

Core

Vernon F. Cormier,Michael I. Bergman,Peter L. Olson

Assessing Reading ,

The Complete Book of Core Training Kurt Brungardt, Brett & Mike, 2006-01-11 From the author of the national bestseller *The Complete Book of Abs* comes the definitive book on the Next Big Thing in fitness -- core training. From the bestselling author of *The Complete Book of Abs* comes this comprehensive guide to a new movement in fitness: core training. The body's core refers to the muscles that comprise the center of your body: the muscles of the abdomen, lower back, butt, and hips. With the increasing popularity of yoga and Pilates -- both of which depend on strong core muscles -- the fitness community has turned its focus from the abs to the core. The Brungardt brothers' simple 9-week program is based on over 100 exercises and includes workouts appropriate for beginners and fitness enthusiasts alike. This book will help men and women of all body types and fitness levels to strengthen their core for better mobility, posture, and physique. Get ready to get fit!

Core of Conviction Michele Bachmann, 2011-11-21 Michele Bachmann is one of the most compelling leaders in America. But despite all the magazine covers and cable television stories, most people don't know who she really is, where she comes from, or what she believes. So she decided to tell her own story and let the reader decide. As you'll learn in this fascinating memoir, Bachmann wasn't the type of kid who started dreaming about the White House in elementary school. She grew up in Iowa and Minnesota as a typical midwestern girl, grounded by her family and her faith. She was raised to believe in the American dream: that anyone could succeed if they worked hard and took advantage of this country's boundless opportunities. She followed her dreams to college and law school, pursued a career as a federal tax attorney, started a successful business with her loving husband, raised five great kids and (over time) twenty-three foster children. By her early forties she was very happy as a full-time mom and homemaker and was a leading education reform advocate in Minnesota. Then she became what she calls an accidental politician. The political insiders who ran Minnesota held a one-party line-Al Franken-style liberalism. Bachmann became especially concerned about a state-mandated education curriculum that stressed political correctness over academic excellence. She started making calls, writing letters, and recruiting others to act. When her state senator (an entrenched insider) refused to listen, someone had to challenge him for his seat. No one else volunteered, so Bachmann jumped in-and won. That was the start of an amazing journey from obscurity to the state senate, to the U.S. Congress, to an underdog campaign for president. Along the way her style has been consistent. She says what she means and she does it. She is the rare political figure who fights for her beliefs. She speaks from the heart, with common sense about limited government, the sanctity of life and marriage, the power of free enterprise, and the need to confront America's enemies. She also talks about putting principles above partisanship, even if that means ruffling the feathers of the Republican elite. As Bachmann puts it, the Republican coalition is traditionally a three-legged stool-economic conservatives, social conservatives, and national security conservatives. Like Ronald Reagan, she represents all three groups. And in addition, as the founder of the Tea Party caucus in Congress, Bachmann considers the Tea Party the dynamic fourth leg of the coalition, in support of a return to constitutional conservatism. This book will show you why Michele Bachmann believes ordinary people can take on the establishment and win. Armed with values and faith, supported by family and fellow citizens, together we can do much. We can secure what people are yearning for-the chance to take our country back. Just watch.

Core Radiology Ellen X. Sun, Junzi Shi, Jacob C. Mandell, 2021-09-30 Embodying the principle of 'everything you need but still easy to read', this fully updated edition of *Core Radiology* is an indispensable aid for learning the fundamentals of radiology and preparing for the American Board of Radiology Core exam. Containing over 2,100 clinical radiological images with full explanatory captions and color-coded annotations, streamlined formatting ensures readers can follow discussion points effortlessly. Bullet pointed text concentrates on essential concepts, with text boxes, tables and over 400 color illustrations supporting readers' understanding of complex anatomic topics. Real-world examples are presented for the readers, encompassing the vast majority of entities likely encountered in board exams and clinical practice. Divided into two volumes, this edition is more manageable whilst remaining comprehensive in its coverage of topics, including expanded pediatric cardiac surgery descriptions, updated brain tumor classifications, and non-invasive vascular imaging. Highly accessible and informative, this is the go-to introductory textbook for radiology residents worldwide.

