How To Jump Start A Manual Transmission Car

Auto Repair For DummiesHow to Jump-start Your Sponsorship Strategy in Tough TimesHeading Out on Your OwnJump Start PHPJump-Starting AmericaNatalie Jill's 7-Day Jump StartJump Start Vue.jsJumpstart SnowflakeJumpstart to SkinnyJump Start Your Business BrainDaily Routines to Jump-Start Math Class, Elementary SchoolHow to Jump Start Your next Career: Dale Carnegie Success SeriesJump Start SinatraJump-Start Your Online ClassroomShark Tank Jump Start Your BusinessJump StartJumpstart Your LifeJump Start This Church!Jump Start MySQLJump-StartJumpstart Your MetabolismJump Start SassDaily Routines to Jump-Start Math Class, High SchoolDaily Routines to Jump-Start Math Class, Elementary SchoolJump Start Node.jsHow to Jumpstart Your HusbandJump Start Your Book SalesJump-Starting BoysJump Start GitPower to Jump Start Your Life101 Ways to Jump Start Your IntuitionNo Penny Left Behind: 120 Amazing Tips To Jumpstart Your Financial LifeJump Start BootstrapJump Start CoffeeScript101 Ways to Jump Start Your IntuitionHow to Jump-Start Your UnionSensory SecretsJump Start AutophagyJumpStart Your PrioritiesJumpstart Your Creativity

Auto Repair For Dummies

Includes the author's writing techniques from his workshops using such methods as storytelling, visualization, spontaneous prose composition, and sketching.

How to Jump-start Your Sponsorship Strategy in Tough Times

Heading Out on Your Own

Get up to speed with Vue.js in a weekend! Since its release in 2014, Vue.js has seen a meteoric rise to popularity and is now considered one of the primary front-end frameworks, and not without good reason. Its component-based architecture was designed to be flexible and easy to adopt, making it just as easy to integrate into projects and use alongside non-Vue code as it is to build complex client-side applications. This short book is ideal for front-end developers who need a rapid introduction to Vue.js. It covers: Basic concepts: how Vue works, tempmlates, and reactive data Components: custom components, events and slots State management: Vuex, mutations, actions Routes: creating routes, links and route guards Nuxt.js And much more!

Jump Start PHP

Jump-Starting America

The reviews are in for the book that reveals the electrifying secrets of America's Greatest romantics: ***** I'll tell you how much I adore HOW TO JUMPSTART YOUR HUSBAND just as soon as my hubbie finishes with my foot massage. -- Alyce Kunde, mother of five. ***** Keep up the amazing work. If only all self-help books were this much fun -- Anne Morales, teacher & mother of two. ***** My relationship thanks you from the bottom of my heart. -- Jeanette Terry, mother of four

Natalie Jill's 7-Day Jump Start

The untold story of how America once created the most successful economy the world has ever seen and how we can do it again. The American economy glitters on the outside, but the reality is quite different. Job opportunities and economic growth are increasingly concentrated in a few crowded coastal enclaves. Corporations and investors are disproportionately developing technologies that benefit the wealthiest Americans in the most prosperous areas--and destroying middle class jobs elsewhere. To turn this tide, we must look to a brilliant and all-but-forgotten American success story and embark on a plan that will create the industries of the future--and the jobs that go with them. Beginning in 1940, massive public investment generated breakthroughs in science and technology that first helped win WWII and then created the most successful economy the world has ever seen. Private enterprise then built on these breakthroughs to create new industries--such as radar, jet engines, digital computers, mobile telecommunications, life-saving medicines, and the internet-- that became the catalyst for broader economic growth that generated millions of good jobs. We lifted almost all boats, not just the yachts. Jonathan Gruber and Simon Johnson tell the story of this first American growth engine and provide the blueprint for a second. It's a visionary, pragmatic, sure-to-be controversial plan that will lead to job growth and a new American economy in places now left behind.

