

The Definitive Business Plan The Fast Track To Intelligent Planning For Executives And Entrepreneurs 3rd Edition

Fast Track Fast Track: U.S. History The Fast Track to (Finally!) Getting on the Air With Ham Radio Fast Track Symphony 5 FastTrack Keyboard Method - Social and Emotional Skills Training for Children *Mothers on the Fast Track* Fast-Track Triathlete The Fast Track Detox Diet Fast Track: Chemistry The Fast Track Fast Track Fit for the Fast Track Flat-Out Sexy The Fast Track Photographer Business Plan Fast Track: Geometry The Fast Track to Mastering General Class Ham Radio Math Fast Track: Biology FastTrack Bass Method - The Fast Track Promotion Handbook The Fast Track to Enlightenment Fast Food, Fast Track Fast Track The Lionel FasTrack Book *The Fast Track Program for Children at Risk* FastTrack Guitar Method - The Fast Track Detox Diet Fast Track Photographer, Revised and Expanded Edition FastTrack Drums Method - *The Fast-Track Guide to VXLAN BGP EVPN Fabrics* The Fast Track to Your Technician Class Ham Radio License In Good Company Fast Track Ham Radio Facts Fast Track to Forcing Be a Recruiting Superstar The Promise of Love FastTrack Guitar Method The Fast Track to Your General Class Ham Radio License Manual of Fast Track Recovery for Colorectal Surgery

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Fast Track Jul 30 2022 The world needs the avenging angels of the Sisterhood more than ever. A thriller of international intrigue from the #1 New York Times bestselling author. It's been years since the members of the Sisterhood first banded together, with the help of their mentor Charles Martin, to exact their own form of justice on those whose crimes had gone unpunished by the legal system. Now, back in the United States after an enforced exile, and ensconced in a new home on Big Pine Mountain in North Carolina, Myra, Kathryn, Annie, Alexis, Isabelle, Yoko, and Nikki are breathing easy at last—but not for long. One dark night, under cover of a vicious storm, a helicopter lands on their mountain. The Sisters aren't about to wait to be ambushed. Braving the storm, they set out to greet their guests, only to be told by Charles that the mysterious visitors are the Sisterhood's new employers, and they've got a dangerous new assignment in mind. The task they face is daunting. If they succeed, the Sisterhood will be rewarded beyond their wildest dreams. If they fail, they'll forfeit much more than a paycheck. But if the Ladies of Pinewood have learned one thing over the course of their adventures, it's that when friends band together, miracles can happen. . . Series praise "Spunky women who fight for truth, justice, and the American way."—Fresh Fiction on Final Justice "Readers will enjoy seeing what happens when well-funded, very angry women take the law into their own hands."—Booklist on Weekend Warriors "Delectable . . . deliver[s] revenge that's creatively swift and sweet, Michaels-style."—Publishers Weekly on Hokus Pokus

The Fast Track to Mastering General Class Ham Radio Math May 16 2021 From the award-winning author of the Fast Track ham license series. Don't let a few math problems stop you from enjoying the great hobby of ham radio! The questions in the question pool for the FCC General Class

Amateur Radio License include questions about conversions of electronic units in the metric system; Ohm's Law and Joule's Law problems; frequency to wavelength conversions; wavelength to frequency conversions; decibel/power calculations; series and parallel resistance, inductance and capacitance calculations; peak-to-peak and RMS voltage calculations; and impedance matching transformers. While the math is quite straightforward, if the language and concepts of electronics are new to you, it can all be a bit baffling. If that's you, this is the workbook for you. Each problem that can be on the exam is completely solved, with step-by-step instructions. We've color-coded every value to help you follow it through the solutions. We even tell you precisely which buttons to push on which calculator to make the answer appear. While all the math problems in the question pool are covered in the full license program, The Fast Track to Your General Class Ham Radio License, this workbook provides extra practice and explanation for those of us (like the author!) who needed a boost in our math skills to get our licenses. The program was co-designed by Michael Burnette, AF7KB, the author of the popular Fast Track ham radio license programs and his wife, Kerry, KC7YL. Kerry is a math and science teacher with a Masters degree in teaching and years of experience in making math come alive for students. Beyond learning how to "hammer the exam," you'll have a solid grounding in the fundamentals of math for electronics -- knowledge that will serve you well in the hobby and when you decide to take the step up to your Amateur Extra Class license. If you're a person who struggled with math in the past, if you suspect you "don't have the math gene," even if you don't remember a shred of your Technician level math, if you can push the buttons on a calculator, this course will have you confidently solving those equations like a pro in just a few hours. This course doesn't just teach you the math -- it teaches you how to learn the math. Note: This workbook is an adjunct to The Fast Track to Your General Class Ham Radio License book and audio; it provides additional training on the required math and does not cover the entire question bank of 400+ questions. While the exercises can be completed on any calculator, it provides specific key-by-key instructions for the affordable and widely available Texas Instruments TI-30XS calculator.

