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Collects economical gluten-free recipes for blueberry muffins, soft pretzels, macaroni and cheese, and chocolate-chip cookies, with information on bulk buying, coupon strategies, using naturally gluten-free foods, and equipment. #1 New York Times bestselling author of *Women Food and God* There is an end to the anguish of emotional eating—and this book explains how to achieve it. Geneen Roth, whose *Feeding the Hungry Heart* and *When Food Is Love* have brought understanding and acceptance to tens of thousands of readers over the last two decades, here outlines her proven program for resolving the conflicts at the root of overeating. Using simple techniques developed in her highly successful seminars, she offers reassuring, practical advice on:

- Learning to recognize the signals of physical hunger
- Eating without distraction
- Knowing when to stop
- Kicking the scale-watching habit
- Withstanding social and family pressures

And many more strategies to help you break the binge-diet cycle—forever. Argues that morality, meaning and value remain intact even if we are not morally responsible for our actions. A New York Times Notable Book One of the Best Books of the Year: Chicago Tribune, Chicago Sun-Times, Entertainment Weekly, Slate In *A Free Life*, Ha Jin follows the Wu family — father Nan, mother Pingping, and son Taotao — as they sever their ties with China in the aftermath of the 1989 massacre at Tiananmen Square and begin a new life in the United States. As Nan takes on a number of menial jobs, eventually operating a restaurant with Pingping, he struggles to adapt to the American way of life and to hold his family together, even as he pines for a woman he loved and lost in his youth. Ha Jin's prodigious talents are in full force as he brilliantly brings to life the struggles and successes of the contemporary immigrant experience. Provides gluten-free recipes for comfort foods, from grilled cheese and pizza to pasta and pancakes. Features over one hundred gluten-free recipes inspired by the authors Jewish-American heritage, including black & white cookies, hamantashen, and pumpkin corn bread streusel muffins. The defining feature of this work is the collection of official registrations, records of emancipations, orders of apprenticeship, tax lists and other local court records of free people of color residing in Lynchburg from 1805 through the Civil War. A remarkable primary source for genealogical and historical research. -- Publisher. Practical, delicious ways to manage a gluten-free diet If you have a wheat allergy, gluten intolerance, celiac disease, or you just want to enjoy the benefits of a diet free of wheat, barley, and rye, then this guide is for you. Trusted author Danna Korn explains the medical problems associated with gluten and shows you step by step how to make the transition to a gluten-free lifestyle - and love it! With 25% new and revised content, this easy-to-understand reference includes coverage of the most recent testing methods, an updated section on the link between a gluten-free diet and improving behaviors in the autistic, new information about the genetics of celiac disease, expanded coverage on the gluten-free certification process, increased nutritional information, and updated recipes and resources. 65 delicious recipes plus tips on eating out Guidance on how to shop and decipher food labels Advice on how to raise happy gluten-free kids Covering the practical, medical, and emotional aspects of the lifestyle, *Living Gluten-Free For Dummies*, 2nd Edition offers hope and inspiration as you make the switch to a life free of gluten. Gluten-free breads, cookies, cakes, and cupcakes are everywhere-and many of them actually taste good these days. A sigh of relief — a big sigh — comes, and then...a scream, because, oh, what's this? Those cookies have how many calories? In his new book, *Cooking Light Gluten-Free Baking*, author Robert Landolphi (*The Gluten-Free Chef*), offers a delicious antidote. This book is for the gluten-free baker who is longing for heavenly baked items that will be enjoyable for everyone, and still provide healthy, nutritious choices without sabotaging anyone's diet. With more than 150 from-scratch recipes (no premade mixes here) covering a range of baked goods-pancakes, cookies, muffins, biscuits, quick breads, cobblers, pizza crusts, and much more. You'll also find a helpful getting-started section filled with advice, tips on converting traditional recipes into tasty gluten-free treats, a conversion chart for replacing cow's-milk ingredients with lactose-free options, and hundreds of other tips to ensure success in a gluten-free kitchen. Muffins, Waffles, Cookies, Cakes, Pies, Quick Breads, and More *Cooking Light Gluten-Free Baking* is an easy how-to guide, handy for the novice as well as the well-trained gluten-free baker. It includes a glossary detailing each of the gluten-free flours, as well as a tutorial on how to convert any wheat-based recipe to a gluten-free version by blending the right flours and starches. Due to the high incidence of lactose intolerance among individuals with gluten intolerance and celiac disease, there's a conversion chart with suggestions for removing cow's-milk ingredients and replacing them with nutrient-dense, calcium-filled, and reduced-fat dairy-free substitutions. 150 healthy from-scratch gluten-free recipes — no premade mixes here. Techniques throughout share how-to information about preparing these baked goods, which often quite different than standard, gluten-containing baked goods whether in texture, how you have to handle the doughs/batters, etc. Baking Tips offer readers insight into how to achieve the tastiest results when baking with gluten-free ingredients. More than 200 full-color photos including finished dish shots, ingredients, and step-by-step techniques. Was Jesus a magical cult leader? Was he a revolutionary that failed? Or did the apostle Paul invent him out of a mystical experience? And even if he was a historical figure, how much can we really know about someone who lived two thousand years ago in an obscure corner of the Roman Empire? R. T. France explores these issues by examining in detail the whole range of historical data-from archaeological evidence to other non-Christian sources to Christian writings both inside and outside of the New Testament. With candor and rigor he analyzes modern New Testament scholarship that challenges the biblical record, and sets out a clear and solid case for what the New Testament says about Jesus. This book is valuable resource for those who question or seek to defend the reliability of the Gospels. "It is difficult to praise this work too highly . . . It achieves its purpose of presenting the evidence for Jesus with complete success." Christian Arena R. T. FRANCE has taught at London Bible College and was principal of Wycliffe Hall, Oxford, from 1989-1995. His many books include *The Living God*, *Jesus the Radical* and *Jesus and the Old Testament*. He is also the author of *Matthew in the Tyndale New Testament Commentary* series. The question of whether humans are free to make their own decisions has long been debated and it continues to be a controversial topic today. In *Free Will: The Basics* readers are provided with a clear and accessible introduction to this central but challenging philosophical problem. The questions which are discussed include: Does free will exist? Or is it illusory? Can we be free even if everything is determined by a chain of causes? If our actions are not determined, does this mean they are just random or a matter of luck? In order to have the kind of freedom required for moral responsibility, must we have alternatives? What can recent developments in science tell us about the existence of free will? Because these questions are discussed without prejudicing one view over others and all technical terminology is clearly explained, this book is an ideal introduction to free will for the uninitiated. An introduction to a broad range of topics in deep learning, covering mathematical and conceptual background, deep learning techniques used in industry, and research perspectives. "Written by three experts in the field, *Deep Learning* is the only comprehensive book on the subject." —Elon Musk, cochair of OpenAI; cofounder and CEO of Tesla and SpaceX Deep learning is a form of machine learning that enables computers to learn from experience and understand the world in terms of a hierarchy of concepts. Because the computer gathers knowledge from experience, there is no need for a human computer operator to formally specify all the knowledge that the computer needs. The hierarchy of concepts allows the computer to learn complicated concepts by building them out of simpler ones; a graph of these hierarchies would be many layers deep. This book introduces a broad range of topics in deep learning. The text offers mathematical and conceptual