Jump Start Vue.js

Explore the modern market of data analytics platforms and the benefits of using Snowflake computing, the data warehouse built for the cloud. With the rise of cloud technologies, organizations prefer to deploy their analytics using cloud providers such as Amazon Web Services (AWS), Microsoft Azure, or Google Cloud Platform. Cloud vendors are offering modern data platforms for building cloud analytics solutions to collect data and consolidate into single storage solutions that provide insights for business users. The core of any analytics framework is the data warehouse, and previously customers did not have many choices of platform to use. Snowflake was built specifically for the cloud and it is a true game changer for the analytics market. This book will help onboard you to Snowflake, present best practices to deploy, and use the Snowflake

data warehouse. In addition, it covers modern analytics architecture and use cases. It provides use cases of integration with leading analytics software such as Matillion ETL, Tableau, and Databricks. Finally, it covers migration scenarios for on-premise legacy data warehouses. What You Will Learn Know the key functionalities of Snowflake Set up security and access with cluster Bulk load data into Snowflake using the COPY command Migrate from a legacy data warehouse to Snowflake integrate the Snowflake data platform with modern business intelligence (BI) and data integration tools Who This Book Is For Those working with data warehouse and business intelligence (BI) technologies, and existing and potential Snowflake users

Jumpstart Snowflake

Power to Jump Start Your Life is a practical, power-packed book that can get you back on track. Get ready to be ignited, charged, and empowered as you explore thirteen life principles to apply to your daily life. Power to Jump Start Your Life will set you aflame with new inspiration.

Jumpstart to Skinny

Kickstart your class with five daily 5–10 minute routines, all of which include content-specific examples, extensions, and variations for high school mathematics. This resource offers a year's worth of daily instructional material that you can use to begin each class period, and will help students Frequently revisit essential mathematical concepts Foster and shore up conceptual understanding Engage in mental mathematics, leading to efficiency and fluency Engage in mathematical discourse by constructing viable arguments and critiquing the reasoning of others Reason mathematically, and prepare for high stakes assessments Move learning beyond "correctness" by valuing mistakes and discourse and encouraging a growth mindset

Jump Start Your Business Brain

Give math routines a makeover in your classroom and make every minute count. Captivate your elementary students with these new, innovative, and ready-to-go mathematics routines! Trusted math expert John J. SanGiovanni details 20 classroom-proven practice routines to help you ignite student engagement, reinforce learning, and prepare students for the lesson ahead. Each quick and lively activity spurs mathematics discussion and provides a structure for talking about numbers, number concepts, and number sense. Designed to jump-start mathematics reasoning in any elementary classroom, the routines become your go-to materials for a year's work of daily plug-and-play short-burst reasoning and fluency instruction.

Daily Routines to Jump-Start Math Class, Elementary School

Social media sensation, fitness trainer, and sports nutritionist Natalie Jill offers her popular 7 day jump start program for weight loss, with recipes and tips

How to Jump Start Your next Career: Dale Carnegie Success Series

With young families more likely to choose soccer over church on Sunday morning and over five thousand churches closing every year, church as we know it is fast disappearing. Pastors and church leaders need new skills to grow their congregations and build larger, stronger, and more financially stable churches. Jump Start This Church! shows leaders how to sell their churches; it's about packing the pews, generating money for missions, and building a strong community presence while following the Gospel. The ultimate how-to guide for church growth, this book combines the unique front-line perspective of a caring pastor with the proven techniques of an expert in sales. Together, they approach church growth from a fresh perspective. The practical ideas in this user-friendly guide will trigger dialogue and action for churches throughout the world. Are you ready to take action TODAY and jump start your church?

Jump Start Sinatra

From time to time our lives get low, weak or drained and need to be "jump-started" in order for us to change. Sometimes specific areas of our lives may be doing well, however we may be weak and need more power in another area. We may just need an extra "boost of encouragement," an "extra jolt of hope," or an "extra surge of how to" in order to get our engine of life started and moving in the right direction again. If you are ready for a life-changing jump-start, the information in this book will give you the extra boost, jolt and surge you need in order to jump-start and change your life. The valuable information in this book will show you how you can jump-start your life by: renewing your mind, controlling your attitude, setting goals, dreaming big, taking action and never giving up when you are faced with challenges. This book has real life-touching stories by the author and it is full of simple life-changing ideas and philosophies that you can apply now to help you live a more powerful, peaceful, significant and God-filled life.