Fast Track Photographer, Revised and Expanded Edition Jun 04 2020 Become the professional photographer you were meant to be. Competition in the photography industry has never been fiercer. But in this empowering guide, acclaimed photographer and speaker Dane Sanders reveals that the key to success is to stop worrying about what everyone else is doing and start focusing on your most powerful resource: you. Discover how to:

- Use your unique skills and talents to carve out a niche all your own.
- Avoid the mistakes most photographers make.
- Choose a business style that fits the way you want to spend your time—and live your life.

Fast Track Photographer is not just another how-to book—it's an entirely fresh way of thinking about your business, whether you're just starting out, or an industry veteran wondering why all your hard work isn't working. If you want to build a competition-proof creative business in the twenty-first century, it's time to throw out the old rulebook and get on the fast track! Includes free access to Dane's popular self-assessment test (a \$20 value) to jumpstart your journey! "I can't think of a better way for anyone to start their professional photo career than to read Fast Track Photographer." —Scott Bourne, publisher and host of Photofocus.com "As much about finding out who you are as it is about how to become a truly great photographer. Highly recommended!" —Amit Gupta, founder of Photojojo.com "This book is worth its weight in gold." —Gary Fong, photographer, author, and creator of the Lightsphere "The best resource for today's photographer—BAR NONE!" —Scott Sheppard, host of "Inside Digital Photography"

Fit for the Fast Track Sep 19 2021 The authors have great insight into the stresses of modern life. ...This book is a must for ambitious professionals and executives. ...Don't end up at age 45 with a triple heart bypass... **READ THIS BOOK !!!** . David Seddon, Senior Partner, PwC "Michael and Juliette McGannon have developed unrivalled expertise in the field of executive health. Their knowledge, like this invaluable book, is based on getting to know and to really understand the pressures on more than 30,000 senior executives worldwide. No one knows more or how to express it better" David Bell, Director of People, Pearson Plc Just 20 minutes a day could save your life... Modern working life may be taking its toll on the most valuable asset you have – your health. For millions of us, the business lifestyle involves a catalogue of risks to the health of body and mind – long hours, high stress, insufficient time to exercise or relax, pressure towards bad eating and drinking habits, and extended travel away from home. Fit for the Fast Track provides

you with both the mental and physical techniques you need to ensure that you can survive and thrive in modern business life. It shows that by focusing on yourself for just 20 minutes a day, you can live better, feel better and perform better and look forward to a brighter, fitter future.

Fast Food, Fast Track Dec 11 2020 Praise for Fast Food, Fast Track "A fine ethnography with both theoretical and advocative significance, representing the best qualitative sociology." — Choice "Explores the intimate realities and behind-the-scenes exchanges of a multiethnic work force serving the typical American meal. Through a lively narrative and insightful stories, Jennifer Parker Talwar gives a full sense of what it's like to live in both a global economy and a local culture." —Sharon Zukin, author of *The Cultures of Cities* No longer just pocket money for American teens, wages paid by multinational fast-food chains are going to a new generation of order-takers, burger-flippers, and basket-fryers—newly arrived immigrants hailing from China, the Caribbean, Latin America, and India, a colorful sea of faces has taken its place behind one of the most ubiquitous American business institutions—the fast-food counter. They have become a vital link between the growing service sector in our cities' ethnic enclaves and the multi-billion dollar global fast-food industry. For four years, sociologist Jennifer Parker Talwar went behind the counter herself and listened to immigrant fast-food workers in New York City's ethnic communities. They talked about balancing their low-paying jobs and monotonous daily reality with keeping the faith that these very jobs could be the first step on the path to the American Dream. In this original and compelling work of ethnography, Talwar shows that contrary to those arguing that the fast-food industry only represents an increasing homogenization of the American workforce, fast-food chains in immigrant communities must and do adapt to their surroundings.

Fast Track to Forcing Nov 29 2019 For those who wonder if the forcing theory is beyond their means: no. Directions to research in forcing are given.

In Good Company Jan 30 2020 James Martin takes readers on a journey from his Catholic childhood through his success and ultimate dissatisfaction with the business world, to his novitiate and profession of vows as a Jesuit.

