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Mind Mapping: Improve Memory, Concentration, Communication, Organization, Creativity, and Time Management

Test Drive ASP.NET MVC

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Mind mapping is a thinking and learning tool that improves memory, concentration, communication, organization, creativity, and time management. This book is the ultimate resource on the topic of mind maps, describing in detail how to apply mind maps with note-taking, lectures, research, brainstorming, writing (non-fiction & fiction), planning, goal setting, lists, groups, and more. Also includes an in-depth discussion on mind mapping with children, helping children tap their brain's natural ability to think better, learn quicker, and remember more. You'll find over 50 mind map images, illustrations, and diagrams - more than any other book. Unlike images in other books, which are only 1 or 2 levels deep, many of the images in this book go 3 to 4 levels. Most books and e-readers do a poor job of reproducing mind maps. That's why this book has a link under each image to see a larger, fuller, and more detailed version online. All the examples and illustrations will open your mind to the true power and flexibility of the tool. In short, this is the most comprehensive book on mind mapping, enhancing your skills in reading, writing, learning, note taking, brainstorming, planning, productivity, and so much more. Give it a shot, it will change the way you interact with information.

Technical Blogging

Get the best grades with My Revision Notes: AQA A2 Business Studies. Manage your own revision with step-by-step support from senior examiner Malcolm Surridge Use specific case studies to improve your knowledge of businesses

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processes and topics Get the top marks by applying business terms accurately with the help of definitions and key words Improve your skills to tackle specific exam questions such as data-response with the help of self-testing and exam-style questions and answers My Revision Notes will help you prepare for the big day: Plan and pace your revision with My Revision Planner Use the concise notes to revise the essential information Use the examiner's tips and summaries to clarify key points Avoid making typical mistakes with expert advice Test yourself with end-of-topic questions and answers and tick off each topic as you complete it Practise your exam skills on exam questions then check your answers online Get exam-ready with last-minute quick quizzes at www.therevisionbutton.co.uk/myrevisionnotes

Bull's Eye

Is the Unified Process the be all and end all standard for developing object-oriented component-based software? This book is the final in a four volume series that presents a critical review of the Unified Process. The authors present a survey of the alte

Learning the Vi Editor

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This title targets the specific needs of business and management students to ensure that these students get the most relevant and most useful study skills advice possible. The contents of the book cover how to manage your stress, getting the most out of lectures, excelling in exams, develop your writing skills, and much more.

Expression Engine 2

Printed in full color. Do you ever look at the clock and wonder where the day went? You spent all this time at work and didn't come close to getting everything done. Tomorrow try something new. Use the Pomodoro Technique to work in focused sprints throughout the day. In Pomodoro Technique Illustrated, Staffan Noteberg shows you how to organize your work to accomplish more in less time. There's no need for expensive software or fancy planners. You can get started with nothing more than a piece of paper, a pencil, and a kitchen timer. You have so much you need to accomplish today. Your list is a mile long and you find yourself getting interrupted every other minute. You'd like to tell everyone to leave you alone, but most of the interruptions are coming from you! You think of a phone call you need to make or a web site you need to check and before you know it you're answering email, checking twitter, and finding a million other things to occupy your time. You need to focus---really focus. The Pomodoro Technique puts you back in charge of your day. You'll apply successful techniques from software engineering to identify

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what you should be doing today and to help you achieve your goals. Your mind won't wander when it is fully engaged in short bursts of focused activity. Learn to work less and accomplish more using nothing more than paper, pencil, and a simple kitchen timer. Set the timer and start on your next Pomodoro. When the bell rings take a break. This personal approach to timeboxing is at the core of the Pomodoro technique and this book is filled with advice on how get started and how to tailor it to your own needs.

The Dream Team Nightmare

A guide to creating effective, professional-designed Web sites covers such topics as choosing colors, adding graphics, fonts and typography, using CSS, working with Web standards, adding styles, working with Internet Explorer, and designing for mobile dev

The Pomodoro Technique

Provides information on using Microsoft ASP.NET MVC Framework to create Web applications.