Jump-Start Your Online Classroom

A practical and concise introduction to CoffeeScript, a programming language that compiles into JavaScript and that makes working with JavaScript easier. The book lays out the basics of the language, its syntax, and the interesting features that set it apart from JavaScript. It should satisfy anyone with an intermediate level of understanding of JavaScript who needs a

conceptual and practical introduction to CoffeeScript. The book is based around a practical project, leading you through the building of a simple HTML-based 2D game, and explaining the language's philosophy, syntax, and features step-by-step along the way. You'll be able to see results on-screen from the very beginning, starting with a simple JavaScript drawing function transformed into CoffeeScript. The game's code is based on well- understood principles and prior art, using common, simple programming patterns that are easy to grasp while also demonstrating CoffeeScript's expressiveness. This is a fun and fast-paced book that rewards you for each completed step with interesting game features. You will finish the book with the sense of accomplishment that comes from building something fun, as well as having gained a solid understanding of CoffeeScript and an interest in exploring its more advanced features.

Shark Tank Jump Start Your Business

PHP is a hugely popular language that powers the backend of 80% of websites, including Internet giants such as Facebook, Wikipedia and WordPress. It's an easy language to learn and great for beginners, so you can get up and running fast! In Jump Start PHP you'll learn step-by-step how to build a complete blog application, understand how PHP works with data, and improve the security of your PHP apps. In just one weekend, you'll have a solid base to start writing PHP on your own! What you'll learn No Previous Knowledge Required: Start by installing PHP and the best free tools Nail the Basics: Learn syntax, operators, loops and functions Write Better Code: Understand Object Oriented Programming, and learn best practices used by the pros Build your Resume: PHP is a rock-solid language to add to your list of skills Who should do this Developers seeking a rapid introduction to PHP. You'll need to know HTML and CSS, and experience with other programming languages would be useful.

Jump Start

Tells how activists transformed their union and gave members hope. Readers will learn how to run for office, work with their communities, build a stewards network, train new leaders, run a contract campaign, and strike. -- taken from back cover.

Jumpstart Your Life

Jump Start Your Business Brain details data-proven methods that can make your sales, marketing and business development measurably more effective. What makes this book unique is that the methods detailed are backed up with hard data. They're grounded in statistical analysis of the success and failures of more than 4,000 new products and services, and more than 6,000 innovation teams. The research quantifies the impact of a back-to-basic, customer-focused approach to sales, marketing and business development. The research also uncovers news regarding how you can

measurably increase effectiveness in today's super-competitive, time-compressed and overstressed marketplace. It's the perfect book for today's up-and-coming executive.

Jump Start This Church!

Auto Repair For Dummies, 2nd Edition (9781119543619) was previously published as Auto Repair For Dummies, 2nd Edition (9780764599026). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product. The top-selling auto repair guide--400,000 copies sold--now extensively reorganized and updated Forty-eight percent of U.S. households perform at least some automobile maintenance on their own, with women now accounting for one third of this $34 billion automotive do-it-yourself market. For new or would-be do-it-yourself mechanics, this illustrated how-to guide has long been a must and now it's even better. A complete reorganization now puts relevant repair and maintenance information directly after each automotive system overview, making it much easier to find hands-on fix-it instructions. Author Deanna Sclar has updated systems and repair information throughout, eliminating discussions of carburetors and adding coverage of hybrid and alternative fuel vehicles. She's also revised schedules for tune-ups and oil changes, included driving tips that can save on maintenance and repair costs, and added new advice on troubleshooting problems and determining when to call in a professional mechanic. For anyone who wants to save money on car repairs and maintenance, this book is the place to start. Deanna Sclar (Long Beach, CA), an acclaimed auto repair expert and consumer advocate, has contributed to the Los Angeles Times and has been interviewed on the Today show, NBC Nightly News, and other television programs.

