custom mods; tuning tips; drag, off-road, track and rally hop-ups. Contains useful tips to make your Beetle really go. Text touches on the new 1998 Beetle.

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