Tom Danielson's Core Advantage Tom Danielson, Allison Westfahl, 2013-01-01 Tom Danielson's *Core Advantage* offers a simple, highly effective core strength program for cyclists. This comprehensive approach shows the 50 essential core workout exercises that will build strength and endurance in the key core muscles for cycling--no gym membership required. Professional cyclist Tom Danielson used to have a bad back. He shifted in the saddle, never comfortable, often riding in pain. Hearing that core strength could help his back, he started doing crunches, which made matters worse. He turned to personal trainer Allison Westfahl for a new approach. Danielson and Westfahl developed all-new core exercises to build core strength specifically for cycling, curing Danielson's back problems. Better yet, Danielson found that stronger core muscles boosted his pedaling efficiency and climbing power. Using Danielson's core exercises, cyclists of all abilities will enjoy faster, pain-free riding. Cyclists will perform simple exercises using their own body weight to build strength in the low back, hips, abs, chest, and shoulders without adding unwanted bulk and without weights, machines, or a gym membership. Each *Core Advantage* exercise complements the motions of riding a bike so cyclists strengthen the right muscles that stabilize and support the body, improving efficiency and reducing the fatigue that can lead to overuse injuries and pain in the back, neck, and shoulders. Beginner, intermediate, and advanced training plans will help bike racers, century riders, and weekend warriors to build core strength throughout the season. Each plan features warm-up stretches and 15 core exercises grouped into workouts for injury resistance, better posture, improved stability and bike handling, endurance, and power. Westfahl explains the goal for each exercise, which Danielson models in clear photographs. Riding a bike takes more than leg strength. Now Tom Danielson's *Core Advantage* lays out the core strengthening routines that enable longer, faster rides.

Root: the Roleplaying Game , 2020-05

My Name Is Asher Lev Chaim Potok, 2009-07-01 NATIONAL BESTSELLER • In this modern classic from the National Book Award-nominated author of *The Chosen*, a young religious artist is compulsively driven to render the world he sees and feels, even when it leads him to blasphemy. "A novel of finely articulated tragic power Little short of a work of genius."—The New York Times Book Review Asher Lev is a Ladover Hasid who keeps kosher, prays three times a day and believes in the Ribono Shel Olom, the Master of the Universe. He grows up in a cloistered Hasidic community in postwar Brooklyn, a world suffused by ritual and revolving around a charismatic Rebbe. He is torn

between two identities, the one consecrated to God, the other devoted only to art and his imagination, and in time, his artistic gift threatens to estrange him from that world and the parents he adores. As it follows his struggle, *My Name Is Asher Lev* becomes a luminous, visionary portrait of the artist, by turns heartbreaking and exultant.

The Governance Core Davis Campbell, Michael Fullan, 2019-04-10 Lead into the future effectively with the Governance Core approach! Designed to guide educational leadership past difficult and formidable challenges, the governance system outlined in this book will lead to school districts and schools operating at the highest levels of effectiveness. Davis Campbell and Michael Fullan call for school boards, superintendents and school leaders to work cohesively with the same mindset to raise clarity, status, and efficacy. Practical and authentic, the Governance Core is based upon: A governance mindset A shared moral imperative A unified, cohesive governance system A commitment to system-wide coherence A focus on continuous improvement in the district

Early American Sharon Core, 2012 In 2007, American photographer Sharon Core (born 1965) encountered the work of the early nineteenth-century American still-life painter Raphael Peale (1774-1825). Peale's images of fruit, cakes and vegetables are famed for their uncanny realism, and they inspired Core to undertake a series of photographs titled *Early American*, a brilliant exploration of trompe l'oeil's relationship to photography, and of photography's relationship to the past. Core replicates as closely as possible the subject matter, lighting and compositional characteristics of Peale's paintings. She describes an extraordinarily intensive preparation for the project, researching and acquiring period porcelain and glass and growing, from heirloom seeds, varieties of fruits and vegetables that were in existence in the early nineteenth century. Through these efforts, she writes, I hoped to achieve a mirroring of Peale's painstaking painting process, and the themes that lie under their surfaces. This volume reproduces the 31 images comprising this ambitious enterprise.

