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National Petroleum News- 2002 Vols. for 1959- include an annual Factbook issue.

Strategies for the C-Section Mom-Mary Beth Knight 2010-07-18 Whether your C-section is planned or you have one unexpectedly, you need to know about the risks, the recovery, and how to regain your fitness level postpartum--all while caring for a newborn. This book outlines exactly what a C-section entails, and offers you information, guidance, and advice on how to make your experience and recovery smooth and happy. Author Mary Beth Knight, one of the leading women's fitness, health, and nutrition experts in the United States, has had two C-sections of her own and understands the unique physical conditioning requirements of C-section moms. The acclaimed founder of StrollerFit, Inc. has developed a program especially designed for women undergoing a C-section. She gives you the blueprint you need to be stronger, fitter, healthier, and sexier than ever, while enjoying everything that motherhood has to offer. Starting with the first day after the surgery and running through the end of the first eighteen months postpartum, this one-of-a-kind program shows you how to: Manage postoperative pain successfully Cope with emotional issues Exercise safely and effectively after the surgery Focus on exercises and stretches that can actually speed up your recovery Maintain a balanced workout that includes upper and lower body and core exercises Understand how many calories you should eat Lose weight when the time is right Adopt a nutritionally

sound diet Complete with photographs that show you exactly how to perform each stretch or exercise properly (and how to include your baby when it's safe), this guide will have you looking and feeling great--in record time!

An Unlocked Heart-K.C. Wells 2013-07-12 Alex seems determined to avoid Leo's gaze, but that's like a red rag to a bull. Leo loves a challenge.

The REGTECH Book-Janos Barberis 2019-08-06 The Regulatory Technology Handbook The transformational potential of RegTech has been confirmed in recent years with US\$1.2 billion invested in start-ups (2017) and an expected additional spending of US\$100 billion by 2020. Regulatory technology will not only provide efficiency gains for compliance and reporting functions, it will radically change market structure and supervision. This book, the first of its kind, is providing a comprehensive and invaluable source of information aimed at corporates, regulators, compliance professionals, start-ups and policy makers. The REGTECH Book brings into a single volume the curated industry expertise delivered by subject matter experts. It serves as a single reference point to understand the RegTech eco-system and its impact on the industry. Readers will learn foundational notions such as: • The economic impact of digitization and datafication of regulation • How new technologies (Artificial Intelligence, Blockchain) are applied to compliance • Business use cases of RegTech for cost-reduction and new product origination • The future regulatory

landscape affecting financial institutions, technology companies and other industries Edited by world-class academics and written by compliance professionals, regulators, entrepreneurs and business leaders, the RegTech Book represents an invaluable resource that paves the way for 21st century regulatory innovation.

The Arts of Empire-Walter S. H. Lim 1998 This book focuses its reading of the poetics and politics of colonial expansion in Renaissance England on the lives and writings of such diverse figures as Sir Walter Raleigh, John Donne, Richard Hakluyt, Samuel Purchas, William Shakespeare, Edmund Spenser, and John Milton. It studies a wide range of texts, including *The Discoverie of Guiana*, *Virginia's Verger*, *Othello*, *The Faerie Queene*, *A View of the Present State of Ireland*, *Paradise Lost*, and *Paradise Regained*. It also examines the inscription in these writings of themes, motifs, and tropes frequently found in colonial texts: the land as desiring female body and object of desire; the masculinist gaze responding to the exotic; and the experience of the thrilling sensations of wonder.

Convenience Store News- 2004-07

Official Gazette of the United States Patent and Trademark Office-1994

Cloud Computing-Brian J.S. Chee 2010-04-07 Modern computing is no longer about devices but is all about providing services, a natural progression that both consumers and enterprises are eager to embrace. As it can deliver those services, efficiently and with quality, at compelling price levels, cloud computing is with us to stay. Ubiquitously and quite definitively, cloud computing is answering the demand for sophisticated, flexible services *Cloud Computing: Technologies and Strategies of the Ubiquitous Data Center* looks at cloud computing from an IT manager's perspective. It answers basic as well as strategic questions from both a business and a technical perspective so that you can confidently engage