Jump Start MySQL

Get a Jump Start on version control with Git today! If you've worked on a web development project of any size, you've probably used Git, the most broadly adopted distributed version control system available. It enables you to store different versions of project files and directories, so you can roll back to an earlier one if something goes wrong. And since it's distributed, it smoothes the path for dev team collaboration. This short, practical book will help you to: Understand Git's core philosophy. Get started with Git: install it, learn the basic commands, and set up your first project. Work with Git as part of a collaborative team. Use Git's debugging tools for maximum debug efficiency. Master Git workflow Take control with Git's advanced features: reflog, rebase, stash, and more. Use Git with cloud-based Git repository host services like Github and Bitbucket. See how Git's used effectively on large open-source projects. Whether you're a Git newbie or you've been using it for some time but only really scratching the surface of its capabilities, this book will help you to gain a deep understanding of how Git works, and how to use it to streamline your workflow.

Jump-Start

Explains how to generate book sales to libraries and book clubs, suggests ways to take advantage of the Internet and cable shopping networks, and looks at successful marketing efforts

Jumpstart Your Metabolism

Give math routines a makeover in your classroom and make every minute count. Captivate your elementary students with these new, innovative, and ready-to-go mathematics routines! Trusted math expert John J. SanGiovanni details 20 classroom-proven practice routines to help you ignite student engagement, reinforce learning, and prepare students for the lesson ahead. Each quick and lively activity spurs mathematics discussion and provides a structure for talking about numbers, number concepts, and number sense. Designed to jump-start mathematics reasoning in any elementary classroom, the routines become your go-to materials for a year's work of daily plug-and-play short-burst reasoning and fluency instruction.

Jump Start Sass

Intuition is the language of the soul, and we're all born with the natural ability of an inner-knowing. As we go through life, we have a inborn tendency to pull away from what was once totally natural to us. In 101 Ways to Jump-Start Your Intuition , psychic medium John Holland guides you through 101 quick and easy lessons to help you understand, develop, and work with your internal sense of intuition. This small yet valuable book will become your companion as you rely more on intuition for direction, insight, clarity, and wisdom on a daily basis. Each of the mini-lessons comes with its own affirmation or inspirational statement to complement and strengthen each of the 101 lessons. This book reinforces the idea that intuition is a reminder of the power of the human spirit, but more important, that when we listen to its advice, it can lead us to a life of unlimited potential.

Daily Routines to Jump-Start Math Class, High School

In this 90-day growth guide, #1 New York Times bestselling author John C. Maxwell helps you prioritize your life to make each day count toward fulfilling your goals. Based on his Businessweek bestseller Today Matters, John Maxwell offers his roadmap for success by helping you seize the present. The way you prioritize and spend your time each day impacts your ability to reach your goals. Whether you are a new leader or looking to expand on your success, this book will help you focus by exploring how to maximize the potential of the most important day of your life--today. Offering inspiring quotes

and lessons, thought-provoking questions, and space for reflective notes, over the course of three short months this book will help learn to master the moment and set you on the path toward fulfilling your aspirations.

Daily Routines to Jump-Start Math Class, Elementary School

Get a Jump Start on working with MySQL today! MySQL is an extremely popular open source relational database management system that that powers many of the applications on the Web. Discover why MySQL's speed, ease of use, and flexibility make it the database of choice for so many developers. In just one weekend with this hands-on tutorial, you'll learn how to: Get started with MySQL Store, modify, and retrieve data Work with multiple tables Connect to your database through code Program the database Back up your data

Jump Start Node.js

If you've tried every conceivable combination of diet and exercise and still can't shed those extra pounds, then perhaps you haven't discovered the hidden key to weight loss -- proper breathing. By increasing the amount of oxygen you take in, you can help your body do a more efficient job of releasing hydrogen, the chief culprit in the storage of excess fat. And you'll be amazed at the benefits of learning to breathe the right way: Reset your body's metabolism to burn calories more efficiently Lose weight without complicated food restrictions or rigid exercise schedules Feel more energized and less stressed Breathing coach Pam Grout will show you how with thirteen "energy cocktails," simple but powerful breathing exercises that you can incorporate into your daily routine, whether you're at your desk, in your car, standing in line, watching TV -- nearly anywhere, anytime. Easy to learn and fun to do, the program in Jumpstart Your Metabolism will help you jumpstart the rest of your life!