Personal Kanban

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You know the Agile and Lean development buzzwords, you've read the books. But when systems need a serious overhaul, you need to see how it works in real life, with real situations and people. *Lean from the Trenches* is all about actual practice. Every key point is illustrated with a photo or diagram, and anecdotes bring you inside the project as you discover why and how one organization modernized its workplace in record time. *Lean from the Trenches* is all about actual practice. Find out how the Swedish police combined XP, Scrum, and Kanban in a 60-person project. From start to finish, you'll see how to deliver a successful product using Lean principles. We start with an organization in desperate need of a new way of doing things and finish with a group of sixty, all working in sync to develop a scalable, complex system. You'll walk through the project step by step, from customer engagement, to the daily "cocktail party," version control, bug tracking, and release. In this honest look at what works--and what doesn't--you'll find out how to: Make quality everyone's business, not just the testers. Keep everyone moving in the same direction without micromanagement. Use simple and powerful metrics to aid in planning and process improvement. Balance between low-level feature focus and high-level system focus. You'll be ready to jump into the trenches and streamline your own development process.

Agile in a Flash

Are you working on a codebase where cost overruns, death marches, and heroic

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fighting with legacy code monsters are the norm? Battle these adversaries with novel ways to identify and prioritize technical debt, based on behavioral data from how developers work with code. And that's just for starters. Because good code involves social design, as well as technical design, you can find surprising dependencies between people and code to resolve coordination bottlenecks among teams. Best of all, the techniques build on behavioral data that you already have: your version-control system. Join the fight for better code! Use statistics and data science to uncover both problematic code and the behavioral patterns of the developers who build your software. This combination gives you insights you can't get from the code alone. Use these insights to prioritize refactoring needs, measure their effect, find implicit dependencies between different modules, and automatically create knowledge maps of your system based on actual code contributions. In a radical, much-needed change from common practice, guide organizational decisions with objective data by measuring how well your development teams align with the software architecture. Discover a comprehensive set of practical analysis techniques based on version-control data, where each point is illustrated with a case study from a real-world codebase. Because the techniques are language neutral, you can apply them to your own code no matter what programming language you use. Guide organizational decisions with objective data by measuring how well your development teams align with the software architecture. Apply research findings from social psychology to software development, ensuring you get the tools you need to coach

your organization towards better code. If you're an experienced programmer, software architect, or technical manager, you'll get a new perspective that will change how you work with code. What You Need: You don't have to install anything to follow along in the book. The case studies in the book use well-known open source projects hosted on GitHub. You'll use CodeScene, a free software analysis tool for open source projects, for the case studies. We also discuss alternative tooling options where they exist.

Web Design for Developers

One of the biggest challenges for organizations that have adopted microservice architecture is the lack of architectural, operational, and organizational standardization. After splitting a monolithic application or building a microservice ecosystem from scratch, many engineers are left wondering what's next. In this practical book, author Susan Fowler presents a set of microservice standards in depth, drawing from her experience standardizing over a thousand microservices at Uber. You'll learn how to design microservices that are stable, reliable, scalable, fault tolerant, performant, monitored, documented, and prepared for any catastrophe. Explore production-readiness standards, including: Stability and Reliability: develop, deploy, introduce, and deprecate microservices; protect against dependency failures Scalability and Performance: learn essential components for achieving greater microservice efficiency Fault Tolerance and

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Catastrophe Preparedness: ensure availability by actively pushing microservices to fail in real time
Monitoring: learn how to monitor, log, and display key metrics; establish alerting and on-call procedures
Documentation and Understanding: mitigate tradeoffs that come with microservice adoption, including organizational sprawl and technical debt

The Passionate Programmer

The authors document how four forces--exponential technologies, the DIY innovator, the Technophilanthropist, and the Rising Billion--are conspiring to solve our biggest problems. "Abundance" establishes hard targets for change and lays out a strategic roadmap for governments, industry and entrepreneurs, giving us plenty of reason for optimism.

Beginning Mac Programming

"Productivity books focus on doing more. Jim and Tonianne want you to focus on doing better. Personal Kanban takes the same Lean principles from manufacturing that led the Japanese auto industry to become a global leader in quality, and applies them to individual and team work. Personal Kanban asks only that we visualize our work, and limit our work-in-progress."--Back cover.