background, covering relevant concepts in linear algebra, probability theory and information theory, numerical computation, and machine learning. It describes deep learning techniques used by practitioners in industry, including deep feedforward networks, regularization, optimization algorithms, convolutional networks, sequence modeling, and practical methodology; and it surveys such applications as natural language processing, speech recognition, computer vision, online recommendation systems, bioinformatics, and videogames. Finally, the book offers research perspectives, covering such theoretical topics as linear factor models, autoencoders, representation learning, structured probabilistic models, Monte Carlo methods, the partition function, approximate inference, and deep generative models. Deep Learning can be used by undergraduate or graduate students planning careers in either industry or research, and by software engineers who want to begin using deep learning in their products or platforms. A website offers supplementary material for both readers and instructors.

Cooking Light introduces The Gluten-Free Cookbook—the search for simple, healthy and delicious gluten-free meals is over. Cooking Light developed more than 180 everyday recipes that will work for the reader searching for a wide variety of satisfying and flavorful gluten-free dishes. Designed in a full-color, easy-to-read format, Cooking Light The Gluten-Free Cookbook is the definitive guide to cooking gluten-free. Questions from individuals who live gluten-free either out of necessity or by choice are answered all in one place. Within the pages of this book, readers will find the best kitchen tips and techniques and helpful information about ingredients that are the basis of gluten-free cooking, including which grains, flours, and convenience products to use. This book offers simple advice on how to avoid gluten-containing products—natural and hidden sources—and teaches what to look for on the nutrition label. Enjoy food previously sacrificed, such as pizza, pastas, meatloaf, sandwiches, breads, and even desserts! On every page, readers will find deliciously transformed, gluten-free versions of their favorite dishes—from quick breads to cakes and oven-fried chicken to spaghetti and meatballs, and more. Lists Web sites offering free ideas, information, and solutions for gardeners and other plant-lovers. Many scientists and scientifically-minded philosophers are skeptical that free will exists. In clear, scientifically rigorous terms, Christian List explains that free will is like other real phenomena that emerge from physical laws but are autonomous from them—like an ecosystem or the economy—and are indispensable for explaining our world. This book is a comprehensive guide to recognizing and dealing with domestic abuse and violence. It outlines the different types and stages of abuse, and provides information on how to change such relationships or escape from them. Why do we pursue more when we'd be happier with less? Now in hardcover for the first time, this is the story of how New York Times bestselling author Jen Hatmaker and her family tried to combat overindulgence—and what they learned about living a truly meaningful life along the way. Why do we pursue more when we'd be happier with less? In this updated edition of 7, now in hardcover for the first time, New York Times bestselling author Jen Hatmaker tells the story of how she and her family tried to combat overindulgence—and what they learned along the way about living a truly meaningful life. Simple and Free is the true story of how Jen Hatmaker (along with her family) identified seven areas of excess—food, clothes, spending, media, possessions, waste, and stress—and made seven simple choices to fight back against the modern-day diseases of greed, materialism, and overindulgence. So, what's the payoff from living a deeply reduced life? It's the discovery of a greatly increased connection with God—a call toward simplicity and generosity that transcends social experiment to become a radically better life. In this new edition, written not just for readers of faith but for everyone who craves a gentler, simpler life, Hatmaker shares how sustainability and generosity still impact and challenge her today. Annotated throughout with new reflections from the author, this book offers thoughtful insights on the vastly different world of Simple and Free from back when it was first published as 7, and considers the dramatically different space Hatmaker occupies now. Simple and Free is funny, raw, and not a guilt trip in the making. Come along and discover what Jesus' version of rich, blessed, and generous might look like in your life. The online economy offers challenges to traditional businesses as well as incredible opportunities. Chris Anderson makes the compelling case that in many instances businesses can succeed best by giving away more than they charge for. Known as "Freemium," this combination of free and paid is emerging as one of the most powerful digital business models. In Free, Chris Anderson explores this radical idea for the new global economy and demonstrates how it can be harnessed for the benefit of consumers and businesses alike. In the twenty-first century, Free is more than just a promotional gimmick: It's a business strategy that is essential to a company's successful future. Download the audiobook of Free for free! Details inside the book.

The official book on the Rust programming language, written by the Rust development team at the Mozilla Foundation, fully updated for Rust 2018. The Rust Programming Language is the official book on Rust: an open source systems programming language that helps you write faster, more reliable software. Rust offers control over low-level details (such as memory usage) in combination with high-level ergonomics, eliminating the hassle traditionally associated with low-level languages. The authors of The Rust Programming Language, members of the Rust Core Team, share their knowledge and experience to show you how to take full advantage of Rust's features—from installation to creating robust and scalable programs. You'll begin with basics like creating functions, choosing data types, and binding variables and then move on to more advanced concepts, such as:

- Ownership and borrowing, lifetimes, and traits
- Using Rust's memory safety guarantees to build fast, safe programs
- Testing, error handling, and effective refactoring
- Generics, smart pointers, multithreading, trait objects, and advanced pattern matching
- Using Cargo, Rust's built-in package manager, to build, test, and document your code and manage dependencies
- How best to use Rust's advanced compiler with compiler-led programming techniques

You'll find plenty of code examples throughout the book, as well as three chapters dedicated to building complete projects to test your learning: a number guessing game, a Rust implementation of a command line tool, and a multithreaded server. New to this edition: An extended section on Rust macros, an expanded chapter on modules, and appendixes on Rust development tools and editions. The papers collected in this document cover the following topics: the debate over free trade, the Free Trade Agreement for Canada and the United States, the costs of free trade for Canada, why Canadian artists oppose the Agreement, an exploration of the pros and cons of the Agreement, and the history of free trade between the two countries. The worldwide trend toward lead-free components and soldering is especially urgent in the European Union with the implementation of strict new standards in July 2006, and with pending implementation of laws in China and California. This book provides a standard reference guide for engineers who must meet the new regulations, including a broad collection of techniques for lead-free soldering design and manufacture, which up to now have been scattered in difficult-to-find scholarly sources. Did you ever consider self-publishing your own book but were daunted by the complex process of actually doing it? Self-published author and expert Carla King gives a simple step-by-step guide to self-publishing your book as an e-book or print book. Plot your success by choosing the reputable tools and services recommended here, along with techniques that will help your book succeed in the market that you choose. A must-have selection of delicious gluten-free recipes made in thirty minutes or less—from the author of the award-winning 1,000 Gluten-Free Recipes. As a top gluten-free teacher and writer, Carol Fenster knows what cooks need: easy recipes for every day. 100 Best Quick Gluten-Free Recipes is Fenster's answer to her fans. In this book, she offers an easy collection of satisfying recipes that take thirty minutes or less to make, showcasing thirty gorgeous photos to inspire any cook. Recipes include favorites like Microwave Muffins in a Mug, Breakfast Pizza, Garlic Breadsticks, Buttermilk Biscuits, Chicken Parmesan, Mini Meat Loaves, Flourless Chocolate Cupcakes, No-Cook Chocolate Cheesecakes, and even a fancy Black Forest Trifle. Because good nutrition is important for gluten-free diets, there are also recipes for Orange-Olive Salad, Tuscan Bean Soup, Split Pea Dal with Rice, and Grilled Fruit with Honey Yogurt. Nutrition information for every recipe, icons for vegetarian dishes, and tips on quick-cooking techniques will make planning meals easy. Fenster's impeccable knowledge of gluten-free foods and what tastes good makes this a must-have gluten-free guide. Praise for Carol Fenster's 1,000 Gluten-Free Recipes: "This book has great recipes with a fresh healthy flair. Everyone should have this cookbook. I know mine will get tattered from use." —Cynthia Kupper, RD, executive director, Gluten Intolerance Group of North America

The role of science in policymaking has gained unprecedented stature in the United States, raising questions about the place of science and scientific expertise in the democratic process. Some scientists have been given considerable epistemic authority in shaping policy on issues of great moral and cultural significance, and the politicizing of these issues has become highly contentious. Since World War II, most philosophers of science have purported the concept that science should be "value-free." In Science, Policy and the Value-Free Ideal, Heather E. Douglas argues that such an ideal is neither adequate nor desirable for science. She contends that the moral responsibilities of scientists require the consideration of values even at the heart of science. She lobbies for a new ideal in which values serve an essential function throughout scientific inquiry, but where the role values play is constrained at key points, thus protecting the integrity and objectivity of science. In this vein, Douglas outlines a system for the application of values