both IT and financial assets in making your organization techno- savvy, efficient, and competitive. Any answers about the future of computing are definitely in the cloud The first section of the book offers up a history of the computing roots that have evolved into cloud computing. It looks at how IT has been traditionally serving needs and how cloud computing improves and expands on these services, so you can strategize about how a cloud might provide solutions to specific IT questions or answer business needs. Next, the book shows how to begin the process of determining which organizational needs would best be served and improved by cloud computing. Presenting specific cases as examples, the book walks you through issues that your organization might likely encounter. Written clearly and succinctly, it -- Introduces you to the concepts behind different types of clouds, including those used for storage, those that improve processor and application delivery, and those that mix any and all of these services Covers typical concerns you will hear with regard to such issues as security, application integration, and structural limitations Looks at the future of the cloud, from developments on the horizon to those still in the planning stage By the book's conclusion, you will have a solid basis on which to initiate strategic discussions about deploying clouds in your organization. You will understand how cloud computing can affordably solve real problems. You will know which strategies to use and you will learn of the pitfalls to avoid when taking your data center to the clouds. Throughout this book are the answers you need to the many questions from the most basic to the more advanced surrounding cloud computing and its place in your enterprise. What exactly is cloud computing? How are clouds different than virtualization? Should my organization use a cloud (or multiple clouds)? Can clouds and virtualization play significant roles in my organization at the same time? Covering the basics of virtualization and clusters and the more advanced strategic considerations of security and return on investment, this book will be your guide to IT's present and future in the cloud, a resource that you will continually turn to. Coming soon! For more information, *Professional Cloud Computing*, at www.professionalcloudcomputing.com, will help you find information to delve more deeply into the discussion in any of a number of directions.

Linear Partial Differential Equations for Scientists and Engineers-Tyn Myint-U 2007-04-05 This significantly expanded fourth edition is

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designed as an introduction to the theory and applications of linear PDEs. The authors provide fundamental concepts, underlying principles, a wide range of applications, and various methods of solutions to PDEs. In addition to essential standard material on the subject, the book contains new material that is not usually covered in similar texts and reference books. It also contains a large number of worked examples and exercises dealing with problems in fluid mechanics, gas dynamics, optics, plasma physics, elasticity, biology, and chemistry; solutions are provided.

Successful Teaching Placements in Secondary Schools-Kate Shilvock 2008-09-05 Professional teaching placements are an essential part of secondary teacher training, with trainees spending around two thirds of their time in schools. This practical handbook helps trainees fully prepare for their school experience, offering the guidance and reassurance to ensure they are confident and successful during placement. It is full of invaluable advice and practical suggestions, with clear links to the Professional Standards for QTS throughout.

Surviving Sudden Environmental Change-Jago Cooper 2012-02-01 Archaeologists have long encountered evidence of natural disasters through excavation and stratigraphy. In *Surviving Sudden Environmental Change*, case studies examine how eight different past human communities—ranging from Arctic to equatorial regions, from tropical rainforests to desert interiors, and from deep prehistory to living memory—faced, and coped with, such dangers. Many disasters originate from a force of nature, such as an earthquake, cyclone, tsunami, volcanic eruption, drought, or flood. But that is only half of the story; decisions of people and their particular cultural lifeways are the rest. Sociocultural factors are essential in understanding risk, impact, resilience, reactions, and recoveries from massive sudden environmental changes. By using deep-time perspectives provided by interdisciplinary approaches, this book provides a rich temporal background to the human experience of environmental hazards and disasters. In addition, each chapter is followed by an abstract summarizing the important implications for today's management practices and providing recommendations for policy makers. Publication supported in part by the National Science Foundation.

Clinical Sonography-Roger C. Sanders 2007 Considered by many to be the most relied-upon, practical text of its kind, *Clinical Sonography: A Practical Guide* is appreciated for its clear, concise writing, consistent format, and problem-based organization. This text cuts through complicated material to deliver the clearest and most comprehensive guide to sonography, leading students from the basics of imaging and positioning to more advanced clinical tips on instrumentation and report making. The Fourth Edition includes over 800 new black-and-white images and 48 full-color images. New chapters cover ankle problems, malpractice, laboratory accreditation, and ergonomics. Chapters on artifacts, interventional techniques, and shoulder sonography have been extensively revised.

Structural Renovation of Buildings: Methods, Details, & Design Examples-Alexander Newman 2001 Make any renovation job go smoother. Building renovation, conservation and reuse represents more than half of all construction work - and is projected to increase to 80% by 2004. *Structural Renovation of Buildings*, by Alexander Newman, puts a single, convenient source of information about all aspects of structural renovation and strengthening of buildings at your fingertips. While its focus is largely on low and midrise buildings, you can apply the principles it clarifies to buildings of any size - steel-framed, masonry, or wood. Whether you're repairing deteriorated concrete...rehabilitating slabs on grade...strengthening lateral-load resisting systems...renovating a building facade...handling seismic upgrades or fire damage, you'll find this time-and-trouble-saving guide loaded with practical tips, methods, and design examples. It's also heavily illustrated with autoCAD generated details, supplier illustrations of materials, procedural techniques, and much, much more.