Pomodoro Technique Illustrated

Summary Kanban in Action is a down-to-earth, no-frills, get-to-know-the-ropes introduction to kanban. It's based on the real-world experience and observations from two kanban coaches who have introduced this process to dozens of teams. You'll learn the principles of why kanban works, as well as nitty-gritty details like how to use different color stickies on a kanban board to help you organize and track your work items. About the Book Too much work and too little time? If this is daily life for your team, you need kanban, a lean knowledge-management method designed to involve all team members in continuous improvement of your process. Kanban in Action is a practical introduction to kanban. Written by two kanban coaches who have taught the method to dozens of teams, the book covers techniques for planning and forecasting, establishing meaningful metrics, visualizing queues and bottlenecks, and constructing and using a kanban board. Written for all members of the development team, including leaders, coders, and business stakeholders. No experience with kanban is required. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. What's Inside How to focus on work in process and finish faster Examples of successful implementations How team members can make informed decisions About the Authors Marcus Hammarberg is a kanban coach and software developer with experience in BDD, TDD, Specification by Example, Scrum, and XP. Joakim Sundén is an agile coach at Spotify who cofounded the first kanban user

groups in Europe. Table of Contents PART 1 LEARNING KANBAN Team Kanbaneros gets started PART 2 UNDERSTANDING KANBAN Kanban principles Visualizing your work Work items Work in process Limiting work in process Managing flow PART 3 ADVANCED KANBAN Classes of service Planning and estimating Process improvement Using metrics to guide improvements Kanban pitfalls Teaching kanban through games

The Moment of Truth

(with history, anecdotes and implementation tips)

The Unified Process Transition and Production Phases

30 Practical and applicable guidelines to think smarter, faster, and with expert insight (even if you aren't one). Mental models are like giving a treasure map to someone lost in the woods. They provide instant understanding, context, and most importantly, a path to the end destination. Now imagine having such a map for all problems and decisions in your life. Battle information overwhelm, focus on what really matters, and make complex decisions with speed and confidence. Mental Models: 30 Thinking Tools sheds light on true intelligence: it's not about knowledge and knowing the capitals of all the countries in the world. It's about how you think,

and each mental model is a specific framework on how to think smart and with insight. You can approach the world by trying to analyze each piece of information separately, or you can learn mental models that do the work for you. Learn how billionaires/CEOs, Olympic athletes, and scientists think differently and avoid mistakes. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with a multitude of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience.

How to Pass Graduate Psychometric Tests

New technologies are popping up every day. Convincing co-workers to adopt them is the hard part. Adobe software evangelist Ryan breaks down the patterns and types of resistance technologists face in many organizations.

Monotasking

Printed in full color. Faced with a software project of epic proportions? Tired of over-committing and under-delivering? Enter the dojo of the agile samurai, where agile expert Jonathan Rasmusson shows you how to kick-start, execute, and deliver your agile projects. Combining cutting-edge tools with classic agile practices, The Agile

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Samurai gives you everything you need to deliver something of value every week and make rolling your software into production a non-event. Get ready to kick some software project butt. By learning the ways of the agile samurai you will discover: how to create plans and schedules your customer and your team can believe in what characteristics make a good agile team and how to form your own how to gather requirements in a fraction of the time using agile user stories what to do when you discover your schedule is wrong, and how to look like a pro correcting it how to execute fiercely by leveraging the power of agile software engineering practices By the end of this book you will know everything you need to set up, execute, and successfully deliver agile projects, and have fun along the way. If you're a project lead, this book gives you the tools to set up and lead your agile project from start to finish. If you are an analyst, programmer, tester, usability designer, or project manager, this book gives you the insight and foundation necessary to become a valuable agile team member. The Agile Samurai slices away the fluff and theory that make other books less-than-agile. It's packed with best practices, war stories, plenty of humor and hands-on tutorial exercises that will get you doing the right things, the right way. This book will make a difference.

Driving Technical Change

Sermon Delivery: it's more than the mere presentation of a persuasive speech on a

religious theme. It is God's way of keeping the original vision alive. This book will show you how.

More Fearless Change

What others in the trenches say about *The Pragmatic Programmer* “The cool thing about this book is that it’s great for keeping the programming process fresh. The book helps you to continue to grow and clearly comes from people who have been there.” —Kent Beck, author of *Extreme Programming Explained: Embrace Change* “I found this book to be a great mix of solid advice and wonderful analogies!” —Martin Fowler, author of *Refactoring and UML Distilled* “I would buy a copy, read it twice, then tell all my colleagues to run out and grab a copy. This is a book I would never loan because I would worry about it being lost.” —Kevin Ruland, Management Science, MSG-Logistics “The wisdom and practical experience of the authors is obvious. The topics presented are relevant and useful. By far its greatest strength for me has been the outstanding analogies—tracer bullets, broken windows, and the fabulous helicopter-based explanation of the need for orthogonality, especially in a crisis situation. I have little doubt that this book will eventually become an excellent source of useful information for journeymen programmers and expert mentors alike.” —John Lakos, author of *Large-Scale C++ Software Design* “This is the sort of book I will buy a dozen copies of when it comes out so I can give it to my clients.” —Eric Vought, Software Engineer “Most modern