Earth's Core Vernon F. Cormier, Michael I. Bergman, Peter L. Olson, 2021-12-04 *Earth's Core: Geophysics of a Planet's Deepest Interior* provides a multidisciplinary approach to Earth's core, including seismology, mineral physics, geomagnetism, and geodynamics. The book examines current observations, experiments, and theories; identifies outstanding research questions; and suggests future directions for study. With topics ranging from the structure of the core-mantle boundary region, to the chemical and physical properties of the core, the workings of the geodynamo, inner core seismology and dynamics, and core formation, this book offers a multidisciplinary perspective on what we know and what we know we have yet to discover. The book begins with the fundamental material and concepts in seismology, mineral physics, geomagnetism, and geodynamics, accessible from a wide range of backgrounds. The book then builds on this foundation to introduce current research, including observations, experiments, and theories. By identifying unsolved problems and promising routes to their solutions, the book is intended to motivate further research, making it a valuable resource both for students entering Earth and planetary sciences and for researchers in a particular subdiscipline who need to broaden their understanding. Includes multidisciplinary observations constraining the composition and dynamics of the Earth's core Concisely presents competing theories and arguments on the composition, state, and dynamics of the Earth's interior Provides observational tests of various theories to enhance understanding Serves as a valuable resource for researchers in deep earth geophysics, as well as many sub-disciplines, including seismology, geodynamics, geomagnetism, and mineral physics

ASP.NET Core in Action, Second Edition Andrew Lock, 2021-03-18 *ASP.NET Core in Action, Second Edition* is a comprehensive guide to creating web applications with ASP.NET Core 5.0. Go from basic HTTP concepts to advanced framework customization. Summary Fully updated to ASP.NET 5.0, *ASP.NET Core in Action, Second Edition* is a hands-on primer to building cross-platform web applications with your C# and .NET skills. Even if you've never worked with ASP.NET you'll start creating productive cross-platform web apps fast. And don't worry about late-breaking changes to ASP.NET Core. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the technology Build full-stack web applications that run anywhere. Developers love ASP.NET Core for its libraries and pre-built components that maximize productivity. Version 5.0 offers new features for server-side apps, as well as background services for cross-platform development. About the book *ASP.NET Core in Action, Second Edition* is a comprehensive guide to creating web applications with ASP.NET Core 5.0. Go from basic HTTP concepts to advanced framework customization. Illustrations and annotated code make learning visual and easy. Master logins, dependency injection, security, and more. This updated edition covers the latest features, including Razor Pages and the new hosting paradigm. What's inside Developing apps for Windows and non-Windows servers Configuring applications Building custom components Logging, testing, and security About the reader For intermediate C# developers. About the author Andrew Lock is a Microsoft MVP who has worked with ASP.NET Core since before its first release. Table of Contents PART 1 - GETTING STARTED WITH ASP.NET CORE 1 Getting started with ASP.NET Core 2 Your first application 3 Handling requests with the middleware pipeline 4 Creating a website with Razor Pages 5 Mapping URLs to Razor Pages using routing 6 The binding model: Retrieving and validating user input 7 Rendering HTML using Razor views 8 Building forms with Tag Helpers 9 Creating a Web API for mobile and client applications using MVC PART 2 - BUILDING COMPLETE APPLICATIONS 10 Service configuration with dependency injection 11 Configuring an ASP.NET Core application 12 Saving data with Entity Framework Core 13 The MVC and Razor Pages filter pipeline 14 Authentication: Adding users to your application with Identity 15 Authorization: Securing your application 16 Publishing and deploying your application PART 3 - EXTENDING YOUR APPLICATIONS 17 Monitoring and troubleshooting errors with logging 18 Improving your application's security 19 Building custom components 20 Building custom MVC and Razor Pages components 21 Calling remote APIs with HttpClientFactory 22 Building background tasks and services 23 Testing your application