to guide scientists through points of uncertainty fraught with moral valence. Following a philosophical analysis of the historical background of science advising and the value-free ideal, Douglas defines how values should-and should not-function in science. She discusses the distinctive direct and indirect roles for values in reasoning, and outlines seven senses of objectivity, showing how each can be employed to determine the reliability of scientific claims. Douglas then uses these philosophical insights to clarify the distinction between junk science and sound science to be used in policymaking. In conclusion, she calls for greater openness on the values utilized in policymaking, and more public participation in the policymaking process, by suggesting various models for effective use of both the public and experts in key risk assessments. Discusses inequalities that have persisted despite the end of Jim Crow laws, covering the treatment of African American soldiers during World War II and the high incarceration rate of black men. From the 1798 Sedition Act to the war on terror, numerous presidents, members of Congress, Supreme Court justices, and local officials have endorsed the silencing of free expression. If the connection between democracy and the freedom of speech is such a vital one, why would so many governmental leaders seek to quiet their citizens? *Free Expression and Democracy* traces two rival traditions in American culture - suppression of speech and dissent as a form of speech - to provide an unparalleled overview of the law, history, and politics of individual rights in the United States. Charting the course of free expression alongside the nation's political evolution, from the birth of the Constitution to the quagmire of the Vietnam War, Stephen M. Feldman argues that our level of freedom is determined not only by the Supreme Court, but also by cultural, social, and economic forces. Along the way, he pinpoints the struggles of excluded groups - women, African Americans, and laborers - to participate in democratic government as pivotal to the development of free expression. In an age when our freedom of speech is once again at risk, this momentous book will be essential reading for legal historians, political scientists, and history buffs alike. Eight gospel-centered strategies for overcoming the lure of pornography and finally breaking free. This book is not about pornography. You won't find graphic depictions about the porn industry, the catastrophic effects it has on individuals and relationships, or how to think differently about porn. If you're reading this book, you probably have some understanding of those things already—the last thing you need is to be subjected to that kind of detail...again. Finally Free is about hope. It's about discovering the freeing power available to those who trust in Jesus Christ, who can, will, and does set people free from the power of pornography. Dr. Heath Lambert, a leader in the biblical counseling movement, has organized this book around eight clear and practical tactics you can wield to make it easier to flee lust and temptation and shelter in the protection of God's grace. Each chapter: Clearly demonstrates how the gospel applies to the fight against sexual temptation. Lays out relevant methods for leaning on Christ's strength—both in advance of and in moments of temptation. Explains how Jesus can move readers from a life of struggle to a life of purity. If you've struggled personally against the powerful draw of pornography, or if you've ever tried to help someone fighting this battle, you know how hard it is to break its bonds. But there is good news: no matter how intense or long-standing the struggle, Jesus Christ has the power to free people from the enslaving power of pornography. The Gospel has a power that works practically in the lives of those who seek to imitate Christ—and you can learn how to live into that power. "Translated with an uncanny sense for the overall point of Augustine's doctrine. In short, a very good translation. The Introduction is admirably clear." --Paul Vincent Spade, Indiana University Fifty years ago Joy Adamson first introduced to the world the story of her life alongside Elsa the lioness, whom she had rescued as an orphaned cub, and raised at her home in Kenya. But as Elsa had been born free, Joy made the heartbreaking decision that she must be returned to the wild when she was old enough to fend for herself. Since the first publication of "Born Free" and its sequels "Living Free" and "Forever Free," generations of readers have been enchanted, inspired and moved by these books' uplifting charm and the remarkable interaction between Joy and Elsa. Millions have also come to know and love "Born Free" through the immortal film starring Virginia McKenna and Bill Travers. But here is the chance to rediscover the original story in this 50th anniversary edition, in the words of the woman who reared Elsa and walked with the lions. From a MacArthur "Genius," an intellectual history of the free market, from ancient Rome to the twenty-first century After two government bailouts of the US economy in less than twenty years, free market ideology is due for serious reappraisal. In *Free Market*, Jacob Soll details how we got to this current crisis, and how we can find our way out by looking to earlier iterations of free market thought. Contrary to popular narratives, early market theorists believed that states had an important role in building and maintaining