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books on software development fail to cover the basics of what makes a great software developer, instead spending their time on syntax or technology where in reality the greatest leverage possible for any software team is in having talented developers who really know their craft well. An excellent book.” —Pete McBreen, Independent Consultant “Since reading this book, I have implemented many of the practical suggestions and tips it contains. Across the board, they have saved my company time and money while helping me get my job done quicker! This should be a desktop reference for everyone who works with code for a living.” —Jared Richardson, Senior Software Developer, iRenaissance, Inc. “I would like to see this issued to every new employee at my company.” —Chris Cleeland, Senior Software Engineer, Object Computing, Inc. “If I’m putting together a project, it’s the authors of this book that I want. . . . And failing that I’d settle for people who’ve read their book.” —Ward Cunningham Straight from the programming trenches, *The Pragmatic Programmer* cuts through the increasing specialization and technicalities of modern software development to examine the core process--taking a requirement and producing working, maintainable code that delights its users. It covers topics ranging from personal responsibility and career development to architectural techniques for keeping your code flexible and easy to adapt and reuse. Read this book, and you'll learn how to Fight software rot; Avoid the trap of duplicating knowledge; Write flexible, dynamic, and adaptable code; Avoid programming by coincidence; Bullet-proof your code with contracts, assertions, and exceptions; Capture real requirements; Test ruthlessly and

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effectively; Delight your users; Build teams of pragmatic programmers; and Make your developments more precise with automation. Written as a series of self-contained sections and filled with entertaining anecdotes, thoughtful examples, and interesting analogies, *The Pragmatic Programmer* illustrates the best practices and major pitfalls of many different aspects of software development. Whether you're a new coder, an experienced programmer, or a manager responsible for software projects, use these lessons daily, and you'll quickly see improvements in personal productivity, accuracy, and job satisfaction. You'll learn skills and develop habits and attitudes that form the foundation for long-term success in your career. You'll become a Pragmatic Programmer.

Software Design X-Rays

This first-ever interactive Agile Adventure is the gripping tale of an experienced team struggling with agile adoption. In this unique mashup of a business novel written in the gamebook format, you'll overcome common yet daunting challenges that come from using agile methods. As Jim, the agile coach, you'll learn to apply a range of thinking tools and techniques to real-life problems faced by teams and organizations. Find out what really works and what fails miserably from the consequences of your choices. And, unlike in the real world, if at first you don't succeed, you can make different choices until you get things right. Management is ready to disband your new agile team and outsource your project. Can you save

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The Dream Team? The Dream Team started their journey 18 months ago. Since then, life has become a nightmare. Progress has ground to a halt. Morale is low. Quality has become taboo. You have five days to figure out how to get the team back on track. There will be conflict and maybe tears. One thing is for sure: there will be plenty of tough decisions to make. Inspired by a classic gamebook series, this fun and interactive story has eight different endings designed to enrich and put your agile development knowledge and experience to the test. Packed with familiar scenarios an agile team faces every day, *The Dream Team Nightmare* offers you the chance to see what would happen if you could do things differently so you can change the way you do things for real with confidence. Combining practical team-building exercises with effective facilitation and Systems Thinking, by the end of the book you'll be ready to rescue projects in trouble, and get new projects off to a better start.

The Pragmatic Programmer

Your aim in life should be to achieve all of the wonderful things that are possible for you. There is no reason for you not to be earning twice as much as you are today, or even five or ten times as much. Your potential is practically limitless, if you could just learn how to utilize it. Clarity, Focus, and Concentration: Three strong, simple attributes needed to hone in your potential and hit the bull's eye! And just as you can develop your physical muscles through hard work and

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concentration, you can develop your mental muscles through continuous repetition. You have the ability right now to achieve more than you ever have before. Bull's Eye will teach you how to unleash your powers for success and accomplish more in the next few months than many people do in a lifetime.

