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Overcoming Anxiety For Dummies - Australia / NZ Christopher Mogan,Charles H. Elliott,Laura L. Smith,2015-02-23 Simple practical strategies for keeping anxiety under control Everyone experiences anxiety After all life is stressful But are you too anxious Is it disrupting your life If so this book can help Overcoming Anxiety For Dummies Australian New Zealand Edition is a friendly plain English guide to understanding and overcoming intense excessive anxiety This book explains the difference between normal everyday anxiety and anxiety that requires attention and treatment It also includes updated information on treatment and getting help including organisations in Australia and New Zealand that assist people with anxiety Features practical guidance on treating anxiety with diet exercise meditation and more Shows you how to identify the factors that trigger your anxiety and how to manage them Offers trustworthy advice on whether you can manage your anxiety on your own or need to seek outside help Covers local organisations that can help including beyondblue Lifeline and Headspace as well as charities like the Salvation Army and the Smith Family Packed with practical strategies for feeling better this handy guide is perfect for anyone who wants to treat their minor anxiety on their own or find out whether they need professional assistance

Successful Online Start-Ups For Dummies Stefan Korn,2012-08-02 The how to guide to starting funding running and exiting a successful online business in less than three months Getting a thriving online enterprise up and running takes more than just a good idea It involves building a website developing it into a viable business maintaining cash flow hiring a staff and much more The task can seem daunting but Successful Online Start Ups For Dummies is here to help showing prospective entrepreneurs how to develop a sound business plan set up a proper company structure and attract investment funding in less than three months Many entrepreneurs have a great idea and the technical know how to get a website up and running but forget that it s a business that requires capital management and continual growth Successful Online Start Ups For Dummies teaches new start ups how to get investment ready and attract the right backers in a very competitive market giving readers the specific know how to keep their business running or how to turn it over quickly and profitably so they can move onto their next start up or retire Gives budding entrepreneurs everything they need to build and sell a profitable online business Topics covered include bootstrapping common mistakes and missed opportunities at every step of the start up business cycle achieving rapid but sustainable growth attracting the attention of

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Being a Great Dad For Dummies Stefan Korn,Scott Lancaster,Eric Mooij,2011-09-19 Created especially for the Australian customer Your essential guide to being the best dad you can be Have you just found out you're going to be a dad or perhaps you're already a brand new dad Being a Great Dad is a comprehensive and practical guide to For Dummies dadhood with advice on topics ranging from conception to looking after your baby connecting with your little one and helping your child develop and grow Know what to expect during pregnancy and birth be prepared as your baby grows and enters the world Prepare for a baby in the house find out the essential gear you'll need Keep baby safe and sound tips on how to baby proof your home and keep junior safe Be a hands on dad learn practical solutions to common parenting challenges Manage the work life balance find out how to balance your work commitments and life outside work Be a stay at home dad discover how to combine being primary care giver for your child with paid work Choose the right school for your child examine the education choices available and what's best for your little one

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1636: The Chronicles of Dr. Gribbleflotz Kerry Offord, Rick Boatright, 2016-08-02 A sparkling addition to the multiple New York Times best selling Ring of Fire alternate history series created by Eric Flint An alchemist of the 17th century confronts modern science with often amusing results Phillip Theophrastus Gribbleflotz the world s greatest alchemist and a great grandson of Paracelsus and a Bombast on his mother s side was a man history had forgotten But when the town of Grantville was transported by a cosmic accident from modern West Virginia to central Germany in the early seventeenth century he got a second chance at fame and fortune The world s greatest alchemist does not make household goods But with suitable enticements Gribbleflotz is persuaded to make baking soda and then baking powder so that the time displaced Americans can continue to enjoy such culinary classics as biscuits and gravy Applying his superb grasp of the principles of alchemy to the muddled and confused notions the Americans have concerning what they call chemistry Gribbleflotz leaves obscurity behind In his relentless search for a way to invigorate the quinta essential of the human humors Gribbleflotz plays a central role in jump starting the seventeenth century s new chemical and marital aids industries and pioneering such critical fields of human knowledge as pyramidology and aura imaging These are his chronicles At the publisher s request this title is sold without DRM Digital Rights Management About Eric Flint s Ring of Fire series This alternate history series is a landmark Booklist Eric Flint s 1632 universe seems to be inspiring a whole new crop of gifted alternate historians Booklist reads like a technothriller set in the age of the Medicis Publishers Weekly

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year now find out why This complete guide helps you trace the story of Australia s involvement in war from the colonial conflicts with the Indigenous population through the World Wars to peacekeeping initiatives in East Timor and the controversial conflict in Afghanistan Find out the origins of Australia s military history go all the way back to the arrival of the First Fleet and the conflicts with the Indigenous peoples Learn about the heroism of the Anzacs discover the origins of the legend of Gallipoli and how the brass bungled the campaign Discover the horrors of war consider the suffering and huge losses on the Western Front Recognise the successful battles of World Wars I and II follow the Diggers exploits in Palestine and Syria and at Tobruk and Alamein Marvel at the grim jungle battles track the Diggersthrough New Guinea Borneo Malaya and Vietnam between 1942 and 1972 Admire Australia s efforts to repel possible invaders learn how Australians defended their country against the Japanese during World War II See how the Cold War heated up witness the fight against communism in the Korean and Vietnam Wars Appreciate the modern day Australian Defence Force acknowledge the courage of the men and women who protect us into the 21st century Open the book and find New insights into the meaning of Anzac Day Simple explanations of the structure of Australia s military Details of who fought whom where when and why Stories of Australia s great military fighters and leaders Accounts of the iconic battles that established Australia s reputation Locations of Australia s peacekeeping operations around the world Ways in which war and conflict have shaped the nation Reasons why Australia goes to war Learn to Comprehend the impact of war on Australia Appreciate the heroism at AnzacCove and other significant battlefields Understand the controversies of recent conflicts including in Vietnam and Iraq

IVF Techniques for the Beginners Kuldeep Jain,Pankaj Talwar,2013-04-30 IVF Techniques for the Beginners brings clinicians fully up to date with the latest advances in equipment and techniques for In Vitro Fertilisation IVF Divided into two sections the book begins by describing IVF procedures and includes a chapter on fertility preservation in female cancer patients The second section presents essential protocols in ART Assisted Reproductive Technology describing the equipment reagents and procedure for each technique Enhanced by nearly 70 images and illustrations this comprehensive manual covers essential clinical aspects and common clinical embryology and integrates the relevance of science in reproductive biology and its practical application Key points Comprehensive guide to latest advances in IVF Second section dedicated to essential protocols in ART Integrates reproductive science and its practical application Includes chapter on fertility preservation in female cancer patients

Hot (Sweaty) Mamas Laurie Kocanda,Kara Thom,2011-03-29 Authors moms and fitness enthusiasts Thom and Kocanda work to balance motherhood and fitness It was from their conversations that the idea for Hot Sweaty Mamas was born Moms who find it difficult to start or stick with an exercise program will learn how to reframe their thinking

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Australian History for Dummies Alex McDermott,2011-09-19 Created especially for the Australian customer Exciting and informative history of the land down under Australian History For Dummies is your tour guide through the important events of Australia s past introducing you to the people and events that have shaped modern Australia Be there as British colonists explore Australia s harsh terrain with varying degrees of success In this informative guide you ll Find out about Australia s infamous bushrangers Learn how the discovery of gold caused a tidal wave of immigration from all over the world Understand how Australia took two steps forward to become a nation in its own right in 1901 and two steps back when the government was dismissed by the Crown in 1975 Discover the fascinating details that made Australia the country it is today

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