## **Instant**

**Nancy Flynn** 

Instant Loss Cookbook Brittany Williams, 2018-10-02 THE INSTANT NATIONAL BESTSELLER • Brittany Williams lost more than 125 pounds using her Instant Pot® and making all her meals from scratch. Now she shares 125 quick, easy, and tasty whole food recipes that can help you reach your weight loss goals, too! Brittany Williams had struggled with her weight all her life. She grew up eating the standard American staples—fast, frozen, fried, and processed—and hit a peak weight of 260 pounds. When her 4year-old daughter's autoimmune disease was alleviated by a lowsugar, dairy-free, grain-free, whole-food-based diet, Brittany realized she owed her own body the same kind of healing. So on January 1, 2017, she vowed to make every meal for a year from scratch, aided by her Instant Pot®. She discovered that the versatility, speed, and ease of the electric pressure cooker made creating wholesome, tasty, family-satisfying meals a breeze, usually taking under thirty minutes. Not only did the family thrive over the course of the year, Brittany lost an astonishing 125 pounds, all documented on her Instant Loss blog. Illustrated with gorgeous photography, Instant Loss Cookbook shares 125 recipes and the meal plan that Brittany used for her own weight loss, 75% of which are recipes for the Instant Pot® or other multicooker. These recipes are whole food-based with a spotlight on veggies, mostly dairy and grain-free, and use ingredients that you can find at any grocery store. The clearest guide to navigating your Instant Pot® or other multicooker that you'll find, Instant Loss Cookbook makes healthy eating convenient—and that's the key to sustainable weight loss.

Instant Recovery with Write-Ahead Logging Goetz Graefe, Wey Guy, Caetano Sauer, 2016-04-29 Traditional theory and practice of write-ahead logging and of database recovery focus on three failure classes: transaction failures (typically due to deadlocks) resolved by transaction rollback; system failures (typically power or software faults) resolved by restart with log analysis, redo, and

undo phases; and media failures (typically hardware faults) resolved by restore operations that combine multiple types of backups and log replay. The recent addition of single-page failures and single-page recovery has opened new opportunities far beyond the original aim of immediate, lossless repair of singlepage wear-out in novel or traditional storage hardware. In the contexts of system and media failures, efficient single-page recovery enables on-demand incremental redo and undo as part of system restart or media restore operations. This can give the illusion of practically instantaneous restart and restore: instant restart permits processing new queries and updates seconds after system reboot and instant restore permits resuming queries and updates on empty replacement media as if those were already fully recovered. In the context of node and network failures, instant restart and instant restore combine to enable practically instant failover from a failing database node to one holding merely an out-of-date backup and a log archive, yet without loss of data, updates, or transactional integrity. In addition to these instant recovery techniques, the discussion introduces selfrepairing indexes and much faster offline restore operations, which impose no slowdown in backup operations and hardly any slowdown in log archiving operations. The new restore techniques also render differential and incremental backups obsolete, complete backup commands on a database server practically instantly, and even permit taking full up-to-date backups without imposing any load on the database server. Compared to the first version of this book, this second edition adds sections on applications of single-page repair, instant restart, single-pass restore, and instant restore. Moreover, it adds sections on instant failover among nodes in a cluster, applications of instant failover, recovery for file systems and data files, and the performance of instant restart and instant restore.

**Instant Forgiveness** The INSTANT-Series, 2015-07-17 The Instant-Series Presents Instant Forgiveness How to Forgive

Someone Who Harmed You to Let Go of Emotional Baggage Dragging You Down Instantly! Remember all those people have who have ever upset, offended, or harmed you, whether it was physically or emotionally, and you just can't seen to let it go. This could have been a random stranger, past relationship, or even worse...you live and have to interact around them everyday like at home or work. This unwillingness to let things go is not only controlling you, but eating you up alive deep down inside, and you want it to stop! Yet, you just can't seen to unburden yourself of these harbored negative emotions. Don't give them more power to do any more harm than they already have! You're robbing yourself of positive energy and focus that could be used for more productive positive priorities other than on those particular individuals who have at some point hurt you, either intentionally or even accidentally. Is that how you want go on living, which is not the life of your own, but that of being controlled by these strings of grudges from these puppet masters of inflictions? Then be the bigger person. Be willing to forgive and forget. Within Instant Forgiveness: \* How to confront and reconcile with those who inflicted pain to you, to not only let go of your emotional burdens but help them let go of theirs. \* How to start each and every day rejuvenated from all negative energies, with the stepby-step process of doing emotional detoxification. \* How to NOT processes those immediate damages done by others, but alter them with the blind spot pardon technique to help you see the solutions instead. \* How to keep yourself set on your path in life, without thinking nor getting deterred by the emotional baggage of the past. \* How to allow the toughest form of forgiveness in your heart, for somebody responsible for the loss of someone close to you. \* Plus, custom practical how-to strategies, techniques, applications and exercises to forgive others as well as yourself. ...and much more. Forgiveness is more than just about freeing yourself and moving on. It's about being cleansed and reborn to be better than who you were.

