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Tricks of the Trade Christopher Knoll, 2020-11-20 *Tricks of the Trade* is a collection of short stories written by Chris Knoll in the late 1980s that delve into the supernatural. The first short for which the book is titled has our hero trying to save his friend from selling his soul to the devil by beating the demon at his own game. *Sleep Well* is a sleep study that has gone terribly wrong making the students prisoners of their own dreams. *Savior II* follows a man's last day on earth as he witnesses nuclear destruction. The fourth in the series *The Bag* is an exorcism gone wrong and the frantic attempt to send the demon back to hell. *Kravitis's Fall* is the struggle between good and evil as a construction worker nears death. *Misery's Children* centers around a brother and sister who after their father's death learn the tragic and horrific truth about their inheritance. A pickpocket in *The Light Touch* steals the wrong wallet. A shape shifter becomes whatever he wishes to do whatever he wants in the *Roue*. You will want to read *Tricks of the Trade* with all the lights on. If you dream you may want to wait until morning to read this. Otherwise sleep well.

Healthy Aging: Nutrition, Exercise, and Longevity Hacks

Francisco Zamora, 2025-03-05 *Redefine Aging Reclaim Your Vitality* What if growing older didn't mean slowing down but lighting up? In *Healthy Aging: Nutrition, Exercise, and Longevity Hacks* discover the science-backed secrets to turn back the clock and live your boldest, most vibrant years starting now. This isn't about chasing youth or dodging the inevitable. It's about thriving, chasing grandkids, exploring new horizons, and savoring every laugh without the drag of fatigue or frailty. From the kitchens of centenarians to cutting-edge labs, this guide delivers mouthwatering meals that fuel your cells and fight inflammation. Simple moves to keep you strong, agile, and fall-proof. Game-changing hacks: think fasting, saunas, and supplements to supercharge your healthspan. Soul-deep strategies to sharpen your mind, soothe stress, and weave a life rich with purpose and connection. With a 90-day plan that's as practical as it is powerful, you'll ditch the myths. It's all genetics or decline's inevitable, and take charge of 80% of how you age. Whether you're 50 or 85, it's never too late to rewrite your story. Your best years aren't behind you; they're yours to claim. Grab this book and step into a future where age is just a number and vitality is your legacy.

Windows 10 Tips and Tricks (includes Content Update Program) Guy Hart-Davis, 2015-11-06 *Book Content Update Program* Easily unlock the power of your new Windows 10 computer. Discover hundreds of tips and tricks you can use right away with your Windows 10 computer to get more done and have more fun. You'll learn how to use your Windows 10 computer both as a powerful communication organization and productivity tool and as a feature-packed entertainment device. Guy Hart-Davis shows you strategies for making the most of Microsoft's robust built-in apps from the new Edge browser to your Cortana personal assistant. Easy to understand and nontechnical, *Windows 10 Tips and Tricks* is perfect for beginners and for more experienced users ready to get more productive or move to a new computer. Whether you're running Windows 10 on a desktop, a laptop, or a tablet, get this book and run it better. Here's just a sampling of what this book's tips, tricks, and strategies will help you do. Set up your Windows 10 computer and make it work just the way you want. Navigate

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Apple Watch and iPhone Fitness Tips and Tricks (includes Content Update Program) Jason R. Rich,2015-09-09 Book Content Update Program Apple Watch and iPhone Fitness Tips and Tricks contains hundreds of tips and tricks you can use with the new Apple Watch and your iPhone to create a powerful personal health and fitness system that can help you get fit and stay fit You ll learn how to use Apple s new technologies to track your performance strengthen your motivation reduce your stress and improve your diet You ll learn how to use the Apple Watch and iPhone with everything from Bluetooth compatible workout equipment to third party exercise and nutrition apps Easy to understand and nontechnical this book is ideal for beginners as well as more experienced Apple Watch and iPhone users who are fitness health or nutrition minded and want to reduce their stress lose weight sleep better build muscle and live a healthier lifestyle In addition this book is part of Que s Content Update Program As Apple updates features of the Apple Watch and iPhone sections of this book will be updated or new sections will be added to match the updates to the software The updates will be delivered to you via a FREE Web Edition of this book which can be accessed with any Internet connection How to access the free Web Edition Follow the instructions within the book to learn how to register your book to get the FREE Web Edition Author Jason Rich is the best selling author of more than 55 books Rich will help you learn to Through in depth and exclusive interviews with world renowned health and fitness experts learn

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Appleton's Popular Science Monthly ,1948 **IPad and iPhone Tips and Tricks** Jason R. Rich,2012 Provides a variety of tips to maximize one s usage of the iPad and iPhone covering such topics as customizing settings communicating with iMessage using iBooks making and receiving calls syncing and sharing files using iCloud and managing email