The Fast Track Promotion Handbook Feb 10 2021 What business managers look for in their employees is a key set of success oriented behaviors. These key behaviors are discussed in this book and are powerful tools for earning spectacular performance recognition and regular promotions. The Fast Track Promotion Handbook delivers step-by-step critical and tactical performance essentials that will greatly accelerate your promotional momentum and general feeling of self worth in your career. Instead of spending years "learning the ropes", you can start your drive towards promotional success on the first day! Whether you're a recent graduate or a seasoned employee, this fast paced and entertaining handbook outlines a set of key behaviors, which will serve as your foundation for success allowing you to focus on the important stuff and avoid common career pitfalls.

The Fast Track Nov 21 2021 Get an Insider's Edge on Launching Your Career. Are you thinking about working for the likes of McKinsey, Merrill Lynch, or Salomon Brothers? Thousands of undergraduates, MBA students, and others are rushing for prestigious entry-level positions in the highly competitive and lucrative fields of management consulting, investment banking, and securities trading. How are you going to compete? In *The Fast Track*, experienced recruiter and fast-track insider Mariam Naficy helps you make the right decisions every step of the way as she guides you through the rigorous, highly specialized recruiting process. *The Fast Track* includes: Comprehensive job descriptions of consultants, analysts, and traders, explained in layperson terms. Over twenty in-depth interviews with people in the business at every level from first-year analysts to CEOs and recruiting managers. Tips on preparing an irresistible résumé, giving a great interview, and choosing the right firm. Listen in as recruiters at a top firm review candidates they interviewed. Profiles of the top forty firms across the country with information you can't find anywhere else, including career paths, office culture, and interviews with employees.

The Promise of Love Sep 27 2019 Edited by New York Times bestselling author Lori Foster—a deeply moving romance anthology from six award-winning and bestselling authors... Everyone has secrets—some go deeper than others. They remain buried until the moment is right, the moment your heart is laid bare and embraced by a man who knows how to respect and protect. These stories feature women who are survivors of stormy pasts, and the good men who have become stronger for understanding them. Together they can overcome anything, with a love born of

compassion... Features novellas from Lori Foster, Erin McCarthy, Sylvia Day, Jamie Denton, Kate Douglas, and Kathy Love—these six stories are a bounty of riches for those who enjoy reading about love and the potential it has to change our lives.

Fast Track: U.S. History Oct 01 2022 GET UP TO SPEED WITH FAST TRACK: U.S. History! Covering the most important material taught in high school American history class, this essential review book breaks need-to-know content into accessible, easily understood lessons. Inside this book, you'll find: • Clear, concise summaries of the most important events, people, and concepts in United States history • Maps, timelines, and charts for quick visual reference • Easy-to-follow content organization and illustrations With its friendly, straightforward approach and a clean, modern design crafted to appeal to visual learners, this guidebook is perfect for catching up in class or getting ahead on exam review. Topics covered in **Fast Track: U.S. History** include: • Native Americans • Colonial America • The Revolutionary War • Abolitionism and suffrage • The Civil War and Reconstruction • The Industrial Revolution • The Great Depression • World Wars I and II • The Cold War • Civil rights • Conservatism and the "New Right" • 9/11 and globalism ... and more!

FastTrack Keyboard Method - May 28 2022 (Fast Track Music Instruction). Learn how to play the piano today! With this book you'll learn music notation, chords, riffs, licks and scales, syncopation, and rock and blues styles. Method Book 1 includes over 87 songs and examples.

The Fast Track to (Finally!) Getting on the Air With Ham Radio Aug 31 2022 If you have your amateur radio license and still haven't gotten on the air with it, you're not alone! There's a lot the license exams don't cover. **The Fast Track to (Finally!) Getting on the Air With Ham Radio** fills in the gaps so you can go from "licensed" to "operating." In this lively guide, award-winning ham radio author Michael Burnette, amateur radio call sign AF7KB, covers what you need to know to set up your station, get over your "mic fright," and start enjoying the fun of ham radio. You'll learn what to plug into what, and exactly "what you're supposed to do" on VHF, UHF, and HF frequencies. * How to build a station. * What the real rules are. * Conquering "mic fright." * Working repeaters. * Buying and using handheld transceivers. * How to program a VHF/UHF radio. * Mobile transceivers and installations. * Choosing a mobile transceiver. * VHF/UHF fixed stations. * Grounding an amateur radio station the right way. * Advanced VHF/UHF operation. * Digital voice modes. * Building your first HF station. * Choosing an HF radio. * HF antennas and feed lines. * HF antenna tuners. * All those buttons! A guided tour of HF radio controls. * Operating HF phone. * Operating HF digital modes. * And much more! Created by one of the nation's leading ham radio educators, this nuts and bolts, "turn on the microphone and say these words" guide is designed to get you through the "now what?" after "I got my license!"