Instant Meditation The INSTANT-Series, 2014-12-01 The Instant-Series Presents Instant Meditation How to Meditate Instantly! Do you want to be more successful? Then the question becomes...what do successful people have in common? They all know how to stay calm no matter what, and are in control of their thoughts and emotions...which is not easy to do in a world that can be a very stressful, turbulent place with many people overworked and have lots of responsibilities to take care of, especially true for those on top in a fast-pace, competitive world? Want to know what that secret weapon is to stay calm and have self-control mastery over your mind and body? It's called meditation. Surely, you have heard of it...but why is meditation so important? Well, do you want to always have that sense of calmness, peace, and assurance, or diminish stress, anxiety, and pain for better health? Here are some profound benefits of meditation: \* Develop clarity and focus to get things done. \* Awaken your creativity and latent potential. \* Receive inner guidance to make better decisions. \* Rise above the struggles life throws at you. \* Understand and relate better with other people. \* Figure out a deeper meaning and purpose in life. \* Connect to a Higher Power, which some might call God, or Spirit. That's all what meditation can do for you. The benefits of meditation are endless as it's only your mind doing the work for you, and the mind, as you know, is capable of limitless possibilities limited only to your imagination. "Everything you can imagine is real. - Pablo Picasso "Reality leaves a lot to the imagination." - John Lennon "Imagination is everything. It is the preview of life's coming attractions." - Albert Einstein Contrary to what many think, meditation is not limited to the those of leisure or occult, but to anybody and also to everyday normal folks who don't have much time... Within Instant Meditation, now only will you be given different meditation techniques, but you'll discover how to meditate even if you don't have much time and live a busy hectic life, with quick meditation techniques you can use and do on the

go, either sitting or standing. Even if you are beginners to meditation, Instant Meditation will get you started into meditation as quickly as possible, as well as how to do advanced meditation like Buddhist monks, the masters of meditation who devote their life to this art taking decades to master. All this and more within Instant Meditation. Cleanse your mind, enhance your body, renew your soul, revitalize your spirit and experience a better life now instantly through meditation!

**Instant Millionaires** Max Gunther, 2011-01-10 In this book you will meet three dozen impatient people. They weren't satisfied with the slow, plodding, money-saving route to financial security, the safe route that most of us feel stuck with. They wanted instant wealth - and they got it. As Max Gunther points out, our folklore frowns on the idea of quick money. Our cultural heros have generally been plodders, as in the fable about the race between a tortoise and a hare. In the fable, the hare loses. The stories in this book are not fables. They are true. In these stories, the hares win. They are a richly varied lot, these happy hares. Gunther opens with a few dazzling millionaire legends, such as the man who invented Monopoly. You'll then meet such fascinating characters as: - Sam Wyly, who made it in the computer industry - Harvey Shuster, who beat the stock market -Dan Renn, who grew rapidly rich by applying salesmanship to another man's idea - Howard Brown, who deliberately decided to be rich and became a multi-millionaire within three years. - A group of men who made fast fortunes on fads such as the Hula Hoop and the Frisbee. - Jean Nidetch, who organised the fabulously successful Weight Watchers These stores illustrate that the dream of quick money isn't such a ridiculous dream after all. Maybe you've been harboring this kind of dream yourself. You've squelched the dream because you've been brainwashed by too many stories about tortoises beating hares. Everybody tells you your dream is laughable, impractical. All right, get ready for a revelation. Read this delightful collection of tales about hares who

won. When you've read them, maybe you'll decide to run with them.

**In an Instant** Suzanne Redfearn,2021-02 Life is over in an instant for sixteen-year-old Finn Miller when a devastating car accident tumbles her and ten others over the side of a mountain. Suspended between worlds, she watches helplessly as those she loves struggle to survive.

Instant Recall Michael Tipper, 2018-12-18 Never forget a name or occasion again with this guide to improving your powers of memorization that will make you a hit at home and at work. Foreword by Dominic O'Brien. Do you find names, events and facts reaching the tip of your tongue but going no further? Well help is at hand, memory master Michael Tipper guides you through his tried-and-tested techniques to boost your powers of memorization to astonishing new levels. Warm up by assessing your memory strength and the extent to which you can develop it. Stretch yourself a little more by practising shortcuts to retaining everyday information - such as route directions and simple lists. Work with techniques for remembering birthdays, putting names to faces and vice versa, and giving a word-perfect speech without notes. Finally, perform stunning feats of memory that will amaze yourself and your friends. Make forgetting a thing of the past. By following the wealth of easy techniques presented in Instant Recall your memory will soon be in tip-top condition, and you will find confidence and success.