Core of Fear Jonathan Brooks, 2019-01-15 Do you ever wonder why spirits take the actions they do? What if there was a system of rules they had to follow? Clive Logan is a serial killer; or, to be more accurate, Clive Logan was a serial killer. Caught after a record-breaking streak of murders, he was executed by lethal injection by the state, while thousands of his victims' grieving family members watched. That should've been the end of his emotionless and unfeeling existence - but it wasn't. Sent to Hell - where he enjoyed himself entirely too much - he was singled out to become a Spirit Core, an invisible spiritual entity that eventually ended up back on Earth. At first unfamiliar to him, his new incarnation slowly revealed itself to have its own set of rules, following something not unlike the video games he used to program back when he was alive. At its root, he was tasked with invoking fear upon his new victims - but there was just one problem. Having never felt any emotions before, he had no idea what that meant. Contains LitRPG elements such as level progression and statistics.

The Common Core Lesson Book, K-5 Gretchen Owocki, 2012 The quality of instruction is the most important factor in

helping students meet the Common Core Standards. That's why Owocki's Common Core Lesson Book empowers teachers with a comprehensive framework for implementation that enhances existing curriculum and extends it to meet Common Core goals.

Threadbare Volume One Andrew Seiple, 2018-01-06 Meet Threadbare. He is twelve inches tall, full of fluff, and really, really bad at being a hero. Magically animated and discarded by his maker as a failed experiment, he is saved by a little girl. But she's got problems of her own, and he might not be able to help her. Fortunately for the little golem, he's quick to find allies, learn skills, gain levels, and survive horrible predicaments. Which is good, because his creator has a whole lot of enemies... Warning: Contains profanity and violence.

Curriculum at Your Core Lauren Porosoff, 2014 Curriculum at Your Core is a practical guide to designing curriculum that meets standards, serves personal and institutional values, and intentionally leads to successful student learning. Identifying which understandings, knowledge, and skills are most important for students to learn is always a question of values, so getting clear on values gives teachers a starting place to design cohesive units, courses, and programs. Written by a teacher for teachers, Curriculum at Your Core includes stories, examples, and case studies from across grade levels and subjects, as well as exercises, protocols, and templates teachers can use when writing values-congruent curriculum. Some key features include: 1. Stories of failures and successes in designing curriculum. 2. Metaphors from everyday life to help teachers understand curriculum design as a process rooted in values and culminating in meaningful learning. 3. Examples of essential questions, assessment guidelines, lesson calendars, unit plans, and curriculum maps. 4. Exercises and templates teachers can use to create and assess curriculum. 5. Protocols designed to encourage inclusive participation and critical reflection when colleagues look at curriculum together.

Vocabulary at the Core Amy Benjamin, John T. Crow, 2013 First Published in 2013. Routledge is an imprint of Taylor & Francis, an informa company.