Flat-Out Sexy Aug 19 2021 Love shifts into high gear in the first **Fast Track** novel. The last place widowed single mother Tamara Briggs wanted to find a man was at the racetrack. Been there, done that. But rookie driver Elec Monroe sure does get her heart racing.

FastTrack Bass Method - Mar 14 2021 (Fast Track Music Instruction). Everything you need to know about playing the bass, including music notation, tablature, riffs, licks, and scales, syncopation, and rock and blues styles. Method Book 1 includes 75 songs and examples.

The Fast-Track Guide to VXLAN BGP EVPN Fabrics Apr 02 2020 Master the day-to-day administration and maintenance procedures for existing VXLAN fabrics. In this book you'll discuss common issues and troubleshooting steps to help you keep your environment in stable operation. **The Fast-Track Guide to VXLAN BGP EVPN Fabrics** is a guide for network engineers and architects who can't spend too much time learning everything about VXLAN. It has been created with the end goal of providing you with a straightforward approach to understand, implement, administer, and maintain VXLAN BGP EVPN-based data center networks. Using this book, you will understand Virtual Extensible LAN (VXLAN) as a technology that combines network virtualization and service provider class network attributes to solve the performance and scalability limitations in a three-tier design. You will learn to combine multiple links and provide equal-cost multipathing to effortlessly scale speed requirements without being worried about potential loops. You will learn VXLAN BGP EVPN configuration procedures with graphical step-by-step examples. You will be introduced to foundational concepts in VXLAN without the need to go over hundreds of documentation pages. This book is a clear and precise guide to implementing a spine and leaf architecture running with VXLAN. It explains how to perform day-to-day maintenance and administration tasks after implementing your first VXLAN fabric. It also explains how to integrate

external devices such as firewalls, routers, and load balancers to VXLAN; how to leverage your VXLAN fabric; and how to create multiple tenant networks to secure your critical infrastructure. **What You Will Learn** Discover the advantages of a VXLAN spine and leaf fabric over a traditional three-tier network design Work with the BGP L2VPN EVPN control plane VXLAN Examine the purpose of underlay and overlay in VXLAN Use multitenancy and tenant anycast gateways Connect your VXLAN fabric to external networks **Who This Book Is For** Senior network engineers, solutions architects, and data center engineers.

Mothers on the Fast Track Mar 26 2022 Along with her daughter, Mason has written a guide for young women who are facing the tough decision of when--and if--to start a family. The result is a roadmap of new choices for women facing the sobering question of how to balance a successful career with family.

The Fast Track Detox Diet Jul 06 2020 The best-selling author of *Before the Change* and *The Fat Flush Plan* introduces a simple but adaptable program designed to help readers lose weight, recharge their metabolism, and cleanse the body of harmful toxins, a plan that calls for a week of adding healthy foods to one's diet, a single day-fast, and three days of reintroducing healthy foods. Reprint.

FastTrack Guitar Method Aug 26 2019 (Fast Track Music Instruction). The fast way to find just the chord or scale you need. This user-friendly reference book is jam-packed with over 1,400 chords and voicings and includes a jam session with 20 original songs using common chord progressions. The cost of this book also includes access to online audio of all the examples.

The Fast Track to Your General Class Ham Radio License Jul 26 2019 This is the edition to purchase if you plan to take your General Exam after July 1, 2019. If your plan is to take it before then, please see the earlier edition of this program, under the same title. Everything you need to prepare for your General Class ham license. Covers every question on the General exam. Memorizing 400+ random answers is hard -- and boring. Learning is easy! If you've made the decision to open up your ham radio world by going for the General Class License, great! General is certainly more challenging than Technician, but *The Fast Track to Your General Class Ham Radio License* explains the reasoning and technology behind each correct answer on the General Class exam so you'll understand and remember the subject matter. Created by an experienced ham and adult educator, it's like having your own, patient, experienced, good-humored mentor for the exam. To get your General Class license you must pass a multiple-choice test. The General license test consists of 35 questions drawn from a pool of 462. Memorizing the answers to 462 disconnected questions is difficult, but *The Fast Track* makes getting your upgrade easier by explaining the logic behind each correct answer. It's simple: When you understand the material, and you have a context for the material, you remember the answers and pass the test. Best of all, once you've passed your exam you'll have a solid grounding in ham radio basics. - Includes every possible question and every answer - Correct answers clearly marked in bold - Precise instructions for how to locate a testing session, how to prepare, and even what to bring -- and what not to bring -- to the test. - All technical topics explained in clear, plain language, often with illustrations - Step by step instructions to solve all the math problems - Test taking strategies - Hints to easily solve many questions and avoid the traps in the test - Written in "learning order", not just the (confusing) order of the official question bank. - Covers questions that will be used until June 30, 2019. - Over 300 pages packed with information Rave reviews for *The Fast Track To Your Technician Class Ham Radio License*: "This is a great book. So many of the study guides are just question dumps and it's a horrible way to learn, at least for me. I need an explanation and something to keep my interest and Mr. Burnette's book fit the bill perfectly. I echo all the sentiments of the other reviewers, the author is a top notch communicator." "Michael Burnette's ham radio exam prep book is the most useful and comprehensive book that I have found on this subject and makes getting ready for this exam not only easy, but fun. I have learned so much since studying this guide and feel ready to take this exam at a moment's notice. The guide has a wealth of information, not only on the questions and answers, but on the exam itself that is sure to put any test taker's mind at ease." "The Audible copy was GREAT because Michael Burnette is an exciting and entertaining and memorable guide!" "Thank you! Thank you a thousand times over. I bought your book in order to study for my tech license(Kindle version) and the audiobook and I loved them! I originally bought ** *****'s CD's and they confused me. I bought yours and it