Lean from the Trenches

Available through bookstores for the first time, the internationally acclaimed time management system that has been used by millions, written by Francesco Cirillo, creator of the Pomodoro Technique. Francesco Cirillo developed his famed system for improving productivity as a college student thirty years ago. Using a kitchen timer shaped like a pomodoro (Italian for tomato), Cirillo divided the time he spent working on a project into 25-minute intervals, with 5-minute breaks in between, in order to get more done, without interruptions. By grouping a number of pomodoros together, users can tackle a project of any length, and drastically improve their productivity, enhance their focus, and better achieve their goals. Originally self-published, and shared virally online, this new publication of The Pomodoro Technique includes several new chapters on how teams can use the pomodoro method to save time and increase productivity. The process underlying Cirillo's technique includes five stages: planning the day's tasks, tracking your efforts, recording your daily activities, processing what you have done, and visualizing areas for improvement. With this tried and tested method, readers can simplify

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their work, find out how much time and effort a task really requires, and improve their focus so they can get more done in the same amount of time each day.

Production-Ready Microservices

Teaches budding fashion designers how to incorporate Photoshop techniques into their fashion drawings.

Pomodoro Technique Illustrated

Printed in full color. To keep doing what you love, you need to maintain your own systems, not just the ones you write code for. Regular exercise and proper nutrition help you learn, remember, concentrate, and be creative--skills critical to doing your job well. Learn how to change your work habits, master exercises that make working at a computer more comfortable, and develop a plan to keep fit, healthy, and sharp for years to come. Small changes to your habits can improve your health--without getting in the way of your work. The Healthy Programmer gives you a daily plan of action that's incremental and iterative just like the software development processes you're used to. Every tip, trick, and best practice is backed up by the advice of doctors, scientists, therapists, nutritionists, and numerous fitness experts. We'll review the latest scientific research to understand

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how being healthy is good for your body and mind. You'll start by adding a small amount of simple activity to your day--no trips to the gym needed. You'll learn how to mitigate back pain, carpal tunnel syndrome, headaches, and many other common sources of pain. You'll also learn how to refactor your diet to properly fuel your body without gaining weight or feeling hungry. Then, you'll turn the exercises and activities into a pragmatic workout methodology that doesn't interfere with the demands of your job and may actually improve your cognitive skills. You'll also learn the secrets of prominent figures in the software community who turned their health around by making diet and exercise changes. Throughout, you'll track your progress with a "companion iPhone app". Finally, you'll learn how to make your healthy lifestyle pragmatic, attainable, and fun. If you're going to live well, you should enjoy it. Disclaimer This book is intended only as an informative guide for those wishing to know more about health issues. In no way is this book intended to replace, countermand, or conflict with the advice given to you by your own healthcare provider including Physician, Nurse Practitioner, Physician Assistant, Registered Dietician, and other licensed professionals. Keep in mind that results vary from person to person. This book is not intended as a substitute for medical or nutritional advice from a healthcare provider or dietician. Some people have a medical history and/or condition and/or nutritional requirements that warrant individualized recommendations and, in some cases, medications and healthcare surveillance. Do not start, stop, or change medication and dietary recommendations without professional medical and/or Registered Dietician advice.

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A healthcare provider should be consulted if you are on medication or if there are any symptoms that may require diagnosis or medical attention. Do not change your diet if you are ill, or on medication except under the supervision of a healthcare provider. Neither this, nor any other book or discussion forum is intended to take the place of personalized medical care or treatment provided by your healthcare provider. This book was current as of January, 2013 and as new information becomes available through research, experience, or changes to product contents, some of the data in this book may become invalid. You should seek the most up to date information on your medical care and treatment from your health care professional. The ultimate decision concerning care should be made between you and your healthcare provider. Information in this book is general and is offered with no guarantees on the part of the author, editor or The Pragmatic Programmers, LLC. The author, editors and publisher disclaim all liability in connection with the use of this book.

The Toyota Production System Re-Contextualized

Presents a guide to Web site development, design, and marketing using ExpressionEngine 2.

SAFe 4.5 Distilled

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"For many people, time is an enemy. The anxiety triggered by 'the ticking clock', in particular when a deadline is involved, leads to ineffective work and study behaviour which in turn elicits the tendency to procrastinate. The Pomodoro Technique was created with the aim of using time as a valuable ally to accomplish what we want to do the way we want to do it, and to empower us to continually improve our work or study processes"--Introduction.