The Secret of Instant Healing Frank J. Kinslow, Dr.,2011-06-15 Over the last few years, innovative self-help methods have convinced many people of a new worldview. Quantum Entrainment® (QE) is the newest development in this area: QE works with gentle touch that quietly activates the autonomic nervous system to spontaneously and naturally create an atmosphere in which deep healing can take place. This amazing self-help method is easy to use and needs no previous knowledge—it can be applied by everyone! And what is most

astonishing: not only does the treated individual receive deep, restful healing; but the person who is using QE will also experience an immediate, prolonged sense of well-being. Give it a try—you will be surprised by how powerful Quantum Entrainment is! It works in minutes, is easily taught, requires no special training, and even works on pets!

**Instant Mom** Nia Vardalos, 2013-04-02 Some families are created in different ways but are still, in every way, a family. Writer and star of My Big Fat Greek Wedding, Nia Vardalos firmly believed she was supposed to be a mom, but Mother Nature and modern medicine had put her in a headlock. So she made a choice that shocked friends, family, and even herself: with only fourteen hours' notice, she adopted a preschooler. Instant Mom is Vardalos's poignant and hilarious true chronicle of trying to become a mother while fielding nosy frenemies and Hollywood reporters asking, Any baby news? With genuine and frank honesty, she describes how she and husband Ian Gomez eventually found their daughter . . . and what happened next. Vardalos explores innovative ways to conquer the challenges all new moms face, from sleep to personal grooming, and learns that whether via biology, relationship, or adoption—motherhood comes in many forms. The book includes laugh-out-loud behind the scenes Hollywood anecdotes, plus an Appendix on how to adopt worldwide. Vardalos will donate proceeds from the book sales to charities. Vardalos candidly shares her instant motherhood story that is relatable for all new moms (and dads!)

Instant Rapport Building Larry Iverson, 2011-02-15 Would understanding the communications that promote goodwill and the communications which turn customer off benefit your organization? Have you ever lost a customer and wondered how to bring them back? Would knowing the drivers that motivate customers to take immediate action help you? Starting today you can apply strategies that boost your customer's connection to you. Psychologist, trainer and author Dr. Larry Iverson will give you

proven tactics for improving your communication and eliminating loyalty barriers between you and your customer. Know how to read nonverbal communication signals accurately. Understand the 2 drivers that stimulate loyalty. How to build rapport quickly so potential customers want to work with you. Know how to trigger a positive mindset rapidly. Learn the 7 Keys to creating a positive customer mindset about you and your products.

The Art of Instant Happiness Slavica Bogdanov,2012-11-04 Whether we want more money or great relationships, to be slim or have a better job; we actually want one thing: to be happy. We often associate success with money, fame, work, family and well being. The harsh truth is that happiness does not exist out there. You will never find it by searching the entire planet. Yet, we all know it exists since we have all experienced it at one point in our life. The reality is that happiness exists inside you and only inside you; nowhere else. This easy to read guide will give you tips on how to create a happy life for you and the ones around you, simply, every day. Learn to enjoy life and improve your relationships. Slavica Bogdanov is a professional speaker and a successful author.

Instant Pot Cookbook For Dummies Wendy Jo
Peterson, Elizabeth Shaw, 2020-02-28 Over 100 Quick and Easy
Recipes Wondering how get the most out of your Instant Pot or
your favorite multi-cooker? This one-of a kind guide will walk you
through what you need to know to start cooking with your Instant
Pot today. It covers what you can cook to setting functions to
keeping your pot looking (and smelling!) like new, plus what will
happen step-by-step through the cooking process. You will also
get over 100 tasty, family-friendly recipes for making delicious
mains, appetizers, sides, breakfasts, and desserts—in a flash.
Inside, you'll get the lowdown on getting to know your pot and all
its features. Discover all that you and your Instant Pot can
achieve, from cooking fluffy rice, beans from scratch, and
creating roasts, soups, vegetarian, Mediterranean, Keto, and

Indian dishes, to making homemade yogurt, baby food, and decadent desserts. Prep, set it, and go Compatable with Instant Potmodels and brands like Ninja All-in-One Multi-Cooker Get hours back in your day Save time without losing flavor Baby-friendly recipes Includes recipes to suit the entire family, including baby-friendly, keto, gluten free and vegan options created by two dietitians! Now you can serve up home-cooked meals in a fraction of the time of a slow cooker—without feeling guilty about not spending a lot of time in your kitchen.