Southern Outdoors Guide to Deer Hunting-B. A. S. S. Inc. Staff 1991

Thermodynamics Problem Solver-Ralph Pike 2012-04-27 REA's

Thermodynamics Problem Solver Each Problem Solver is an insightful and essential study and solution guide chock-full of clear, concise problem-solving gems. Answers to all of your questions can be found in one convenient source from one of the most trusted names in reference solution guides. More useful, more practical, and more informative, these study aids are the best review books and textbook companions available. They're perfect for undergraduate and graduate studies. This highly useful reference provides thorough coverage of pressure, work and heat, energy, entropy, first and second laws, ideal gas processes, vapor refrigeration cycles, mixtures, and solutions. For students in engineering, physics, and chemistry.

The Right Kind of Revolution-Michael E. Latham 2011-01-15 After World War II, a powerful conviction took hold among American intellectuals and policymakers: that the United States could profoundly accelerate and ultimately direct the development of the decolonizing world, serving as a modernizing force around the globe. By accelerating economic growth, promoting agricultural expansion, and encouraging the rise of enlightened elites, they hoped to link development with security, preventing revolutions and rapidly creating liberal, capitalist states. In *The Right Kind of Revolution*, Michael E. Latham explores the role of modernization and development in U.S. foreign policy from the early Cold War through the present. The modernization project rarely went as its architects anticipated. Nationalist leaders in postcolonial states such as India, Ghana, and Egypt pursued their own independent visions of development. Attempts to promote technological solutions to development problems also created unintended consequences by increasing inequality, damaging the environment, and supporting coercive social policies. In countries such as Guatemala, South Vietnam, and Iran, U.S. officials and policymakers turned to modernization as a means of counterinsurgency and control, ultimately shoring up dictatorial regimes and exacerbating the very revolutionary dangers they wished to resolve. Those failures contributed to a growing challenge to modernization theory in the late 1960s and 1970s. Since the end of the Cold War the faith in modernization as a panacea has reemerged. The idea of a global New Deal, however, has been replaced by a neoliberal emphasis on the power of markets to shape developing nations in benevolent ways. U.S. policymakers have continued to insist that history has

a clear, universal direction, but events in Iraq and Afghanistan give the lie to modernization's false hopes and appealing promises.

Intelligent Credit Scoring-Naeem Siddiqi 2017-01-10 A better development and implementation framework for credit risk scorecards Intelligent Credit Scoring presents a business-oriented process for the development and implementation of risk prediction scorecards. The credit scorecard is a powerful tool for measuring the risk of individual borrowers, gauging overall risk exposure and developing analytically driven, risk-adjusted strategies for existing customers. In the past 10 years, hundreds of banks worldwide have brought the process of developing credit scoring models in-house, while 'credit scores' have become a frequent topic of conversation in many countries where bureau scores are used broadly. In the United States, the 'FICO' and 'Vantage' scores continue to be discussed by borrowers hoping to get a better deal from the banks. While knowledge of the statistical processes around building credit scorecards is common, the business context and intelligence that allows you to build better, more robust, and ultimately more intelligent, scorecards is not. As the follow-up to *Credit Risk Scorecards*, this updated second edition includes new detailed examples, new real-world stories, new diagrams, deeper discussion on topics including WOE curves, the latest trends that expand scorecard functionality and new in-depth analyses in every chapter. Expanded coverage includes new chapters on defining infrastructure for in-house credit scoring, validation, governance, and Big Data. Black box scorecard development by isolated teams has resulted in statistically valid, but operationally unacceptable models at times. This book shows you how various personas in a financial institution can work together to create more intelligent scorecards, to avoid disasters, and facilitate better decision making. Key items discussed include: Following a clear step by step framework for development, implementation, and beyond Lots of real life tips and hints on how to detect and fix data issues How to realise bigger ROI from credit scoring using internal resources Explore new trends and advances to get more out of the scorecard Credit scoring is now a very common tool used by banks, Telcos, and others around the world for loan origination, decisioning, credit limit management, collections management, cross selling, and many other decisions. Intelligent Credit Scoring helps you organise resources, streamline processes, and build more intelligent

scorecards that will help achieve better results.