North of Nowhere

For many users, working in the Unix environment means using vi, a full-screen text editor available on most Unix systems. Even those who know vi often make use of only a small number of its features. Learning the vi Editor is a complete guide to text editing with vi. Topics new to the sixth edition include multiscreen editing and coverage of four viclones: vim, elvis, nvi, and vile and their enhancements to vi, such as multi-window editing, GUI interfaces, extended regular expressions, and enhancements for programmers. A new appendix describes vi's place in the Unix and Internet cultures. Quickly learn the basics of editing, cursor movement, and global search and replacement. Then take advantage of the more subtle power of vi. Extend your editing skills by learning to use ex, a powerful line editor, from within vi. For easy reference, the sixth edition also includes a command summary at the end of each appropriate chapter. Topics covered include: Basic editing Moving around in a hurry Beyond the basics Greater power with ex Global search

and replacement Customizing vi and ex Command shortcuts Introduction to the vi clones' extensions The nvi, elvis, vim, and vile editors Quick reference to vi and ex commands vi and the Internet

The Healthy Programmer

Google Android dominates the mobile market, and by targeting Android, your apps can run on most of the phones and tablets in the world. This new fourth edition of the #1 book for learning Android covers all modern Android versions from Android 4.1 through Android 5.0. Freshly added material covers new Android features such as Fragments and Google Play Services. Android is a platform you can't afford not to learn, and this book gets you started. Android is a software toolkit for mobile phones and tablets, created by Google. It's inside more than a billion devices, making Android the number one platform for application developers. Your own app could be running on all those devices! Getting started developing with Android is easy. You don't even need access to an Android phone, just a computer where you can install the Android SDK and the emulator that comes with it. Within minutes, Hello, Android gets you creating your first working application: Android's version of "Hello, World." From there, you'll build up a more substantial example: an Ultimate Tic-Tac-Toe game. By gradually adding features to the game, you'll learn about many aspects of Android programming, such as creating animated user interfaces, playing music and sound effects, building location-based services (including GPS

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and cell-tower triangulation), and accessing web services. You'll also learn how to publish your applications to the Google Play Store. This fourth edition of the bestselling Android classic has been revised for Android 4.1-4.3 (Jelly Bean), 4.4 (KitKat), and Android 5.0 (Lollipop). Topics have been streamlined and simplified based on reader feedback, and every page and example has been reviewed and updated for compatibility with the latest versions of Android. If you'd rather be coding than reading about coding, this book is for you.

Abundance

Successful technical blogging is not easy but it's also not magic. Use these techniques to attract and keep an audience of loyal, regular readers. Leverage this popularity to reach your goals and amplify your influence in your field. Get more more users for your startup or open source project, or simply find an outlet to share your expertise. This book is your blueprint, with step-by-step instructions that leave no stone unturned. Plan, create, maintain, and promote a successful blog that will have remarkable effects on your career or business. Successful people often get recognition by teaching what they know. Blogging is a reliable path to do that, while gaining influence in the process. The problem is getting it right. Far too often professionals start a blog with big hopes, only to quickly give up because they don't get speedy results. This book will spare you that fate, by outlining a careful plan of action. A plan that will bring amazing benefits to your

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career, new job possibilities, as well as publishing, speaking, and consulting opportunities. And if you are blogging for business, you'll attract new customers, partners, and outstanding employees. Understand what blogging is and how it can improve your professional (and personal) life. Devise a plan for your new or existing blog. Create remarkable content that ranks well in Google and is shared by readers. Beat procrastination by employing proven time-management techniques that make you an efficient and effective blogger. Promote your blog by mastering on-page and off-page SEO, as well as social media promotion, without compromising your ethics. Analyze your traffic to understand your audience and measure growth. Build a community around your blog and make the best of your newfound popularity, by maximizing its benefits for your career, business, or simply for extra income. Create and maintain a successful technical blog that will amplify your impact, influence, and reach by following Antonio's step-by-step plan.

The Agile Samurai

SAFe®: The World's Leading Framework for Enterprise Agility “Philips is continuously driving to develop high-quality software in a predictable, fast, and Agile way. SAFe addresses this primary goal, and offers these further benefits: reduced time-to-market, improved quality, stronger alignment across geographically distributed multi-disciplinary teams, and collaboration across teams to deliver meaningful value to customers with reduced cycle time.” —Sundaresan

