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Beginning Programming with Java For Dummies Barry Burd,2011-03-01 Covering everything from basic Java development concepts to the latest tools and techniques used in Java this book will put would be programmers on their way to Java mastery Explores what goes into creating a program how to put the pieces together dealing with standard

programming challenges debugging and making it work Updated for the release of the Java SDK 2 0 with all examples revised to reflect the changes in the technology

Genetics For Dummies Tara Rodden Robinson,2011-03-04 Reveals the connections between genetics and specific diseases Understand the science and the ethics behind genetics Want to know more about genetics This non intimidating guide gets you up to speed on all the fundamentals From dominant and recessive inherited traits to the DNA double helix you get clear explanations in easy to understand terms Plus you ll see how people are applying genetic science to fight disease develop new products solve crimes and even clone cats Discover What geneticists do How traits are passed on How genetic counseling works The basics of cloning The role of DNA in forensics The scoop on the Human Genome Project

The Pilates Powerhouse Mari Winsor,1999 An exercise routine embraced by professional dancers for over fifty years Pilates is now the hottest and most talked about fitness trend since the running shoe The perfect blend of Yoga and Nautilus Pilates concentrates on building strength and flexibility improving coordination balance and posture and increasing stamina All Pilates movements are initiated by muscles in the abdominal area known as the powerhouse and are designed to work the smaller muscles that support larger ones while stretching and lengthening the entire muscular package A low impact yet highly intense workout Pilates is ideal for everyone young or old those who are extremely fit or out of shape as well as those who have chronic pain injuries or asthma Illustrated with over 100 black and white photographs The Pilates Powerhouse brings this time efficient and highly effective means to get and stay in shape into the home without the need for expensive classes and elaborate equipment Using only a mat a stick and for advanced Pilates a ball readers will feel personally trained by Mari Winsor s innovative routines and spirited instruction reaping the dramatic and lasting results of Pilates in less than an hour a day

FileMaker Pro Design and Scripting For Dummies Timothy Trimble,2013-04-26 Get the scoop on designing databases for Mac and Windows Use FileMaker Pro design and scripting to quickly easily build databases that solve real problems FileMaker Pro has grown up and it s better than ever This easy to use guide shows you how to design a great FileMaker application build a database that works add the functionality you need populate your database and venture into programming with ScriptMaker You ll find out how to share and protect your database too Discover how to Build a layout that works Create custom triggers and calculated fields Generate reports automatically Manage security Publish your database on the Web Embed pictures sound and video

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Mechanical World ,1910

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