Beginning Partial Differential Equations-Peter V. O'Neil 2014-05-07 A broad introduction to PDEs with an emphasis on specialized topics and applications occurring in a variety of fields. Featuring a thoroughly revised presentation of topics, *Beginning Partial Differential Equations, Third Edition* provides a challenging, yet accessible, combination of techniques, applications, and introductory theory on the subject of partial differential equations. The new edition offers nonstandard coverage on material including Burger's equation, the telegraph equation, damped wave motion, and the use of characteristics to solve nonhomogeneous problems. The Third Edition is organized around four themes: methods of solution for initial-boundary value problems; applications of partial differential equations; existence and properties of solutions; and the use of software to experiment with graphics and carry out computations. With a primary focus on wave and diffusion processes, *Beginning Partial Differential Equations, Third Edition* also includes: Proofs of theorems incorporated within the topical presentation, such as the existence of a solution for the Dirichlet problem. The incorporation of Maple™ to perform computations and experiments. Unusual applications, such as Poisson's pendulum. Advanced topical coverage of special functions, such as Bessel, Legendre polynomials, and spherical harmonics. Fourier and Laplace transform techniques to solve important problems. *Beginning of Partial Differential Equations, Third Edition* is an ideal textbook for upper-undergraduate and first-year graduate-level courses in analysis and applied mathematics, science, and engineering.

The Steele Wolf-Chanda Hahn 2013-05-01 After finally settling into her new life at the Citadel, Thalia is reunited with her father, who is disturbed at the changes within her. Risking banishment, Thalia must work to prove to her clan and herself that she is still capable of leading them. The problem is, her memories haven't returned, and she cannot shake the feeling that she doesn't belong. Thalia discovers that betrayal runs deep within her clan, just as she sets out to join Joss and Kael in doing the one thing she fears most: track the Septori to save Joss' kidnapped sister. Along the way, she must confront her own fears on a journey of self-discovery that will take her deep

into the stronghold of Denai; as they travel to the ancient floating city of Skyfell.

Nonlinear Partial Differential Equations for Scientists and Engineers-Lokenath Debnath 2013-11-11 This expanded and revised second edition is a comprehensive and systematic treatment of linear and nonlinear partial differential equations and their varied applications. Building upon the successful material of the first book, this edition contains updated modern examples and applications from diverse fields. Methods and properties of solutions, along with their physical significance, help make the book more useful for a diverse readership. The book is an exceptionally complete text/reference for graduates, researchers, and professionals in mathematics, physics, and engineering.

Violet Raines Almost Got Struck by Lightning-Danette Haworth 2010-09-05 Violet Raines is happy with things just the way they are in her sleepy Florida town, but when Melissa moves to town from big-city Detroit, all of a sudden things seem like they're changing whether Violet likes it or not. It'll take a few run-ins with lightning and a whole lot of courage for her to realize that growing up doesn't have to mean changing who you are.

The Corset Diaries-Katie MacAlister 2004 In desperate need of money, Tessa agrees to appear on a reality TV show called *A Month in the Life of a Victorian Duke*, where she must live on an English estate circa 1879, wear corsets, and pretend to be married to a real-life duke who unexpectedly steals her heart. Original.

Chain Saw Service Manual-Penton Staff 2000-05-24 Covers models manufactured through 1998.

Systems Programming and Operating Systems-Dhamdhere 1999

Twelve Years A Slave (Illustrated)-Solomon Northup 2014-08-22 Twelve Years a Slave (1853) is a memoir and slave narrative by Solomon Northup, as told to and edited by David Wilson. Northup, a black man who was born free in New York, details his kidnapping in Washington, D.C. and subsequent sale into slavery. After having been kept in bondage for 12 years in Louisiana by various masters, Northup was able to write to friends and family in New York, who were in turn able to secure his release. Northup's account provides extensive details on the slave markets in Washington, D.C. and New Orleans and describes at length cotton and sugar cultivation on major plantations in Louisiana.