free markets. But in the eighteenth century, thinkers insisted on free markets without state intervention, leading to a tradition of ideological brittleness. That tradition only calcified in the centuries that followed. Tracing the intellectual evolution of the free market from Cicero to Milton Friedman, Soll argues that we need to go back to the origins of free market ideology in order to truly understand it—and to develop new economic concepts to face today's challenges. The bestselling author of *Dogs That Know When Their Owners Are Coming Home* offers an intriguing new assessment of modern day science that will radically change the way we view what is possible. In *Science Set Free* (originally published to acclaim in the UK as *The Science Delusion*), Dr. Rupert Sheldrake, one of the world's most innovative scientists, shows the ways in which science is being constricted by assumptions that have, over the years, hardened into dogmas. Such dogmas are not only limiting, but dangerous for the future of humanity. According to these principles, all of reality is material or physical; the world is a machine, made up of inanimate matter; nature is purposeless; consciousness is nothing but the physical activity of the brain; free will is an illusion; God exists only as an idea in human minds, imprisoned within our skulls. But should science be a belief-system, or a method of enquiry? Sheldrake shows that the materialist ideology is moribund; under its sway, increasingly expensive research is reaping diminishing returns while societies around the world are paying the price. In the skeptical spirit of true science, Sheldrake turns the ten fundamental dogmas of materialism into exciting questions, and shows how all of them open up startling new possibilities for discovery. *Science Set Free* will radically change your view of what is real and what is possible. Courageous. Uplifting. Triumphant. The story of Kweisi Mfume is a classic American saga. Uprooted from the rural tranquillity of Turners Station and thrust upon the gritty streets of west Baltimore, the child born Frizzell Gray seemed fated to become another statistic of Black urban pathology. In a household shattered by domestic violence and emotional strife, Frizzell had only the strong arms of his loving mother to protect him and his three younger sisters. But when he was sixteen years old, his cancer-stricken mother died in his arms, and his world was shattered. To survive, he turned to the streets. He dropped out of school, worked odd jobs, and hustled for money. Torn apart by the rough code of street gangs and the Vietnam war that sent his best friends home in body bags, Frizzell had fathered five children out of wedlock by the time he was twenty-two. But fate stepped in. In a life-altering moment of revelation, Frizzell saw where he was headed and realized that everything about the old Frizzell Gray would have to die. As he embarked on the journey to transform himself, he affirmed his spiritual rebirth and took the name Kweisi Mfume, Ghanian for "Conquering Son of Kings." Today, a quarter-century later, Kweisi Mfume is among the most respected and influential leaders in the United States. Mfume's journey into the nations power elite was as rocky as it was colorful: from night GED courses to college student activism to militant radio disc jockey, where his first philosophical battles were fought against James Brown, the "Godfather of Soul." Mfume's emergence as a political figure broke every rule—he parlayed his burgeoning fame as a talk-radio provocateur to win a seat as a maverick member of the Baltimore City Council. He then took on the local political machine to represent a Congressional district that encompasses both the poorest of the poor and the richest of the rich. Once he arrived in Washington, Mfume proved to be a bold political strategist, facing off against Presidents Reagan, Bush, and Clinton on such issues as aid to the Nicaraguan contras, the Civil Rights Bill, Lani Guinier's embattled nomination for Attorney General, and sending U.S. armed forces into Haiti. As Chairman of the Congressional Black Caucus, he led the CBC through a period of unprecedented dynamism. And in international affairs, Mfume's relentless campaign to end apartheid has earned him the respect and friendship of Nelson Mandela. Far from a kiss-and-tell political memoir, *No Free Ride* illuminates the forces that helped shape a new wave of Black leaders left to carry the torch for Martin Luther King, Jr. and Malcolm X. Mfume moves beyond the divisive rhetoric of white fear and Black anger generated by the assault on affirmative action, the O.J. verdict, and the Million Man March. He exposes the myth of arrogant, self-righteous values and affirms the real value of values. And while Mfume asserts that "the government can't and won't solve every one of our problems," he doesn't hesitate to indict those who collude in the soul murder of America's poor and forgotten. In this candid and insightful memoir, Mfume reminds us that everything has a price, and that as citizens of a democracy, none of us can expect a free ride. His visionary blueprint for all Americans, white and Black, can guide us as we face the challenge of fashioning a society in which our two nations can at last become one. The post-World War II years in the United States were marked by the business community's efforts to discredit New Deal liberalism and undermine the power and legitimacy of organized labor. In *Selling Free Enterprise*,