How to Jumpstart Your Husband

From the ABC hit show "Shark Tank," this book-filled with practical advice and introductions from the Sharks themselves-will be the ultimate resource for anyone thinking about starting a business or growing the one they have. Full of tips for navigating the confusing world of entrepreneurship, the book will intersperse words of wisdom with inspirational stories from the show. Throughout the book, readers will learn how to: Determine whether they're compatible with the life of a small business owner, shape a marketable idea and craft a business model around it, plan for a launch, run a business without breaking the bank (or burning themselves out), create a growth plan that will help them handle and harness success, and pitch an idea or business plan like a pro. Responding to the fans' curiosity about past show contestants, readers will also find approximately 10 "Where Are They Now" boxes in which they learn what happened to some of the

most asked-about and/or most popular guests ever to try their luck in front of the Sharks-and what they learned in the process.

Jump Start Your Book Sales

Are there areas in your life where you experience discomfort? That's a good thing. Discomfort is your mind's way of spotlighting areas where you need to make changes. In Jumpstart Your Life, Whole Living Consultant Diane Randall reveals how to take discomfort and shape it into something powerful and transformative. You'll discover how to step out of your comfort zone and create the life and success you desire. Randall presents a series of simple, effective steps to personal success based on more than a decade of experience leading life-changing wellness and self-help workshops. You'll learn to design meaningful affirmations, create a vision of the ideal life you want now, and start working toward that life immediately. With care and consideration, she guides you around the thought processes that are keeping you stuck, setting you on the road toward dreams you once thought unattainable. If you've ever desired change but felt overwhelmed, Randall's book is for you. You'll start at the beginning and take one small step forward every day, moving inexorably toward a new, balanced, and harmonious existence. The life you live emerges from the choices you make. Randall invites you to make different choices and change your path forever.

Jump-Starting Boys

This short SitePoint book provides readers with a fun and yet practical introduction to Sinatra, a framework that makes web development with Ruby extremely simple. It's not intended to be a completely comprehensive guide to the framework or an in-depth Ruby tutorial, but will quickly get you up to speed with Sinatra and give you the confidence to start experimenting on your own. The book is built around a real-life example project: a content management system. It's a fun and easily understandable project that is used to demonstrate the concepts outlined in the book in a practical way. This is a clear, approachable and very easy-to-follow book that will get you to to speed with Sinatra in no time.

Jump Start Git

Power to Jump Start Your Life

Every year, more online or technology-enhanced learning experiences are added to the landscape of education, and the number of students taking online courses on residential campuses continues to grow. In addition, new instructional tools are

creating environments that are mobile, interactive, and collaborative. These trends present challenges to the online classroom, and this book will help instructors meet those challenges. Jump-Start Your Online Classroom prepares a first-time online instructor to successfully manage the first few weeks of a course, including activities to help instructors plan, manage, and facilitate online instruction; and provides resources helpful during the beginning weeks of class. Each chapter is developed around the immediate challenges instructors face when teaching online. The authors address everyday problems and suggest solutions informed by their extensive research and experience. The five challenges, which are designed to be addressed in five days, are to: • Make the transition to online teaching • Build online spaces for learning • Prepare students for online learning • Manage and facilitating the online classroom • Assess learner outcomes in an online classroom The book is based on the authors' design and facilitation model that identifies five elements comprising an online learning environment: digital tools, participants, social practices, learning community, and outcomes. The book shows how each of those aspects influences instructional practices and interacts to create an environment for a meaningful online educational experience.