made learning simple and enjoyable. I did this to surprise my husband of 30 years who has had a license since the early parts of our marriage. He has asked me off and on to consider getting a license and I kept saying no. Well with the help of your book and audiobook, I was able to blow his doors off and pass my technician exam first try. Now if you only had volumes for general and expert, the world would be perfect. Seriously thanks again."

Fast Track: Chemistry Dec 23 2021 GET UP TO SPEED WITH FAST TRACK: CHEMISTRY! Covering the most important material taught in high school chem class, this essential review book breaks need-to-know content into accessible, easily understood lessons. Inside this book, you'll find: • Clear, concise summaries of the most important concepts, terms, and functions in chemistry • Diagrams, charts, and graphs for quick visual reference • Easy-to-follow content organization and illustrations With its friendly, straightforward approach and a clean, modern design crafted to appeal to visual learners, this guidebook is perfect for catching up in class or getting ahead on exam review. Topics covered in Fast Track: Chemistry include: • Atomic structure • Covalent bonding • Intermolecular forces • Stoichiometry • Precipitation reactions • Gas laws • Thermochemistry • Equilibrium and the solubility product constant • Redox reactions • Electrochemistry • Acids and bases • Kinetics ... and more!

Be a Recruiting Superstar Oct 28 2019 Network marketing has turned millions of people into successful business owners. But to truly reach their earning potential, network marketers need to successfully grow their businesses by recruiting the right people. Network marketing superstar and recruitment expert Mary Christensen takes the guesswork out of successful recruiting, letting you in on her easy-to-use system for finding and training the right people to sell your product or services, and teaching them to do the same. In Be a Recruiting Superstar, you will learn how to: discover their own recruiting style identify people who will become a great part of their team do and say the right things to turn prospects into partners overcome objections with confidence attract people who never considered network marketing Filled with advice and inspiration, Be a Recruiting Superstar gives network marketers the know-how and confidence they need to grow their enterprise and become top earners.

The Fast Track Detox Diet Jan 24 2022 What if you could lose three to eight pounds in a single day? What if that nearly instant weight loss made you feel lighter, freer, cleaner, and more energized? What if that single day began a healing, cleansing, revitalizing process, raising your awareness of the poisons that pollute our environment and purging your body of the toxins that set you up for weight gain, fatigue, and a host of deadly, debilitating diseases What if that one day of weight loss could help jump-start a long-term weight-loss plan? Well, that single day is here. With Ann Louise Gittleman's The Fast Track One-Day Detox Diet you can: -Cleanse your system back to health -Get rid of unhealthy, fattening toxins -Safely lose up to 8 pounds overnight and keep them off for good The Fast Track One-Day Detox Diet is a whole new way to think about weight loss. This is the first crash diet that not only works in the long run, but is also good for you. GET ON THE FAST TRACK. IT'S SAFE. IT FEELS TERRIFIC. AND IT WORKS.

FastTrack Drums Method - May 04 2020 (Fast Track Music Instruction). The FastTrack method series is a fresh, user-friendly approach to learning with a method book which blends traditional lessons and songs with modern elements of humor, wit, and pop culture. Each book includes play-along audio tracks plus songs that are the same in all the FastTrack books so that friends can form a band and jam together.