**E-mail in an Instant** Keith Bailey, Karen Leland, 2009-01-01 Covers all aspects of this highly popular form of communication and provides guidance on knowing what e-mails to send, what not send, how to write something effectively, responding with style, and adopting a time management system for dealing with an overloaded inbox. Original.

My Instant Death Ability Is So Overpowered, No One in This Other World Stands a Chance Against Me! Volume 4 Tsuyoshi Fujitaka, 2021-03-31 After being summoned to another world, Yogiri and Tomochika were abandoned by their classmates as bait to distract a rampaging dragon. Thanks to Yogiriâ∏s ability to cause instant death with a single thought, the two of them survived and made the arduous journey to reunite with their classmates in the capital city. Although they overcame tremendous danger along the way, rejoining the other students is still only the beginning. From the intricate schemes of the Sages Yogiri inadvertently made into his enemies, to being stalked by Avaka Shinozaki, a synthetic classmate who acquired the power of a dragon and swore to take revenge on them all, to the machinations of Lute, the spawn of a monster Yogiri slew, who is now bent on releasing yet another Dark God imprisoned beneath the city, there is no shortage of people determined to kill them. Somehow, the unlikely duo must juggle these threats while attempting to draw out the Sage Sion in hopes of discovering how to make it back home.

Instant Love Susannah Conway, Jenifer Altman, Amanda Gilligan, 2012-05-16 Polaroid and other instant cameras are beloived for the dreamy worlds they create. In this ... guide, [the authors] offer insider savvy about instant cameras both new and vintage; tips on how to shoot with each one; details about the various film types available; composition and lighting techniques: plus porojects for turning your photos into keepsake mementos. ...-Back cover.

Instant French Vocabulary Builder Tom Means,2003 Many words in French are nearly the same as their English counterparts, except for the word ending. For example, English words ending in 'ary' (ordinary) usually end in 'aire' in French (ordinaire). This book teaches 23 word-ending patterns between English and French and provides over 4,000 vocabulary words that follow them. Perfect as a classroom supplement or for self-study, it is appropriate for all ages and levels of experience. The companion audio CD teaches pronunciation.

Instant Messaging Rules Nancy Flynn,2004 Annotation. The rapid increase in the use of the new electronic communications tool of instant messaging (IM)-expected to surpass e-mail in the near future-poses serious workplace challenges. This tool kit answers all the questions about IM, including establishing guidelines for the use of IM, overcoming security risks and productivity challenges, and managing IM as a business asset.

The Instant Amy Liptrot,2022-03-03 THE SUNDAY TIMES BESTSELLER SHORTLISTED FOR THE WAINWRIGHT PRIZE FOR NATURE WRITING Wishing to leave behind the isolation of her Orkney life, Amy Liptrot books a one-way flight to Berlin. She rents a loftbed in a shared flat and starts to look for work – and for love – through the screen of her phone. The Instant tells of the momentous year that follows, encountering the city's wildlife in the most unexpected places, tracing the cycles of the moon, the flight paths of migratory birds and surrendering to the addictive power of love and lust.

How to Make Books Esther K. Smith,2012-06-06 From zines you can fold in a minute to luxurious leather journals and sumptuous sketchbooks, How to Make Books will walk you through the easy basics of bookmaking. Whether you're a writer, a scrapbooker, a political activist, or a postcard collector, let book artist Esther K. Smith be your guide as you discover your inner bookbinder. Using foolproof illustrations and step-by-step instructions, Smith reveals her time-tested techniques in a fun, easy-to-understand way.

Instant Karma Marissa Meyer, 2020-11-03 In New York Times bestselling author Marissa Meyer's young adult contemporary romance, a girl is suddenly gifted with the ability to cast instant karma on those around her - both good and bad. Chronic overachiever Prudence Barnett is always quick to cast judgment on the lazy, rude, and arrogant residents of her coastal town. Her dreams of karmic justice are fulfilled when, after a night out with her friends, she wakes up with the sudden ability to cast instant karma on those around her. Pru giddily makes use of the power, punishing everyone from public vandals to mean gossips, but there is one person on whom her powers consistently backfire: Quint Erickson, her slacker of a lab partner. Quint is annovingly cute and impressively noble, especially when it comes to his work with the rescue center for local sea animals. When Pru resigns herself to working at the rescue center for extra credit, she begins to uncover truths about baby otters, environmental upheaval, and romantic crossed signals—not necessarily in that order. Her newfound karmic insights reveal how thin the line is between virtue and vanity, generosity and greed . . . love and hate... and fate.

Uncover the mysteries within Crafted by is enigmatic creation, **Instant**. This downloadable ebook, shrouded in suspense, is available in a PDF format ( PDF Size: \*). Dive into a world of

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