Entering Normal-Anne LeClaire 2007-12-18 In the tradition of *The Good Mother* and *The Deep End of the Ocean*, Anne D. LeClaire delivers a heartbreaking-and breathtaking-novel of two very different but equally loving mothers who face the most painful of losses and then find the courage not only to go on but to find meaning and hope in their lives. Rose Nelson is a middle-aged woman with a broken past, a sorrow from which she cannot recover. Secretly guilty about her role in her teenaged son's death five years ago, she has sealed herself off from life, enveloped by a grief that has slowly eaten away at her relationship with her husband. Against her will, Rose is drawn into the world she has avoided when Opal Gates and her five-year-old son, Zack, move in next door. Determined to start an independent life for herself, twenty-year-old Opal has left her family and the father of her son in North Carolina. But when she quickly begins an affair with Tyrone Miller, a part-time mechanic and local musician, Opal unwittingly breaks the tacit rules of both her family and her new hometown. Initially, Rose cannot bear the sight of Opal and her son. But later when Zack is injured, she instinctively lies to protect Opal from a single mistake that changes the lives of everyone involved. Faced with a custody suit brought by Zack's father and her own parents, Opal faces a trial in which each choice she has made will be used as ammunition in the battle to take Zack away from her. Confronting such devastating loss and the questions it poses are at the heart of *Entering Normal*. How does one go on after great tragedy? What is a family? What sacrifices must a mother be willing to make for her child? And how can a good mother sometimes make bad choices? *Entering Normal* is a story of family, a novel about courage, loss, risk, and

betrayal. It is a story that goes to the heart of love.

Modeling and Simulation of Aerospace Vehicle Dynamics-Peter H. Zipfel 2000 This book unifies all aspects of flight dynamics for the efficient development of aerospace vehicle simulations. It provides the reader with a complete set of tools to build, program, and execute simulations. Unlike other books, it uses tensors for modeling flight dynamics in a form invariant under coordinate transformations. For implementation, the tensors are converted to matrices, resulting in compact computer code. The reader can pick templates of missiles, aircraft, or hypersonic vehicles to jump-start a particular application. It is the only textbook that combines the theory of modeling with hands-on examples of three-, five-, and six-degree-of-freedom simulations. Included is a link to the CADAC Web Site where you may apply for the free CADAC CD with eight prototype simulations and plotting programs. Amply illustrated with 318 figures and 44 examples, the text can be used for advanced undergraduate and graduate instruction or for self-study. Also included are 77 problems that enhance the ability to model aerospace vehicles and nine projects that hone the skills for developing three-, five-, and six-degree-of-freedom simulations.

General Knowledge_2019-Exam Leaders Team

Rudi's Poems-Rudi Mustafa 1998-01-01

Dyslexia-friendly Practice in the Secondary Classroom-Tilly Mortimore 2008-07-09 The first guide of its kind written specifically for trainee and newly qualified teachers, this standards-based text explores the needs of dyslexic learners in mainstream secondary schools. In light of the current dyslexia-friendly schools initiative, it looks at organisational-level support for dyslexic children, together with pragmatic strategies which teachers can use to support children's cross-curricular learning. Further, it includes case studies and practical tasks to build readers' confidence in supporting Specific Learning Difficulties, as well as a range of coping strategies and

practical advice, based upon the authors' experience of working with dyslexic learners in different contexts over many years.

Reeds Vol 12 Motor Engineering Knowledge for Marine Engineers-

Paul Anthony Russell 2018-09-06 Developed to complement Reeds Vol 8 (General Engineering for Marine Engineers), this indispensable textbook comprehensively covers the motor engineering syllabus for marine engineering officer cadets. Starting with the theoretical and practical thermodynamic operating cycles, the book is structured to give a description of the engines and components used to extract energy from fossil fuels and achieve high levels of efficiency. Accessibly written and clearly illustrated, this book is the only guide available for marine engineering students focusing on the knowledge needed for passing the motor engineering certificate of Competency (CoC) examinations. This new edition reflects all developments within the discipline and includes updates and additions on, amongst other things: · Engine emissions and control engineering · Fuel injection · Starting and reversing · Ancillary supply systems · Safety and the environment Plus updates to many of the technical engineering drawings.

Possessed-Kate Cann 2011-01-01 Rayne escapes London for a job in the country at Morton's Keep, where she is drawn to a mysterious clique and its leader, St. John, but puzzles over whether the growing evil she senses is from the manor house or her new friends.

My Weird School #12: Ms. Todd Is Odd!-Dan Gutman 2009-10-06 Something weird is going on! Ms. Todd is subbing, and A.J. and his friends are sure she kidnapped Miss Daisy so she could take over her job. They're going to have to do the detective work to get the goods on her. But it won't be easy! Ms. Todd is the weirdest substitute teacher in the history of the world!