The Fast Track Photographer Business Plan Jul 18 2021 NEW RULES FOR A NEW BUSINESS WORLD Thinking about starting a photography business? The first thing you need to know is that the rules have changed. Yesterday's business models have collapsed. Creating a successful business in today's "Digi-Flat" era requires a sharp new approach, one that Dane Sanders has practiced successfully and taught at Fast Track workshops and seminars all around the world. Some of the things you'll learn in this book: How to turn the very technologies that are "killing" professional photography—such as the Internet—into your tools of success -How to lead your business, not let your business lead you -How systematizing, scaling, and outsourcing are critical concepts even for a one-person business -How to radically rethink marketing, sales, and customer service for the 21st century -How to hone a creative vision that works—the most powerful step you can take as a businessperson The Fast Track Photographer Business Plan is not about building a "traditional" business plan that looks good on paper and impresses investors. It's about creating a vibrant,

living business plan that will help you thrive in today's digital "Wild West," where creative content is freely distributed, where no one plays by the rules anymore, and where customers have unprecedented freedom in choosing what to buy and whom to hire. It's a groundbreaking look at running a creative business. Whether you're an amateur looking to go pro or a professional whose business has stalled, Dane's practical, on-the-ground advice will launch you on the fast track to business success. Includes free access to Dane's online "stress test" to diagnose your business's strengths—as well as where it needs help!

Fast Track: Geometry Jun 16 2021 GET UP TO SPEED WITH FAST TRACK: GEOMETRY! Covering the most important material taught in high school geometry classes, this essential review book gets readers on the fast track to class success, with critical information presented in an easy-to-follow quick-study format! Inside this book, you'll find: • Clear, concise summaries of the most important concepts, formulas, and geometric skills • Diagrams, charts, and graphs for quick visual reference • Easy-to-follow content organization and illustrations With its friendly, straightforward approach and a clean, colorful modern design crafted to appeal to visual learners, this guidebook is perfect for catching up in class or getting ahead on exam review. Topics covered in Fast Track: Geometry include: • Key terms • Angles • Polygons • Circles • Congruence and similarity • Constructions • Transformations • Trigonometry • Three-dimensional figures • Reasoning and proofs • Perimeter, area, and volume ... and more!

Fast Track Nov 02 2022 A woman's search to uncover the truth about her mother ignites danger and passion in this novel from #1 New York Times bestselling author Julie Garwood. Daddy's girl Cordelia Kane is devastated when her father has a serious heart attack, and the emotion is only intensified by the confusion she feels when he reveals the shocking truth about her late mother. Desperate to find answers to her questions about the woman who gave birth to her, Cordelia hitches a ride to Sydney, Australia, on the company jet of hotel magnate Aiden Madison, her best friend's brother. Aiden wants to help Cordelia, but threats from her wealthy, high-powered family quickly become dangerous. As sparks fly between them, multiple attempts are made on Cordelia's life—and Aiden realizes he must put a stop to the madness before he loses the thing he values most.

The Fast Track to Enlightenment Jan 12 2021 Mahdhuri spent 30 years gathering information to quicken the process of enlightenment for herself and others. Through her own revelations and her study with different Masters, she has developed a system that potentially clears great portions of one's negative conditioning within 30 seconds.

Fast-Track Triathlete Feb 22 2022 In Fast-Track Triathlete, elite triathlon coach Matt Dixon offers his plan of attack for high performance in long-course triathlon—without sacrificing work or life. Developed for busy professionals with demanding schedules, the Fast-Track Triathlete program makes your PR possible in Ironman®, Ironman 70.3®, Rev3, and Challenge triathlon in about 10 hours a week. Training for long-course triathlons once demanded 15-20 hours each week—on top of work, family, travel and other time commitments. For many, preparing for long-distance triathlon is more challenging than the race itself. Now Fast-Track Triathlete opens the door to your best performance in full- and half-distance triathlons in half the traditional training time. Dixon's laser-focused, effective approach to workouts, recovery, strength and mobility, and nutrition means you can prepare for triathlon's greatest challenges in just 7-10 hours per week for half-distance and 10-12 hours per week for full-distance. Fast-Track Triathlete includes • Dixon's complete guide to creating a successful sport and life performance recipe • How to plan out your triathlon training • Scaling workouts for time and fatigue • Training and racing during travel • Executing your swim-bike-run and transitions plan on race day • 10-week off-season training program with key workouts • 14-week pre-season training program with key workouts • 14-week comprehensive race-prep full and half training plans with fully integrated strength and conditioning Dixon's first book, The Well-Built Triathlete, revealed his four-tiered approach to success in all triathlon race distances. Fast-Track Triathlete turbocharges Dixon's well-built program so even the busiest athletes can achieve their long-distance triathlon dreams without sacrificing so much to achieve them.