Scribner's Monthly ,1897 **Scribners Monthly** Josiah Gilbert Holland,Richard Watson Gilder,1872 Skype Hacks Andrew Sheppard,2005-12-12 If you ve heard about Skype and who hasn t with all the recent media attention devoted to internet telephone services chances are you ve been mighty tempted to try it out Skype Hacks tells you what all the Skype hype is about explains the basics and shows you more than 100 clever tips and tricks for tweaking and tuning Skype to make it do just what you want and more Millions of people 48 million and counting in fact have opted for Skype which uses peer to peer P2P technology to turn any PC Mac or Pocket PC into a telephone Skype offers free calls between computers and extremely cheap calls to old fashioned phone numbers landlines and mobile phones The sound quality is excellent and end to end encryption means the connection is private and secure But if you really know what you re doing Skype can accomplish a whole lot more than that Software developer and author Andrew Sheppard recently converted his entire house to Skype and uses it for all his personal and business calls even when he s traveling In Skype Hacks he shows you how to do things with the technology that even the engineers at Skype probably never intended Skype Hacks shows you how to Get started with Skype Figure out how much money you re saving and maximize your savings Cut the ties to your old phone company Optimize your Skype configuration Integrate Skype with desktop tools like Microsoft Office and your web browser Set up a Skype based call center The book offers ideas for creating and organizing a contacts list using Skype to transfer files taking advantage of chat and voicemail capabilities turning a PDA into a mobile phone and automating Skype for even greater efficiency So whether you d simply like to give Skype a trial run you want new Skype ring tones and fun on hold music or you re considering wiring your home with Skype to get rid of regular phone service altogether Skype Hacks is your ideal guide

Scribner's Monthly, an Illustrated Magazine for the People ,1872 **Hacker's Challenge 3** David Pollino,Bill Pennington,Tony Bradley,Himanshu Dwivedi,2010-05-17 The stories about phishing attacks against banks are so true to life it s chilling Joel Dubin CISSP Microsoft MVP in Security Every day hackers are devising new ways to break into your network

Do you have what it takes to stop them Find out in Hacker s Challenge 3 Inside top tier security experts offer 20 brand new real world network security incidents to test your computer forensics and response skills All the latest hot button topics are covered including phishing and pharming scams internal corporate hacking Cisco IOS wireless iSCSI storage VoIP Windows Mac OS X and UNIX Linux hacks and much more Each challenge includes a detailed explanation of the incident how the break in was detected evidence and clues technical background such as log files and network maps and a series of questions for you to solve In Part II you ll get a detailed analysis of how the experts solved each incident *Northwest Illustrated Monthly Magazine* ,1889 *The New Dominion Monthly* ,1870 **Gray Hat Hacking: The Ethical Hacker's Handbook, Fifth Edition** Daniel Regalado,Shon Harris,Allen Harper,Chris Eagle,Jonathan Ness,Branko Spasojevic,Ryan Linn,Stephen Sims,2018-04-05 Cutting edge techniques for finding and fixing critical security flaws Fortify your network and avert digital catastrophe with proven strategies from a team of security experts Completely updated and featuring 13 new chapters Gray Hat Hacking The Ethical Hacker s Handbook Fifth Edition explains the enemy s current weapons skills and tactics and offers field tested remedies case studies and ready to try testing labs Find out how hackers gain access overtake network devices script and inject malicious code and plunder Web applications and browsers Android based exploits reverse engineering techniques and cyber law are thoroughly covered in this state of the art resource And the new topic of exploiting the Internet of things is introduced in this edition Build and launch spoofing exploits with Ettercap Induce error conditions and crash software using fuzzers Use advanced reverse engineering to exploit Windows and Linux software Bypass Windows Access Control and memory protection schemes Exploit web applications with Padding Oracle Attacks Learn the use after free technique used in recent zero days Hijack web browsers with advanced XSS attacks Understand ransomware and how it takes control of your desktop Dissect Android malware with JEB and DAD decompilers Find one day vulnerabilities with binary diffing Exploit wireless systems with Software Defined Radios SDR Exploit Internet of things devices Dissect and exploit embedded devices Understand bug bounty programs Deploy next generation honeypots Dissect ATM malware and analyze common ATM attacks Learn the business side of ethical hacking [Lippincott's Monthly Magazine](#) ,1902 [The Baby Bible](#) Bec Judd,2018-04-24 What you re not expecting when you re expecting Bec Judd has been pregnant quite a lot three pregnancies three deliveries and four gorgeous newborn babies From carrying a baby delivering it feeding it and raising it Bec has experienced almost everything motherhood can throw at you and she wants to share the secrets and stories that she has learned along the way Not to mention all those things about pregnancy birth and motherhood that often come as a complete surprise Join Bec and her dream team of experts an obstetrician a midwife an ultrasound specialist a women s health physio and a paediatric sleep specialist as they take you month by month through your pregnancy They will share their insider advice on the best ways to eat for two or three stay in shape and get you and your baby sleeping well This gorgeous comprehensive handbook contains a wealth of honest practical and sometimes hilarious advice to prepare you and your baby

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