101 Ways to Jump Start Your Intuition

Harness your body's natural cell-rejuvenating process for amazing health benefits To maintain good health, it is vital that your body's natural detoxing process of cleaning out damaged cells and regenerating new ones, known as autophagy, is working well. Dysfunctional cellular processes can cause all kinds of serious issues, from premature aging to cancer. On the other hand, a healthy autophagy process can reduce inflammation, prevent skin issues, boost metabolism, and even heal autoimmune issues. Jump Start Autophagy will give you all the tools you need to hack your cells for a longer, healthier life. The book will walk you through the science of autophagy, how it works, and why our bodies need it. It will break down the different ways our bodies are signaled to kick start autophagy; and, best of all, show you concrete examples, activities, and methods to push your own body into autophagy to achieve healthier skin, boost your metabolism, heal inflammation, and so much more.

No Penny Left Behind: 120 Amazing Tips To Jumpstart Your Financial Life

A book for anyone who works with children, including parents, educators, and therapists. Explains the importance of using all of the senses to develop foundational skills necessary for growing, learning, decision-making, and communication. Written in an easy-to-understand style with examples, ideas, and strategies to enhance learning and promote positive behavior. Includes a Foundational Skills Inventory to use as an assessment tool.

Jump Start Bootstrap

Everyone knows that boys are falling behind in education. Largely left out of the discussion are parents of boys, who are most aware that their bright, eager sons hit an invisible wall somewhere near fourth grade, after which they become disengaged, discouraged, and disaffected. There are dozens of books on underachieving boys, but most parents brave enough to lift one off the shelf are instantly intimidated by the footnotes, graphs, case studies, and academic-speak addressed almost entirely to educators. What about the average guilt-ridden, frustrated mother or father of an underachieving boy? Jump-Starting Boys is the first book on the market that empowers parents, helping them reclaim the duties and rewards of raising their children and navigate the influences of school and media. Filled with reassurance and support, the authors turn fear and guilt into can-do confidence. Through easy tips and action list sidebars, this is the most practical, readable book on the topic.

Jump Start CoffeeScript

Are you creative? Do you want to be more creative in your business and personal life? Everyone has the ability to be creative. This fun, lighthearted, and easy-to-read book will give you ten jolts to reawaken and tap into your innate creativity in order to be more successful at work and in your personal life. In this book, you will learn the tools, techniques, and methods for getting and staying creative in a competitive world. Jumpstart Your Creativity gives you proven specific effective tools and great tips to use, to both generate ideas and evaluate them effectively. Are you ready to tap into your creativity? This book will show you how, and you will be amazed at the results!

101 Ways to Jump Start Your Intuition

Get a Jump Start on building applications with Bootstrap today!Originally developed by Twitter, Bootstrap is a framework that making the once-arduous process of crafting fully responsive web designs a breeze! Discover why Bootstrap is fast becoming a favorite tool of top web designers.In just one weekend with this hands-on tutorial, you'll learn how to: Integrate Bootstrap into your projectsUnderstand the basic Bootstrap templateWork with Bootstrap's gridCustomize Bootstrap to work with any project

How to Jump-Start Your Union

Node.js is changing the way web apps are built. As Node.js apps are written in JavaScript, you can quickly and simply use your front-end skills to develop staggeringly fast, scalable real-time web applications. Read this book and, in a weekend, you'll learn how to: Develop a complete working Node.js application - from start-to-finish Deploy your new application to a production server Scale your projects quickly and cheaply PLUS discover how to use Twitter Bootstrap, MongoDB and Back-

bone.js to create fancy web apps, extend their storage, and dy-namically update them.