The Fast Track Program for Children at Risk Sep 07 2020 "The authors conducted a prevention program called Fast Track, consisting of multicomponent, home-school prevention activities carried out with at-risk children from first to 10th grades over a 10-year period, to prevent serious

antisocial behavior and youth violence and achieve positive social, emotional, and academic outcomes. They describe the research that informed the design of the program as part of their Conduct Problems Prevention Research Group, how the study was implemented, and outcomes up to 20 years later. They discuss the context for youth violence prevention in the US; the developmental and intervention research that informed the design of the program; the study design and the children and families who participated in it; interventions and impacts in elementary, middle, and high school years; early adult outcomes of the program; implications for developmental theory and research on the prevention of violence; and how communities can address the problem of future violence by focusing on high-risk young children."--Provided by publisher.

Manual of Fast Track Recovery for Colorectal Surgery Jun 24 2019 Manual of Fast Track Recovery for Colorectal Surgery provides a broad overview on enhanced recovery, with expert opinions from leaders in the field regarding elements of enhanced recovery care that are generic and specific to colorectal surgery. This book covers the patient journey through such a programme, commencing with optimisation of the patient's condition, patient education and conditioning of their expectations. Manual of Fast Track Recovery for Colorectal Surgery investigates the metabolic response to surgery, anaesthetic contributions and optimal fluid management, after surgery. It also details examples of enhanced recovery pathways and practical tips on post-operative pain control, feeding, mobilisation and criteria for discharge. Manual of Fast Track Recovery for Colorectal Surgery is a valuable reference tool for colorectal surgeons, anaesthetists, ward nurses and other members of the team involved in perioperative care: pain control specialists, physiotherapists, dietitians, specialist therapists (such as colorectal and stoma nurses), and outpatient nurses.

Fast Track Oct 21 2021 A woman's search to uncover the truth about her mother ignites danger and passion in this novel from #1 New York Times bestselling author Julie Garwood. Daddy's girl Cordelia Kane is devastated when her father has a serious heart attack, and the emotion is only intensified by the confusion she feels when he reveals the shocking truth about her late mother. Desperate to find answers to her questions about the woman who gave birth to her, Cordelia hitches a ride to Sydney, Australia, on the company jet of hotel magnate Aiden Madison, her best friend's brother. Aiden wants to help Cordelia, but threats from her wealthy, high-powered family quickly become dangerous. As sparks fly between them, multiple attempts are made on Cordelia's life—and Aiden realizes he must put a stop to the madness before he loses the thing he values most.

Fast Track Ham Radio Facts Dec 31 2019 Created by the award-winning author of the Fast Track Ham License books and audio programs, Fast Track Ham Radio Facts is the reference to keep by your radio. What's the lowest frequency for Generals in the 80 meter band? How long is a dipole antenna for 20 meters? How much power are you losing if your SWR is 3.2:1? Where can Technicians operate in the 15 meter band? What country's call signs begin with S9? All that and more is in Ham Radio Facts. Packed with useful information: - Includes complete, indexed, up-to-date FCC Rules & Regulations Part 97 - Frequency privileges for each class of license - Detailed charts of each band's frequency allocations and band plan - FRS, GMRS, and CB frequencies - NCDXF beacon stations - NATO Phonetic Alphabet - International Morse Code - US call sign formats - US call sign regions - Allocations of world call sign prefixes, by prefix and by allocation World Time Charts RST Signal Reporting Guidelines - Q Signals - even the obscure ones - Prosigns - ARRL QN Signals for CW Net Use - ARRL Prosigns for CW Net Use - ITU Emission Types - Common Ham Radio Emission Types - Wire Size and Ampacity Guidelines - Electrical Wire Run Lengths vs. Voltage Drop - Coaxial Cable Specifications - Power Capacity and Attenuation - Schematic Symbols - Antenna Lengths - Optimum Random Wire Antenna Lengths - RF Exposure Limits - Electrical Values - Metric Electronic Values & Conversions - Resistor Color Codes - Over 40 Electronic Formulas - Space Weather Terms - Smith Chart - How to renew your license - How to apply for a vanity call sign - Over 250 tested Amateur Radio Web Links - Amateur Radio Glossary with nearly 700 entries And more! -Full Table of Contents and Subject Index makes finding the information you want easy.