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Jagadeesan, SW CoE Program Director, Philips To succeed in today's adapt-or-die marketplace, businesses must be able to rapidly change the way they create and deliver value to their customers. Hundreds of the world's most successful companies—including Intel, Capital One, AstraZeneca, Cisco, and Philips—have turned to the Scaled Agile Framework® (SAFe®) to achieve agility at scale and maintain a competitive edge. SAFe® 4.5 Distilled: Applying the Scaled Agile Framework® for Lean Enterprises explains how adopting SAFe can quickly improve time to market and increase productivity, quality, and employee engagement. In this book, you will Understand the business case for SAFe: its benefits, the problems it solves, and how to apply it Get an overview of SAFe across all parts of the business: team, program, value stream, and portfolio Learn why SAFe works: the power of SAFe's Lean-Agile mindset, values, and principles Discover how systems thinking, Agile development, and Lean product development form the underlying basis for SAFe Learn how to become a Lean-Agile leader and effectively drive an enterprise-wide transformation Register your book for convenient access to downloads, updates, and/or corrections as they become available. See inside book for details.

Kanban in Action

ALLEN/GETTING THINGS DONE

Study Skills for Business and Management Students

Provides information on creating software for the Mac, iPhone, iPod, and iPad.

The Healthy Programmer

63 New and Updated Patterns for Driving and Sustaining Change “The hard part of change is enlisting the support of other people. Whether a top manager interested in improving your organization’s results or a lone developer promoting a better way of working, this book will give you tools and ideas to help accomplish your goal.” -George Dinwiddie, independent coach and consultant, iDIA Computing, LLC “Keep the patterns in this book and Fearless Change handy. ... These patterns transformed me from an ineffective ‘voice in the wilderness’ to a valued collaborator.” -Lisa Crispin, co-author (with Janet Gregory) of Agile Testing and More Agile Testing In their classic work, Fearless Change, Mary Lynn Manns and Linda Rising interviewed successful leaders of change, identified 48 patterns for implementing change in teams of all sizes, and demonstrated how to use these techniques effectively. Now, in More Fearless Change the authors reflect on all they’ve learned about their original patterns in the past decade, and introduce 15 powerful, new techniques—all extensively validated by change leaders worldwide. Manns and Rising teach strategies that appeal to each individual’s logic (head),

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feelings (heart), and desire to contribute (hands)—the best way to motivate real change and sustain it for the long haul. Learn how to Focus on the best things you can achieve with limited resources Strategize to build flexible plans and go after low-hanging fruit Get help from the right people in the right ways Establish emotional connections that inspire motivation and imagination Create an “elevator pitch” that keeps everyone focused on what truly matters Build bridges, work with skeptics, soften resistance, and open minds Uncover easier paths towards change, and build on what already works Sustain momentum, provide time for reflection, and celebrate small successes More Fearless Change reflects a profound understanding of how real change happens: not instantaneously in response to top-down plans and demands, but iteratively, through small steps that teach from experience. Best of all, as thousands of change agents have already discovered, its patterns are easy to use—and they work.

My Revision Notes: AQA A2 Business Studies

From the New York Times bestselling author of the Emily Windsnap series comes a captivating adventure about family, friendship, and the bonds that bridge time. The sleepy seaside village of Porthaven hides a mystery: Mia’s grandad has vanished, and nobody knows why. When Mia and her mom rush to Porthaven to help her grandmother, Mia imagines long dreary days with no one to talk to except for the old-time fisherman at her grandparents’ pub. But that’s before Mia finds a

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diary on an empty, docked fishing boat and starts exchanging notes with a local girl named Dee, a girl who seems much like her. Mia is excited about having a new friend, but why do their plans to meet each other never materialize? And why does Dee claim to be stuck at home due to violent storms when Mia sees only sunny skies? Will Mia be able to solve the mystery of where — and when — her grandfather and friend might be before time and tide forever wash away their futures?

Getting Things Done

This deck of index cards is arranged in four sections: concepts, planning, teamwork and coding. The front of the card lists the things you need to know and the back provides further detail.

Hello, Android

Tips and tricks to cut down your to-do list and avoid procrastination Are you prone to delaying all those projects you need to complete? Is that checklist getting just a little too daunting? Don't get sucked into the spiral of procrastination! Start checking off that to-do list with Monotasking! In this simple, easy-to-follow book, author Staffan Nöteberg shares his effective and powerful monotasking method to

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help you strengthen your self-control and improve your focus on those daily tasks. No more delaying the inevitable. Sure, you'd rather be reading that new book or watching the game, but those things need to get done! And you know you'll have a much better time if you don't have your to-do list looming over you! In just six chapters, you will be up and eagerly completing all those chores—even the ones that you hate! These chapters detail easy steps to improving your “get up and go” and clearing off that chore list. They include: Cut to-do tasks Focus on one thing Never delay Work step-by-step Simplify collaboration Recharge your creativity With clear, step-by-step instructions and advice, you'll have that to-do list checked off in no time. Also, not only will this guide help you cut down on your to-do list, but the lessons you learn will help improve your focus, which leads to better brain health and a happier life. Procrastination will be a thing of the past! You'll be enjoying your free time (and your healthier brain) faster than you can say Monotasking!