Sensory Secrets

#1 NEW YORK TIMES BESTSELLER • LOSE UP TO 20 POUNDS IN 21 DAYS! In The Skinny Rules, celebrity trainer and coach of NBC's The Biggest Loser Bob Harper delivers the ultimate strategy for healthy, long-term weight loss and "thin maintenance." But what if you have a big event looming—a reunion, wedding, beach vacation, or other special occasion—and need a fast-acting plan to meet your short-term goals? Jumpstart to Skinny features thirteen short-term Rules (no one gets thin on mere suggestions) that will supercharge your weight loss. Taking any confusion or decision making out of the equation, Harper also provides a day-by-day plan for success, including his body-toning "Jumpstart Moves" and deliciously slimming recipes specially designed for your get-skinny needs. Jumpstart to Skinny lets you in on the secrets Bob shares with his red-carpet celebrity clients. This is not a marathon diet; it's a quick sprint to the finish line. And the victory lap comes when you slip into that sexy dress or swimsuit and feel fantastic. Get started today! THE FOUR-PART JUMPSTART PLAN TO A SKINNIER YOU • Your Jumpstart Rules: Thirteen must-follow principles to get you ready for your own "big reveal," including Rule #1, a precise breakdown of the proper protein/carbohydrate/fat proportions for every meal, and Rule #3, which explains why you need to just say no to complex carbs after breakfast during this three-week plan. These are the Rules that Bob Harper and his celebrity clients use to get ready for their big events—and now you're in on the secrets, too. • Your Jumpstart Day-by-Day: No decisions, no confusion! Here is the simple, three-week game plan: the food to buy and prepare ahead each week, when and how much to eat each day, and the when and how of your exercise schedule. • Your Jumpstart Moves: Bob's unique, twenty-minute, at-home exercise routines. From sit-ups, push-ups, and squats to jumping rope, lateral jumps, and simple chair dips, choose one of the seven "packages" of body-toning moves when your day calls for Bob's "metabolic conditioning." • Jumpstart Recipes: Cleansing or juice fasting? No way! You need to eat to lose weight, so here are twenty-one days of slimmingly delicious recipes—including "Peanut Butter and Jelly" Oatmeal, Sweet Potato Hash, Spaghetti Squash Bolognese, Buffalo Chicken Salad, and Bob's signature Shrimp Skimpy—formulated with your Jumpstart protein/carb/fat proportions (see Rule #1!) and calorie maximums in mind. From the Hardcover edition.

Jump Start Autophagy

You've finally left the comforts of mom and dad's nest to strike out on your own but you have no clue how to do your own laundry. Or cook. Or manage your finances. Feeling a bit overwhelmed? Don't worry. We've got you covered. The Art of Manliness' Heading Out on Your Own: 31 Basic Life Skills in 31 Days is a primer on becoming a well-adjusted, self-reliant adult. In it you'll find the basic life skills you need to survive and thrive on your own. In 31 days, you'll learn skills like how

to: Do Laundry - Ace a Job Interview - Create a Budget - Make Small Talk- Rent Your First Apartment - Shop for Groceries - Live With Roommates - Maintain Your Car - Cook - Iron a Dress Shirt - And Much More!

JumpStart Your Priorities

Get a Jump Start on the popular CSS preprocessor Sass today! Using Sass, you can write your stylesheets in a more concise, dynamic, and readable way, and cut down many of the tedious repetitive tasks that come with writing vanilla CSS. Sass simplifies your stylesheets, adding some useful features missing from CSS. Most importantly, Sass will save you time. This book provides a thorough introduction to Sass for the beginner. In it, you'll learn: What preprocessors are and how they can be useful Installation and getting started Variables, mixins, and functions Loops and conditions Nesting Extend Warnings & errors Project architecture The Sass ecosystem And more!

Jumpstart Your Creativity

Intuition is the language of the soul, and we're all born with the natural ability of an inner-knowing. As we go through life, we have a inborn tendency to pull away from what was once totally natural to us. In 101 Ways to Jump-Start Your Intuition , psychic medium John Holland guides you through 101 quick and easy lessons to help you understand, develop, and work with your internal sense of intuition. This small yet valuable book will become your companion as you rely more on intuition for direction, insight, clarity, and wisdom on a daily basis. Each of the mini-lessons comes with its own affirmation or inspirational statement to complement and strengthen each of the 101 lessons. This book reinforces the idea that intuition is a reminder of the power of the human spirit, but more important, that when we listen to its advice, it can lead us to a life of unlimited potential.

ROMANCE ACTION & ADVENTURE MYSTERY & THRILLER BIOGRAPHIES & HISTORY CHILDREN'S YOUNG ADULT FANTASY HISTORICAL FICTION HORROR LITERARY FICTION NON-FICTION SCIENCE FICTION