Symfony 5 Jun 28 2022

The Fast Track to Your Technician Class Ham Radio License Mar 02 2020 Memorizing answers is

hard. Learning is easy! The Fast Track to Your Technician Ham Radio License explains the reasoning and technology behind each correct answer on the Amateur Radio exam so you'll understand and remember the subject matter. Created by an experienced ham and adult educator, it's like having your own, patient, experienced, good-humored mentor for the exam. Technician is the entry-level ham radio license that lets you operate on all ham channels from 30 MHz up, which includes the very popular VHF and UHF bands. To get your license you must pass a multiple-choice test. The Technician license test consists of 35 questions drawn from a pool of about 350. Memorizing the answers to 350 questions is difficult, but The Fast Track makes getting your license easy by explaining the logic behind each correct answer. It's simple: When you understand the material, you remember the answers and pass the test. Best of all, once you've passed your exam you'll have a solid grounding in ham radio basics. - Includes every possible question and every answer - Correct answers clearly marked in bold - Precise instructions for how to locate a testing session, how to prepare, and even what to bring -- and what not to bring -- to the test. - All technical topics explained in clear, plain language, most with illustrations - Step by step instructions to solve all the math problems, complete with exactly which keys to press on your calculator for each problem - Test taking strategies - Hints to easily solve many questions and avoid the traps in the test - Written in "learning order," not just the order of the official question bank. - Covers questions that will be used until June 30, 2018. - Nearly 300 pages packed with information

Fast Track Nov 09 2020 As she prepares for the 2004 Summer Olympics, our best hope for middle-distance gold tells young women runners where they go wrong--and shares the training and nutrition secrets that put her own career on the fast track Suzy Favor-Hamilton is the premier female middle-distance runner in the United States, whose many honors include 6 U.S. National Championships, 9 NCAA Titles, and 4 Big Ten Athlete of the Year Awards (now called the Suzy Favor award). In this book, she teams up with Jose Antonio, Ph.D., one of the pre-eminent exercise and sports nutrition scientists in the country, to show young female runners how to improve at their favorite sport. Currently there are 4.6 million women in the United States who run 100 days or more each year. In Fast Track they will discover: - How much, how hard, and when to train (and rest) - The pros and cons of strength training, cross-training, stretching, and other non-running exercises - How to avoid the top ten mistakes runners usually make - Why Suzy's diet program is very different than is generally recommended--and how this program has led to dramatic improvements in her running and in her life off the track Suzy's real-world experience competing at the highest level in athletics combined with Dr. Antonio's in-depth knowledge of exercise and nutrition science will make this book a 'must read' for all female runners--both competitive and recreational--who want to go faster, play harder, and minimize the risk of injury.

The Lionel FasTrack Book Oct 09 2020 When Lionel introduced its new FasTrack system in 2004, model train enthusiasts quickly warmed to the increased realism—right down to the integrated roadbed and darkened center rail—and the greater ease of use. In this book, the author of The Big Book of Lionel presents the first complete guide to the FasTrack system. Amply illustrated with color photographs and 36 track diagrams, the book instructs readers on every aspect of the system, from assembling and disassembling FasTrack to building a simply oval, planning a layout within various space constraints, building tracks for two trains and reversing trains, and designing unique layouts—even yard layouts.

Social and Emotional Skills Training for Children Apr 26 2022 From leading authorities, this volume presents a unique evidence-based group intervention for the 10-15% of children who are challenged by peer difficulties in elementary school. The book features 145 engaging full-color reproducible handouts, posters, and other tools. In addition to teaching core social skills (participation, communication, cooperation, good sportsmanship, conflict resolution), Friendship Group promotes emotional understanding and empathy, self-control, and effective coping with social stressors. Two complete sets of sessions are provided (grades K-2 and 3-5), including step-by-step implementation guidelines. The large-size format facilitates photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials.

Fast Track: Biology Apr 14 2021 GET UP TO SPEED WITH FAST TRACK: BIOLOGY! Covering the most important material taught in high school biology class, this essential review book breaks need-to-know content into accessible, easily understood lessons. Inside this book, you'll find: •

Clear, concise summaries of the most important concepts, terms, and functions in biology • Diagrams, charts, and graphs for quick visual reference • Easy-to-follow content organization and illustrations With its friendly, straightforward approach and a clean, modern design crafted to appeal to visual learners, this guidebook is perfect for catching up in class or getting ahead on exam review. Topics covered in Fast Track: Biology include: • The chemistry of life • Cells and cellular energetics • Molecular genetics • Heredity and genetics • Evolutionary biology and natural selection • Cell reproduction • Animal structure and function • Behavior and ecology • Biostatistics • Plants ... and more!

FastTrack Guitar Method - Aug 07 2020 (Fast Track Music Instruction). For electric or acoustic guitar - or both! Teaches music notation, tablature, full chords and power chords, riffs, licks, and scales, and rock and blues styles. Method Book 1 includes 73 songs and audio examples.