Elizabeth Fones-Wolf describes how conservative business leaders strove to reorient workers away from their loyalties to organized labor and government, teaching that prosperity could be achieved through reliance on individual initiative, increased productivity, and the protection of personal liberty. Based on research in a wide variety of business and labor sources, this detailed account shows how business permeated every aspect of American life, including factories, schools, churches, and community institutions. This volume applies the praxeological and theoretical foundations of the personalist tradition to free-market economic theory. This work defends economic liberty in theologically sensitive terms that reference the personalist tradition, without compromising the disciplinary integrity of either economics or social ethics. Free will is a key but contested concept in the work of Jean-Jacques Rousseau: while the famed philosopher is known to have asserted that free will distinguishes human beings from animals, several interpreters have argued that he merely pretends to have this belief for the sake of healthy politics and to avoid persecution by religious authorities. Through careful readings of key texts and letters, *The Free Animal* offers a new and original exploration of Rousseau's views on free will, just in time for the 200th anniversary of his birth. Lee MacLean shows that Rousseau needs and uses the idea of human consciousness of free will to explain the development of morality, convention, and vice. MacLean bases her argument on a broad range of texts, from canonical works to Rousseau's untranslated letters and drafts. Featuring careful analyses and an extensive engagement with the secondary literature, *The Free Animal* offers a novel interpretation of the changing nature and complexity of Rousseau's intention.