Engineering Thermodynamics-R. K. Singal 2009-01-01 Engineering

Thermodynamics has been designed for students of all branches of engineering specially undergraduate students of Mechanical Engineering. The book will also serve as reference manual for practising engineers. The book has been written in simple language and systematically develops the concepts and principles essential for understanding the subject. The text has been supplemented with solved numerical problems, illustrations and question banks. The present book has been divided in five parts: "Thermodynamic Laws and Relations" "Properties of Gases and Vapours" "Thermodynamics Cycles" "Heat Transfer and Heat Exchangers" "Annexures

Pistol Daisy-Natalia Leigh 2020-06-09

Ancient Greek Costumes Paper Dolls-Tom Tierney 1998-12-01 2 figures (male and female) and 16 elaborately embroidered and artfully draped costumes from major historical periods: Archaic (c. 750-500 BC), Classical (c. 500-232 BC), and Hellenistic (323-30 BC). Descriptive notes included.

Quinn Checks In-L. H. Thomson 2013-05-14 Ex-con and art forger Liam Quinn is back in Philly, up to his neck in miffed family members, suspicious police officers and a best friend he's secretly crazy about -- and who may or may not feel the same. His old man -- a veteran cop -- has pulled some strings, landing Quinn a job as a freelance insurance investigator. When a gallery heist isn't what it seems and crooks start returning stolen paintings, Quinn starts running out of people to trust. The biggest mobster in town, a sweetheart named "Vin The Shin," is calling him out; a steady string of lowlifes want his head, and the local police think he's hiding something. But hey, when trouble comes knocking? That's when Quinn Checks In. "L.H. Thomson did a great job with this novel. Quinn is not your ordinary Private Eye." - Reflections of A Bookworm "LH Thomson has hit the jackpot with his main character, Liam Quinn." - Diana Hockley

A Practical Guide to Computer Forensics Investigations-Darren R. Hayes 2015 A Practical Guide to Computer Forensics Investigations

introduces the newest technologies along with detailed information on how the evidence contained on these devices should be analyzed. Packed with practical, hands-on activities, students will learn unique subjects from chapters including Mac Forensics, Mobile Forensics, Cyberbullying, and Child Endangerment. This well-developed book will prepare students for the rapidly-growing field of computer forensics for a career with law enforcement, accounting firms, banks and credit card companies, private investigation companies, or government agencies.

Securing Dignity and Freedom Through Human Rights-Janelle M. Diller 2011-12-09 The Universal Declaration of Human Rights establishes that everyone's dignity and freedom to develop as a person are secured through economic, social and cultural rights. This volume examines the origins of the article of the Declaration that introduced the purpose of economic, social and cultural rights in this way and recognized that every member of society is entitled to their realization through national effort and international cooperation. The article's concepts have been the subject of significant articulation and interpretation. Accordingly, the book analyzes the meaning and application of economic, social and cultural rights and the nature of the related obligations developed in the International Covenant on Economic, Social, and Cultural Rights and other international instruments. The book also explores the contribution of the article's legal concepts to philosophical theories of social justice and increasingly to the practice expected of States, individually and in cooperation with international organizations and non-state actors in development and other activities. This volume should provide a convenient tool for human rights advocates, practitioners, lawyers, scholars, and others involved with and interested in the role of human rights in seeking economic, social and cultural security

for all.

No Regrets Parenting-Harley A. Rotbart M.D. 2012-02-21 No Regrets Parenting is a book for busy parents in our busy times. Juggling family and professional lives is not a course taught in high school or college--many parents find the challenges of being all things to all people daunting. This theme is ubiquitous in today's culture--movies, theatre, books, magazine features, and human interest news stories all find the challenge of raising children to be prime fodder for audiences. How to do it all? How to stay sane while trying to do it all? No Regrets Parenting teaches parents how to experience the joy and depth of the parenting experience amidst the chaos and choreography of daily routines. Car pool, bath time, soccer practice, homework, dinner hour, and sleepovers all become more than just obligations and hurdles to overcome to get through the day. They are opportunities for intimate and meaningful time--quality time--with young kids. It's not how much time you have with your kids, but how you spend that time that matters in the life and legacy of a young family. No Regrets Parenting readjusts parents' perspectives and priorities, helping them find the time to do it all and feel good about your kids' childhood. There is a simple, single truth for every parent. Your kids need you to be there. They need to see who you are and how you live your life. And, in return, they will help you to see who you are and how you should be living your life. For all of that to happen, parents need time with their kids. Memorable and meaningful time. No Regrets Parenting is about time. Finding enough of it and making the most of it.