The Pomodoro Technique

How to Pass Graduate Psychometric Tests provides a huge bank of questions as well as advice and practice exercises to help you prepare for the rigorous tests used by employers, helping you to build up speed, accuracy and confidence. Covering a range of numerical and verbal skills, it provides 500 practice questions, including 10 realistic full length practice tests; a glossary of essential terms in English usage; a glossary of key mathematical terms and methods; study tips and

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winning test strategies; answers, explanations and interpretations of your scores. With information on what to expect when attending an assessment centre and detailed advice on how to excel in each activity, How to Pass Graduate Psychometric Tests provides unrivalled support to help you to succeed and win that graduate job.

Mental Models

Programmers can learn how to become entrepreneurs, driving their career in the direction of their choosing. This guide illustrates how those in the IT field can set the direction of their careers, leading to a more fulfilling and remarkable professional life.

Cutting Edge Fashion Illustration

Printed in full color. To keep doing what you love, you need to maintain your own systems, not just the ones you write code for. Regular exercise and proper nutrition help you learn, remember, concentrate, and be creative--skills critical to doing your job well. Learn how to change your work habits, master exercises that make working at a computer more comfortable, and develop a plan to keep fit, healthy, and sharp for years to come. Small changes to your habits can improve

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your health--without getting in the way of your work. The Healthy Programmer gives you a daily plan of action that's incremental and iterative just like the software development processes you're used to. Every tip, trick, and best practice is backed up by the advice of doctors, scientists, therapists, nutritionists, and numerous fitness experts. We'll review the latest scientific research to understand how being healthy is good for your body and mind. You'll start by adding a small amount of simple activity to your day--no trips to the gym needed. You'll learn how to mitigate back pain, carpal tunnel syndrome, headaches, and many other common sources of pain. You'll also learn how to refactor your diet to properly fuel your body without gaining weight or feeling hungry. Then, you'll turn the exercises and activities into a pragmatic workout methodology that doesn't interfere with the demands of your job and may actually improve your cognitive skills. You'll also learn the secrets of prominent figures in the software community who turned their health around by making diet and exercise changes. Throughout, you'll track your progress with a "companion iPhone app". Finally, you'll learn how to make your healthy lifestyle pragmatic, attainable, and fun. If you're going to live well, you should enjoy it. Disclaimer This book is intended only as an informative guide for those wishing to know more about health issues. In no way is this book intended to replace, countermand, or conflict with the advice given to you by your own healthcare provider including Physician, Nurse Practitioner, Physician Assistant, Registered Dietician, and other licensed professionals. Keep in mind that results vary from person to person. This book is not intended as a substitute for medical or

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nutritional advice from a healthcare provider or dietician. Some people have a medical history and/or condition and/or nutritional requirements that warrant individualized recommendations and, in some cases, medications and healthcare surveillance. Do not start, stop, or change medication and dietary recommendations without professional medical and/or Registered Dietician advice. A healthcare provider should be consulted if you are on medication or if there are any symptoms that may require diagnosis or medical attention. Do not change your diet if you are ill, or on medication except under the supervision of a healthcare provider. Neither this, nor any other book or discussion forum is intended to take the place of personalized medical care or treatment provided by your healthcare provider. This book was current as of January, 2013 and as new information becomes available through research, experience, or changes to product contents, some of the data in this book may become invalid. You should seek the most up to date information on your medical care and treatment from your health care professional. The ultimate decision concerning care should be made between you and your healthcare provider. Information in this book is general and is offered with no guarantees on the part of the author, editor or The Pragmatic Programmers, LLC. The author, editors and publisher disclaim all liability in connection with the use of this book.

Mind Mapping: Improve Memory, Concentration,

Communication, Organization, Creativity, and Time Management

Originally developed by Francesco Cirillo, the Pomodoro technique will help you work in focused sprints throughout the day. It shows you how to organize your work to accomplish more in less time. You don't need for expensive software or fancy planners. You can get started with nothing more than paper, a pencil, and a kitchen timer.--Publisher

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