The second edition of this best-selling Python book (over 500,000 copies sold!) uses Python 3 to teach even the technically uninclined how to write programs that do in minutes what would take hours to do by hand. There is no prior programming experience required and the book is loved by liberal arts majors and geeks alike. If you've ever spent hours renaming files or updating hundreds of spreadsheet cells, you know how tedious tasks like these can be. But what if you could have your computer do them for you? In this fully revised second edition of the best-selling classic *Automate the Boring Stuff with Python*, you'll learn how to use Python to write programs that do in minutes what would take you hours to do by hand--no prior programming experience required. You'll learn the basics of Python and explore Python's rich library of modules for performing specific tasks, like scraping data off websites, reading PDF and Word documents, and automating clicking and typing tasks. The second edition of this international fan favorite includes a brand-new chapter on input validation, as well as tutorials on automating Gmail and Google Sheets, plus tips on automatically updating CSV files. You'll learn how to create programs that effortlessly perform useful feats of automation to:

- Search for text in a file or across multiple files
- Create, update, move, and rename files and folders
- Search the Web and download online content
- Update and format data in Excel spreadsheets of any size
- Split, merge, watermark, and encrypt PDFs
- Send email responses and text notifications
- Fill out online forms

Step-by-step instructions walk you through each program, and updated practice projects at the end of each chapter challenge you to improve those programs and use your newfound skills to automate similar tasks. Don't spend your time doing work a well-trained monkey could do. Even if you've never written a line of code, you can make your computer do the grunt work. Learn how in *Automate the Boring Stuff with Python, 2nd Edition*. Challenging popular beliefs about codependency to trace the condition's origins in incomplete developmental tasks from the first year of life, a revised guide to understanding and healing codependency shares case stories of people who have successfully applied specific therapies to transform themselves and their relationships. Original. Learn how to use R to turn raw data into insight, knowledge, and understanding. This book introduces you to R, RStudio, and the tidyverse, a collection of R packages designed to work together to make data science fast, fluent, and fun. Suitable for readers with no previous programming experience, *R for Data Science* is designed to get you doing data science as quickly as possible. Authors Hadley Wickham and Garrett Grolemund guide you through the steps of importing, wrangling, exploring, and modeling your data and communicating the results. You'll get a complete, big-picture understanding of the data science cycle, along with basic tools you need to manage the details. Each section of the book is paired with exercises to help you practice what you've learned along the way. You'll learn how to:

- Wrangle—transform your datasets into a form convenient for analysis
- Program—learn powerful R tools for solving data problems with greater clarity and ease
- Explore—examine your data, generate hypotheses, and quickly test them
- Model—provide a low-dimensional summary that captures true "signals" in your dataset
- Communicate—learn R Markdown for integrating prose, code, and results

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