Core Psychiatry E-Book Padraig Wright, Julian Stern, Michael Phelan, 2012-01-08 A new edition of a highly successful, award winning textbook for trainee psychiatrists, covering in one volume all the subjects required for the new MRCPsych and similar exams. Written in a highly engaging manner, it will also prove invaluable to qualified psychiatrists who need to keep up-to-date with the latest developments, as well as clinical psychologists, general practitioners, psychiatric nurses and senior medical students Concise yet comprehensive, Core Psychiatry reflects the latest developments in the curriculum plus all that is new and essential in clinical practice and the sciences that underpin it. It includes new information on the new Mental Capacity Act and Mental Health Act as well as enhanced sections on psychopharmacology, old age psychiatry, child and adolescent psychiatry, forensic psychiatry and rehabilitation. The book also makes reference to the latest NICE guidelines and includes new sections on sleep medicine and trauma psychiatry. New edition of a popular MRCPsych curriculum based text Previous edition 'Highly Commended' (Mental Health category) in the BMA Awards 2005 Contains useful summary boxes, lists and key points to make last minute learning easy Comprehensive and authoritative resource written by contributors to ensure complete accuracy and currency of specialist information Chapters prepared by specialists working in conjunction with trainees – content totally up-to-date and jointly written by authors who have recently been in the exam situation Contains the latest findings in sleep medicine and trauma psychiatry Expanded section on psychology – including social psychology – to reflect the latest MRCPsych examination format Text updated in full to reflect the new Mental Capacity Act and Mental Health Act Relevant chapters now contain a 'skills and competency' section to reflect changes in MRCPsych curriculum Updating and amendments to improve coverage of old age psychiatry, child and adolescent psychiatry, forensic psychiatry and rehabilitation Contains reference to the latest NICE guidelines in boxes and tables Enhanced discussion of the use of the best current management options, both pharmacological and psychotherapeutic, the latter including CBT, DBT, EMDR and psychodynamic group, couple and family therapy.

Fate Leonard Balsera, Fred Hicks, Rob Donoghue, 2013-07-03 Grab your plasma rifles, spell components, and jetpacks! Name your game; Fate Core is the foundation that can make it happen. Fate Core is a flexible system that can support whatever worlds you dream up. Have you always wanted to play a post-apocalyptic spaghetti western with tentacle monsters? Swords and sorcery in space? Wish there was a game based on your favorite series of books, film, or television, but it never happened? Fate Core is your answer. Fate Core is a tabletop roleplaying game about proactive, capable people who lead dramatic lives. The type of drama they experience is up to you. But wherever they go, you can expect a fun storytelling experience full of twists...of fate. GAME INFORMATION Number of players: 3-6 Age of players: 12+ Length: 2-8 hours Type of Game: Roleplaying Game Languages Available: English Suggested Retail: \$25.00 Game Designers: Leonard Balsera, Brian Engard, Jeremy Keller, Ryan Macklin, Mike Olson

Core Data in Objective-C Marcus S. Zarra, 2016-06-13 Core Data is Apple's data storage framework: it's powerful, built-in, and can integrate with iCloud. Discover all of Core Data's powerful capabilities, learn fundamental principles including thread and memory management, and add Core Data to both your iOS and OS X projects. All examples in this edition are based on Objective-C and are up-to-date for the latest versions of OS X El Capitan and iOS 9. Core Data expert Marcus Zarra walks you through a fully developed application based around the Core Data APIs. You'll build on this application throughout the book, learning key Core Data principles such as NSPredicate, NSFetchRequest, thread management, and memory management. Start with the basics of Core Data and learn how to use it to develop your application. Then delve deep into the API details. Explore how to get Core Data integrated into your application properly, and work with this flexible API to create convenience methods to improve your application's maintainability. Reduce your migration difficulties, integrate your Core Data app with iCloud and Watch Kit, and use Core Data in a queue-based environment. By the end of the book, you'll have built a full-featured application, gained a complete understanding of Core Data, and learned how to integrate your application into the iPhone/iPad platform. This third edition updates all examples for OS X El Capitan and iOS 9, and gets you up to speed on changes in multithreading and batch processing. There's a new chapter on efficiently importing data from a network location, and a new discussion of how best to pre-load data into your application. What You Need: Mac OS X El Capitan and iOS 9 and a basic working knowledge of Objective-C

Chronicles of Core Earl Lemley Core, 1937

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